



Frequently Asked Questions

TAKING PART

⇒ **Who can take part?**

Any group/workplace/organisation can take part.

⇒ **Can we have more than one team? And do we need to have 8 people?**

Yes, you can have more than one team but each team will need a separate entry form. The minimum number of people for a team is 4, and the maximum number is 8.

⇒ **Can we include any other sporting activities?**

Footbeat is a programme aimed at encouraging less active people to get active by walking in a fun, supportive environment. We encourage you to have at least 6 members of your team as walkers - the other 2 members may be runners, swimmers, or cyclists.

- This can include activity such as using a treadmill but not other gym-type workouts such as weight sessions.

⇒ **Can we walk by ourselves or do we have to walk in groups?**

Your team can walk together in a group or individually, either at work or out of work hours. For example, you might not be able to walk at lunchtime or with a group at work, but you might walk home, walk the dog, or you may go for a walk at the weekend.

⇒ **Does walking around the office, window shopping or sight seeing count?**

No, because the walking must be of moderate intensity as per Push Play guidelines.

⇒ **How many bonus points are allowed for family members and friends that walk with me?**

You can earn **1** bonus square per person, per walk. The bonus square is only allowed for people who are **not** already participating in Footbeat. We want to encourage everyone to enjoy the benefits of a healthy, active lifestyle. Enjoy sharing the fun and benefit of a brisk walk with family and friends!

⇒ **How do I record my activity?**

All activity is recorded on the team record sheets. **Each square is equal to 30 minutes of moderate physical activity.** If you do an hour and a half of activity, you will fill out 3 squares on the team record sheet. The individual record sheets are there for each team member to monitor their own activity and then transfer it to the team record sheet so the team can monitor their distance.

- The individual record forms are there as a guide only, you do not have to use them if you do not want to and teams can record all their activity straight onto the team record sheet.



The fun team walking event

⇒ **Do I have to do my 30 minutes of activity in one session to get 1 square?**

No, you can break up the 30 minutes throughout the day to suit you but remember you can only fill in the square when you have completed the whole 30 minutes. For example 3x 10 minute walks equal 1 square.

ADMINISTRATION

⇒ **What if we forget to send our entry form and it arrives late?**

Entries will be accepted up to 1 week late but if you start late you will still have to finish recording your distances on 6 November. But, now that you've started walking, keep it up!!

⇒ **Will you let us know if you've received our entry form?**

If you submit your entry online you will see a message on the screen confirming that your entry has been received. If you are posting in your team entry you will receive an email or phone call confirming that your team has been entered.

How much does it cost and what do we (and/or our Company) get?

Entry is free. All the forms, instructions and maps are available on the website. If you wish to order a printed colour map contact Stacey Willcox (see details below).

⇒ **When do we have to send the final paper work in?**

You will only need to send your **team record sheet** in. This can be sent in anytime after Feetbeat finishes (After November 6th), and the quicker you can get it in the better so we can work out who has won prizes.

⇒ **How do we know if we win a prize?**

Your team leader will be contacted to advise that your team has won a prize. It will also be mentioned in the Feetbeat newsletter the following week.

⇒ **Can any team send in photos or stories?**

Yes, any team can send in their team walking photos and stories. These will be featured in the weekly newsletters. Your team leader will need to sign a consent form to give us (Auckland Regional Public Health Service) permission to use it in our Feetbeat newsletters and on the website for other teams to see.

Feetbeat Enquiries?

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