

FITSPIRIT ROUTES

FitSpirit Routes is an activity in which the participants use a GPS plotting application or a printed map to chart their own route and then complete it by either walking or running to create their own work. A great opportunity to encourage as many girls as possible to savour the FitSpirit experience by signing up and getting active with your team all year long!

WHEN? From November 6 to 17, 2023, choose the date and time that works best for you. This event should take between 45 to 90 minutes.

WHERE? The event is held outdoors, wherever you like: in a schoolyard, a local park, in the neighbourhood, etc.

FOR WHOM? All the girls who join FitSpirit, but also all those who want to participate alongside you... Cast your invitations!

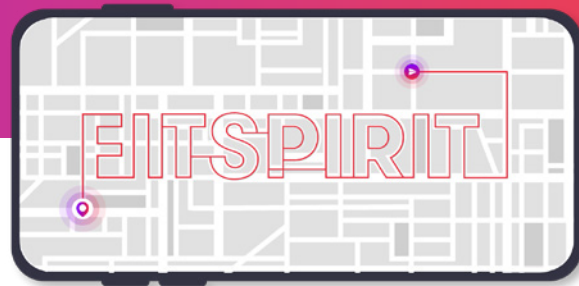
HOW? Working as a team, the girls use a printed map or a GPS plotting application, available for download to a smart phone free of charge, to create and complete their route.

ROUTES

Check out the route catalogue for inspiration. Encourage the girls to let their imagination run wild and create a work of their choice. They can write a few words, draw a picture or even a landscape. The possibilities are infinite! You can also write a sentence or create a collective work. Invite each team to plot out a section and put them all together at the end.



[View the route catalogue.](#)



PRINTED CARD

You can take part in FitSpirit Routes without using technology! To do so, first print out maps of the neighborhood or park where you'd like to organize the activity. Invite the girls to trace what they want to write or draw, using landmarks on the map (pathway or structure in the park, street name, etc.).

Then walk or run your routes according to your plan.

PLOTTING APPLICATION

We recommend that you use an application to create and save your routes. All the numbered information (distance, speed, etc.) is not required for the event, and we suggest that it not be used. FitSpirit offers festive events that encourage girls to get active on a regular basis, without competition or judgment.

Application suggestions

The following applications are free of charge and available in English and in French.

Strava:

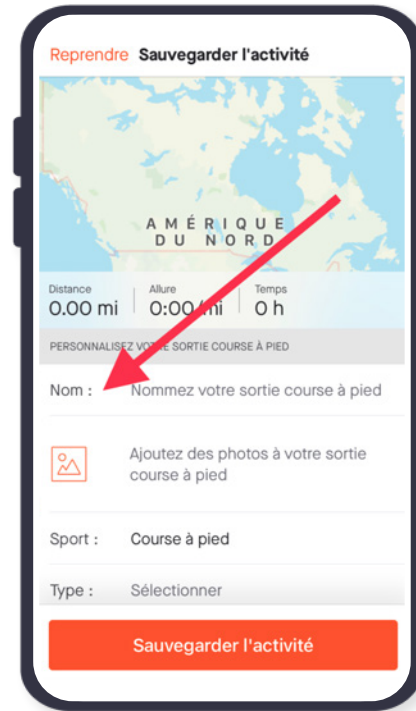
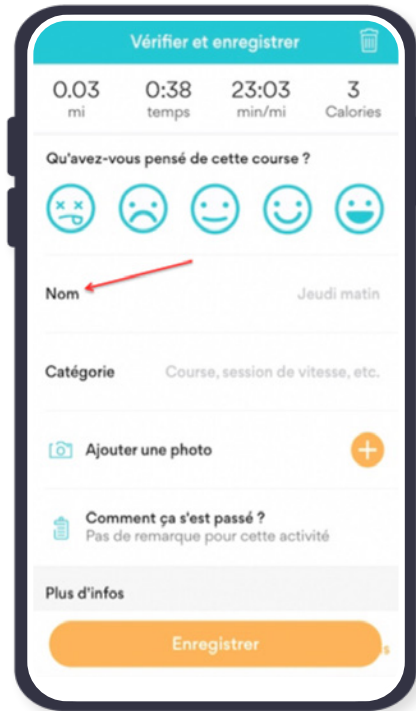
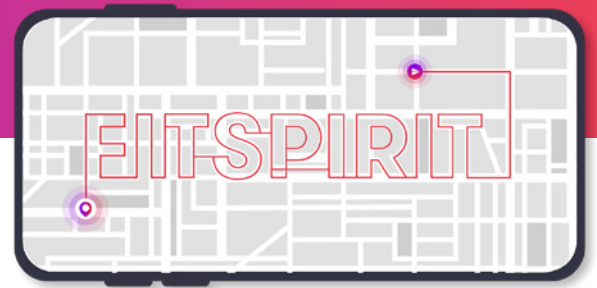
Compatible with all iPhone and Android devices and with Apple Watch.

Runkeeper:

Compatible with all iPhone and Android devices.

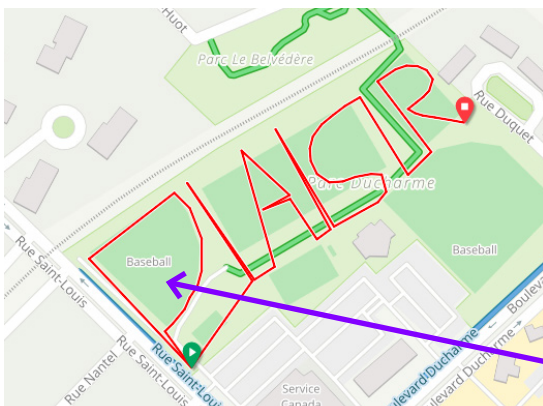
Practical tips for using them

- Create an account: before the event, download the application and create a user account for the entire group, and share it with the participants. Provide them with the user name (name of the school, for example) and password. This way, you can keep all the routes in the same place and your participants don't need to create an account.
- It is not necessary to be connected to the Internet or a cell phone network to use the applications. All you need to do is agree to share your real-time location.
- When the participants complete their routes, the application will ask them to enter a route name. Ask them to enter the name of their team in order to associate the route with its creators.
- Download and test the application before the day of the event and encourage the participants to do the same.

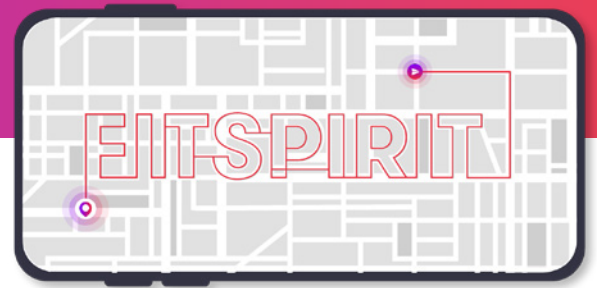


Tricks and tips

- Depending on the place you choose and for safety reasons, identify and stay on specific streets or within a specific area of a park.
- Make sure that the perimeter is large enough (with minimum dimensions equivalent to half a soccer field). Otherwise, the GPS application may get a poor signal, causing your routes to be mishaped and/or incomplete.

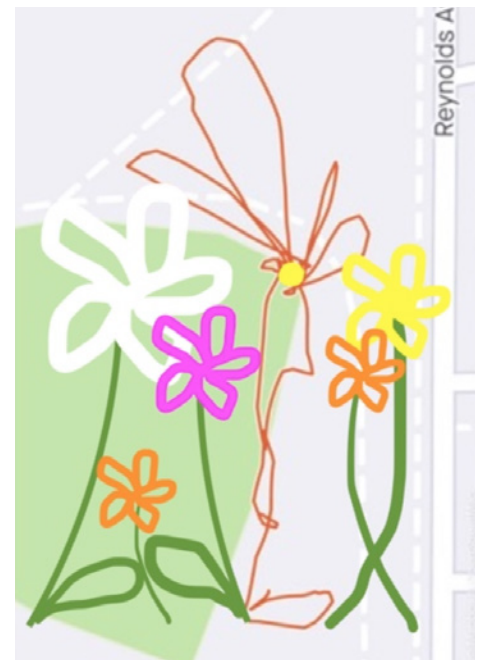


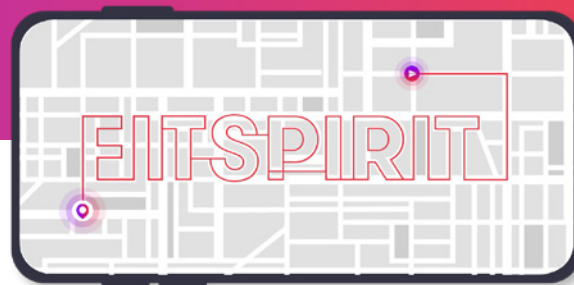
- Identify landmarks and use existing installations to facilitate your routes. For example, a baseball field will allow you to plot an almost perfect arc.



- Give the participants time to invent their route. If you wish, they can be drawn freehand on a printed map, in GPS applications or on MyMaps before starting. When they complete the route, the participants' work will be displayed in real time in the application.
- You can create several routes within the same perimeter and then consolidate them via screen captures to form a word or a more complex image.
- Suggest themes to motivate your team of artists, such as outdoor activities, sports, music, or animals.
- If you want to add creative elements to your work before sharing it, go for it!

If you hold the activity in a large open space, such as a park or a football field, you can add objects (cones, pennants, markers, balls, etc.), which the participants can use as landmarks.





TYPICAL EVENT SCHEDULE

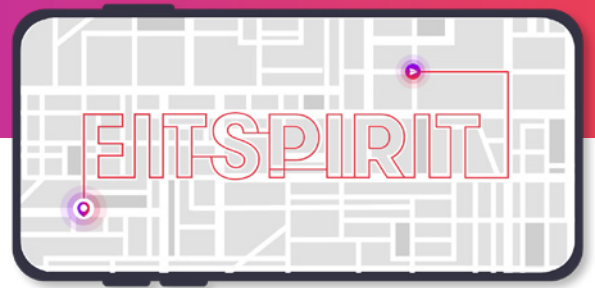
We suggest that you use the following schedule, which you can adjust to your liking.

DURATION	WHAT
15 minutes	Present FitSpirit Explain the conduct of the event Explain how to use the plotting application Introduce the resource people for the event
10 minutes	Travel to the event site
30 minutes	Create the FitSpirit route
10 minutes	Discussion and sharing activity
10 minutes	Return to class or departure

CLOSE OUT YOUR EVENT

At FitSpirit, we know that girls are just as motivated by the relationships they form when they take part in a physical activity, a sport and an outdoor activity as they are by the activity itself. Don't pass up the chance to get the most out of this special event by capping it off with a discussion among the participants. This will allow them to form friendships with the others and say what they would like to experience during the course of the year through FitSpirit. If you have time, the following ideas may help you close out the event on a high note:

- Offer your participants an herbal tea when they return!
- Have fun discovering the works of all the teams, talk about your experiences, and realize that sometimes the final result is nothing like the initial plan!



- If you have a good idea of what your FitSpirit programming will include, now's the time to share the details so as to encourage the girls to participate regularly (training schedule, type of activities, visits from ambassadors, etc.).
- While it isn't necessary to officially register for FitSpirit in order to take part in this event, you can still make computers available to the girls in order to encourage them to register in large numbers.
- Do you ask Student-Leaders to help you motivate the girls and organize activities? Seize the opportunity to describe the Student-Leader's role and ask if any of the girls are ready to assume this important role.
- While you're at it, why not ask the girls what activity or sport they would like to discover or resume this year? Make a suggestion box for the participants.

STAY CONNECTED!

Visit the [private Facebook group page for Fillactive Program-Leaders](#) on a regular basis to find tips and tricks for organizing your activity. Once your event is over, share your participants' tracks to inspire others.

Encourage your participants to share their works on Instagram and tag us [@fillactive_fitspirit](#) #FitSpirit. Share the routes of all your participants via the Facebook group.

CONTEST!

FitSpirit will present a contest via the [private Facebook group for Fitspirit Program-Leaders](#). Join us!

HAVE A GREAT EVENT!