

COVID-19 STAY @ HOME ACTIVITY

FITNESS FOR LIFE

Spring & Summer 2020

This information sheet is intended to provide basic information and rules for this activity. Please refer to the “Policies” link on the home page of the intramural web page for detailed information about policies and procedures of the Intramural Activities Program.

ENTRIES OPEN

May 4 – August 8, 2020. (A separate competition will be held during each of these 14 weeks)

PARTICIPATION

This activity requires 150 minutes of fitness activity during a given week – Monday thru Saturday. Some activities may include: Running, Walking, Hiking, Cycling, Mountain Biking, Paddling/Rowing, Swimming, Fitness Workouts, etc. Participants must adhere to all social distancing guidelines while participating in these fitness activities.

ELIGIBILITY

The following are eligible to participate: All current BYU students – Full-time, part-time, students on leave of absence, non-degree seeking students, student employees, and spouses of students. All former students are also eligible to participate for two semesters beyond the last semester in which they were enrolled in classes. All current faculty, administrative staff, ¾ and full-time staff employees and their spouses are eligible.

There will be no Intramural Activity Fee for COVID-19 Stay @ Home Activities.

RELEASE AGREEMENT

All Intramural participants must complete an online [release agreement](#) before they can participate in any intramural event. Release agreements are valid for one academic school year – fall semester through summer term.

LIABILITY

All participants play at their own risk and must acquire their own insurance.

REPORTS

A fitness activity and time log for each day of the week must be submitted by 11:59 PM on Monday of the following week by completing this [Qualtrics survey](#). For example, fitness activities from May 11-16 must be reported by 11:59 PM on Monday, May 18. Activities reported for Fitness for Life may not count towards the Sports Participation Activity.

AWARDS

Eligible submissions will be entered into a weekly random drawing for an Intramural Champion T-Shirt. There will be three random drawing winners each week, May 4 – August 8. An additional winner each week will be awarded to the individual with the greatest number of minutes completed. Winners will be notified each week via email. To be eligible to win, participants must meet the above listed Eligibility requirements and have a current Release Agreement completed. An individual that has won a T-Shirt in this activity will no longer be eligible for additional awards in this activity. However, they would still be eligible to win a T-Shirt in the other two COVID 19 Stay @ Home Activities. Winners may pick-up their shirt when the Intramural Office reopens to the public.

If you have any questions, email our office at: intramurals@byu.edu