

## BYU INTRAMURAL ACTIVITIES COVID-19 SOCIALLY DISTANCED ACTIVITIES FALL 2020

In addition to the in person Intramural activities scheduled for Fall 2020, we will continue to offer a variety of socially distanced activities that we implemented this past Spring term. The following activities will be offered for all eligible intramural participants.

### **Disc Golf**

Students and faculty are invited to complete designated local disc golf courses during a given week. Participants must adhere to all social distancing guidelines while participating in this activity. Participants who complete the weekly course must submit a report of their score for the course. Each person that submits a score during the week will be entered into a drawing for an Intramural Champion T-Shirt. There will be two winners from the random drawing. An additional two Champion T-Shirts will be awarded to the two individuals with the best scores. Please refer to the Disc Golf [information sheet](#) for additional rules.

### **Fitness for Life**

Students and faculty are invited to participate in fitness activities of their choice during a given week. Some ideas may include: Running, Walking, Hiking, Cycling, Mountain Biking, Paddling/Rowing, Fitness Workouts, etc. Participants must adhere to all social distancing guidelines while participating in these fitness activities. Participants who complete 150 minutes of fitness activity during a week (Mon-Sat) must submit a report of their fitness activities by Monday of the following week. Each person that submits a fitness report will be entered into a weekly drawing for an Intramural Champion T-Shirt. There will be three winners each week, September 7 – November 21. An additional winner each week will be awarded to the individual with greatest number of minutes completed. Please refer to the Fitness for Life [information sheet](#) for additional rules.

### **Scavenger Hunt**

Students and faculty are invited to participate in a wellness scavenger hunt in teams of 2-3 individuals to complete a variety of sport-related and active tasks over a 2-day period. There will be two Scavenger Hunt activities – ~~September 25-26~~ (Canceled) and November 6-7. Participants must adhere to all social distancing guidelines while participating in these activities. Winning teams will be determined by fastest time to complete minimum requirements, quality of submissions, and amount of activities completed. Facebook and Instagram will be used to show completion of various challenges. Please refer to the Scavenger Hunt [information sheet](#) for additional rules.

### **Trick Shot Challenge**

Students and faculty are invited to submit a video of themselves doing any type of trick shot from any sport. One video may be submitted each week via email. There will be two winning videos selected each week, September 7 – November 21. The weekly winning videos will be posted on the Student Wellness Instagram page. Please refer to the Trick Shot Challenge [information sheet](#) for additional rules.

