



## Walk New West Community FAQ REVISED

### Frequently Asked Questions

#### How do I register and what is the Team Leader?

Form a team of 2 – 5 people and select one person to be the Team Leader. The Team Leader registers the entire team online right here at [www.walkercaucus.ca](http://www.walkercaucus.ca) - see the button on the left of this page! To register you need to have a team name, individual member names, emails and phone numbers. Individuals track their own steps (actual and bonus) and once a week they send their two numbers to the Team Leader, who enters the numbers on the Walkers Caucus website – this should only take about 10 minutes. Team Leaders: you can download a spreadsheet tool here to help with the calculations. Submit your team's numbers by the end of each weekend so we can tally the results!

#### I'm a Team Leader, how do I report my team's steps?

You will be asked each week to report your teams steps on the spreadsheet provided. You will be required to provide the following information:

- Team Name
- Number of people on your team
- Total number of Steps
- Total number of Bonus steps

Please submit this information by **Monday at 5pm at the end of each week** (e.g. By April 10 for Week 1 that started on April 3)

#### Can I enter as an individual?

No, you need to be on a team of 2 to 5 people (except for school classes, see the Schools FAQ). Your team can consist of your family, friends, a school class or co-workers... there are many ways to get a team together!

#### Can I register on more than one team?

No, unless you are registering in the SCHOOL category. Teachers who register with their class may also participate on a team of co-workers, friends or family. Students may also participate on a 2nd team of family or friends (ie: older students).

#### Does the team have to walk together?

No, you do not have to walk together (except for SCHOOLS – see Schools FAQ). Each team member walks whenever it is convenient for them. However, we are encouraging people to walk together and you will earn “bonus steps” if you do.

What are “bonus steps” and why have them?

Bonus steps are to encourage you to walk for particular reasons. Walking on a treadmill is great for health but walking to run an errand is great for health and the environment. There are many wonderful places to visit and events to attend within New West – walk to them and get to know your community better. Social connectedness is good for your health and you are more likely to stay active if you walk with someone rather than alone. Every week we will tell you what the “bonus step” opportunities are, eg: walk to the Farmers Market, walk to school, participate in a Jane’s Walk or the annual Hyacks in Motion 3 km family run/walk etc. When you enter your steps weekly, we track both “actual” steps walked and “bonus steps” and we’ll post the leading teams for both.

**I'm not sure which category I should select because our team fits more than one.**

**SCHOOL**– if you are a teacher and you are participating with your students, select this category. When you track steps, track only the steps you do together as a class, not from individual students. See the Schools FAQ section for more info.

**RESIDENT ASSOCIATION** – if all the members on your team live in the same neighbourhood, select this category.

**BUSINESS/WORK** – if you are all co-workers, select this category.

**GENERAL COMMUNITY** – if you don't fit into any of the categories listed above, choose this one! And if you fit more than one category, just pick the one you prefer.

We will post leading teams weekly so let's get some friendly competitions going!

**Oops! I missed the registration deadline. Can I still register?**

The **registration deadline is 5pm Friday April 7, 2017**. You can still register a team but you cannot win prizes unless you've submitted steps for the full 8 weeks. However, just by participating you are winning the best prize of all – better health!

**How do I count steps?**

There are many ways to count. Use a pedometer or pedometer “app” on your smartphone if you have one. But you do not need a pedometer to participate! 10 minutes or 1 km is approximately 1320 steps. Just measure time or distance and then calculate. There are online calculators and resources to help you track too. Here are a couple of links to get you started:

<http://walkaboutns.ca/walkabout-info/resources/track-your-steps/>

<http://www.exrx.net/Calculators/StepDistance.html>

You can also download the Carrots Reward app ([www.carrotrewards.ca](http://www.carrotrewards.ca)) and connect it to Google Fit or your Fitbit and earn additional rewards (i.e. Aeroplan miles, Scene Points, Petro Points and More rewards) for doing the step challenge.

**If I'm not using a pedometer and tracking steps is just an estimate, what's the point?**

It is not critical that the stepcount be accurate but it gives you a good estimate of how much you are actually walking. Prizes are based on participation, not distance. Better to underestimate than overestimate – you're only cheating yourself by counting more steps than you actually took!

**What if I can't walk, for example, I use a wheelchair. Can I still participate?**

When we say “walking” we mean walking or wheeling. You can estimate your steps as above by either distance or time, ie. 1 km or 10 minutes is about 1320 steps.

**Does biking count? It's still human-powered transport.**

Yes, biking counts too. But calculate by time rather than distance. For example, if you biked for 30 minutes, count it as how many steps you would have taken if you had walked for 30 min instead.

**How much of a time commitment will this be?**

Besides the time you spend walking, the only “extra” time is to track how many “actual” steps and “bonus” steps you take, and submit these two numbers to your Team Leader every week. Everyone will also receive a weekly email update.

**How do you win prizes?**

Individual prizes, such as gift cards, are awarded randomly during and at the end of the challenge. As long as you submit steps for all 8 weeks you will be entered into the draw. There is no prize for the most steps. There are also prizes for an elementary class and middle school class (see the Schools FAQ).

**Do you have to be a resident of New Westminster to participate?**

No, anyone can participate. The goal is to encourage people to walk wherever you are! However, many “bonus step” opportunities are events in New Westminster – a good reason to visit and enjoy what New West has to offer!