



# STUDENT INFORMATION VIRTUAL CROSS COUNTRY

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## Do you want to participate in the SSV Virtual Cross Country program?

All secondary and primary school students from Specialist, Government, Independent and Catholic schools can participate. This sheet provides more information on how Virtual Cross Country works and what students need to do to participate in the program.

## What do you mean by Virtual Cross Country?

Virtual Cross Country just means you log your results online. You do the walk, jog or run in real life.

## I don't play sport; can I still participate?

Absolutely. This activity is fun and gets you moving. You can walk, jog or run if you choose but do so at your own pace. Simply track the distance that you cover and the time, and provide the details on the entry form online.

## I already participate in sport, can I still take part?

Yes you can. All the additional walks, jogs or runs you complete outside of your organised sport activity can be included in your results.

## Do I have to participate by myself?

No, you can walk, jog or run with a friend, your family or with your classmates. Your school might even hold a cross country event that involves lots of students in your school.

## If I participate in a school sporting event, can I include that in my results?

Participating in school organised events is great and encouraged. This program is about increasing activity in addition to any organised sport you already do. If your school runs a Virtual Cross Country event, your school will log the results for all the students who participated in the event.

## Will my results be shared with the school?

We encourage you to share the results with your school. Students can also choose to have their results made public, but that is not mandatory.

## How do I measure the distance that I walk or run?

There are many Apps available that can help you track the distance you walk, jog or run. For example, Google Maps, GPS, Strava etc; could be used on a smartphone, tablet, smart watch or personal computer to track your distance. You could even go old school and use a trundle wheel or measure the distance using a bike computer or your mum or dad could measure the distance with their car odometer.

Be as accurate as you can using whatever devices you have access to. To record the time it takes to walk, jog or run the distance, it can be as simple as using a clock, stopwatch or timing it on a watch or phone. The most important thing is to participate, get active and most of all have fun! For more detail on third-party apps see notes on the next page.



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## Is there a specific amount of exercise I need to do?

We encourage you to complete as many walks, jogs or runs as you are able; however you should complete a minimum of one walk, jog or run during the program so you can log your activity towards your school's overall result. Choose a distance you can comfortably complete and do it at your own pace or try for a personal best if you prefer.

## What is the duration of the cross country program?

The program starts in Term 2 and finishes on 16 September 2022.

## What do I have to do to participate?

**Step 1** – speak with your parent/guardian first to confirm they are happy for you to participate

**Step 2** – plan the activities you can complete each week and identify a suitable, safe route that is either 1km, 2km, 3km or 5km in distance. Choose a distance that you feel comfortable to try. You can always start at a shorter distance and go further next time. We encourage you to try to complete a walk, jog or run at least once a week over a four week period

**Step 3** – ensure you have suitable shoes and clothing to wear such as sneakers, shorts, t-shirt or a tracksuit. Wear a cap and sunscreen and take some water with you too

**Step 4** – always tell your parent/guardian or if a school event, your teacher, before you commence any activity

**Step 5** – warm up your muscles by doing some stretches. Talk to your parents or teachers about how to do a warm up safely

**Step 6** – Start your timer, then get moving and go

**Step 7** – If you need to stop for a rest or have a drink of water along the way- do so

**Step 8** – keep a record of your results including time and distance covered

**Step 9** – register your results on the [website](#) by 16 September 2022

**Step 10** - congratulations, great effort! Keep moving and do more walking, jogging and running when you can.

*The use of third party apps: Please be advised, this is not a Department owned or managed licensed software for Schools. To the extent permitted by law, the State of Victoria (Department of Education and Training) and its employees, agents and consultants exclude all liability for any loss or damage (including indirect, special or consequential loss or damage) arising from the use of, or reliance on, the this software whether or not caused by any negligent act, omission or misuse. By accessing and using this software, you accept that any disputes about this software or its contents are to be determined by the courts having jurisdiction in Victoria in accordance with the laws in force in Victoria (except any principle of conflict of laws inconsistent with this requirement). The State of Victoria (Department of Education and Training) makes no representation that the content of this software complies with the laws (including intellectual property laws, privacy and data protection) of Victoria.*