Let's Get Telford Active – School Challenge

How to guide for Strava

Strava is a popular platform that allows 'Active' activity to be recorded on a mobile device or watch. The data can be private by following the instructions below, only other schools within the Telford & Wrekin club will be able to view the activity data.

Having a Starva profile enables you to record the amount of activity your school is achieving during the challenges, see where your school is ranking on the leader board and most importantly allows us to determine the winners of each challenge.

How it create a Strava profile:

- Go to https://www.strava.com/register/free?cta=sign-up&element=button&source=website_show to set up your profile
- Create a Strava account using an email and password – They will send an email conformation link that you will need to follow to complete registration
- Agree to the Term to continue
- Complete Create Profile:
    - ➢ go through set up (If you link to Facebook your runs will appear in your Facebook feed, this is your decision),
    - ➢ skip free trial option,
    - ➢ Newsletter is another option but schools do not need this for the challenge.
- Once set up is complete you can add a profile picture:
    - ➢ Hold the mouse over the small person icon on the right hand side of the page in the header bar,
    - ➢ select 'Settings', then click on the small + sign in section 'Current Photo',
    - ➢ select picture from your saved images, double click & if happy save.
- To make your account Private:
    - ➢ go into 'Settings' (same way as for the profile picture),
    - ➢ from the menu on the left hand side of the screen select 'Privacy Controls', within this section please go through the options and set to the privacy level you require for your school.
- You must request to follow Healthy Telford on Strava for us then to send you an invite to the challenge group.
- Once you have completed your profile set up please email public.health@telford.gov.uk with your Strava name and we will send out a club invitation for you to join the School Challenge.

You are now good to record your 'Active' activity

On to a mobile device (phone) download the Strava Free Mobile app from Google Play or ITunes, use your log in details to access your account. If you are using a watch you will need to pair device to your account.

How to record activity using mobile phone:

- Open the Strava app
- Select the 'Record' option, selected run as your activity type
- When ready to start activity press START, place in a secure pocket
- When activity is complete press FINISH and the Save Activity button, the activity will then appear in your home feed and in the Telford & Wrekin club feed.

Frequently asked questions:

Q. We do not have an activity watch to record our miles.
A. A mobile phone can be used to download the Strava app which can then be carried during the activity to record miles.

Q. We have a no personal phones rule in our school, how can we record our activity?
A. If your school has a trip/emergency phone this could be used. Your school could invest in watch that records activity, this can be worn by a child from each group taking part and disinfected between usages. These watches are reasonable prices and can be used to encourage children to see their improvements.

Q. How can we fit the Daily Mile into our school day?
A. Schools have been adding the Daily Mile into their school day with ease across Telford and some examples of this are the whole school take part at 9am which has improved late marks, after lunch before afternoon lessons, 15 minutes before home time or classes have carved time into lesson plans.

Q. How do we complete the Activity while remaining COVID safe?
A. The activity does not have to be completed as a whole school meaning that bubbles of children can complete the activity a different times to others, for example one class could complete their activity at 9:15am and then another could take part at 9:45am. Also activity can be recorded during your schools wrap around care provision and this too will be counted in the challenge.

Remember to always record your activity in real time,

no record no mile!