

KANSAS LEARNING CENTER FOR HEALTH'S 2023 OSLIMPICS OFFICIAL RULES AND GUIDELINES

Participation Regulations

- 1) Anyone at any age can participate in the *Oslimpics* from anywhere within the US. *If you are under the age of 18, please receive permission from a parent or legal guardian and have them communicate that approval with Diana or Elizabeth, in order to participate in this challenge.*
- 2) The participant understands that most of the communication regarding the challenge will be done via email, social media (such as Facebook, Instagram, and Twitter), and Google Drive forms. *It is the responsibility of the participant or team captain to provide a working email address to properly receive these communications.*
ALL Participants will need to subscribe/approve a subscription request that will be sent to registered participants to receive emails from KLCH regarding the Oslimpics.
- 3) It is the responsibility of each participant to make sure they are medically capable of participating in the challenge, and that they do not have a medical condition which would put them at harm or risk while participating in the *Oslimpics*. Therefore, it is recommended that each participant seek the advice and receive an evaluation from their medical doctor prior to the start of the challenge.
- 4) It is up to each participant to determine the methods or strategies by which they will improve their health and possibly lose excess weight during the challenge. All children participating should NOT try to lose weight but only focus on exercising! Keep in mind that this is an all-natural competition focusing on exercise. Legal substances, such as nutritional supplements, may be used by the participants; however, it is recommended that the participant consult a knowledgeable and licensed health professional first.
 - If a participant is found to be using any illegal substance, engaging in dietary practices that may be harmful or dangerous to their health, or is found to have received weight loss surgery (for example: gastric bypass) or cosmetic surgery as their means of weight loss for/around the time/during the *Oslimpics*, they will be disqualified from the challenge.
 - If a participant is awarded any form of prize or money as a result of their participation in the *Oslimpics*, and later found to have been taking any illegal substances, or engaged in dietary practices that may be harmful or dangerous to their health, or to have received weight loss surgery or cosmetic surgery as their means of weight loss for the challenge, the participant will be required to immediately return 100% of the prizes or money that was awarded to them.
- 6) By registering for the Challenge, the participant understands that their entry fee is non-refundable. This entry fee is used to calculate the total Cash Grand Prize money that will be awarded.
- 7) If at the end of the competition there are teams with the same amount of "miles logged," the tiebreaker will go to the team with the most miles in the last week of competition.
- 8) Participants are encouraged to use Fitbit trackers or any exercise app, but "active minutes" cannot be used; due to the limitations of some of those devices, someone can just move their hand around and it tracks it as "active." You must be participating in exercise to count those minutes to your log.
- 9) Each participant assumes all risk of injury, harm or loss of any kind arising from participation in the *Oslimpics*. Consult with your physician or health care provider before starting any new exercise program, dietary program, nutrition or supplementation program, particularly if you suffer from any medical condition or regularly use prescription or over-the-counter medications. Participants in the competition expressly release the creators of the *Oslimpics*, it's supporters and sponsors, and the directors and employees from all risk, loss, injury, damage or harm that may arise from participating in the *Oslimpics*.

Participation Guidelines

Tracking Weight Loss - The starting weight should be recorded on April 1st. Please use the same scale on both weigh-in dates. The ending weigh-in will need to be recorded no later than the last day of the challenge. At the last weigh in, for every pound of weight an individual lost, they will be awarded 1 "mile" for each pound lost. If an individual maintains the same weight, they will be awarded 1 "mile" (this can be added to your very last workout day in your log).

Mileage/Tracking Workouts - For distance walkers and runners, you keep track of how many miles you have walked and/or ran. For any other type of exercise every 15 minutes = 1 mile. For example, if an individual worked out for 30 minutes, they can mark down 2 miles exercised. Lifting weights? 15 minutes = 1 mile. If you feel your workouts are more intense and worth more than 1 mile/15 min please email Diana and discuss your routine. If you have completed one of the weekly challenges, add the extra miles awarded to you in the row for that challenge, and the column indicating the date completed. The initial set of the week's challenges will be communicated via email and Facebook at the start of that week.

Example: Week 1's challenge is to workout 5 days that week for at least 30 minutes each day; if you work out for 5 days in week one, you will be awarded an extra 10 "miles" and it can be logged the designated slot on their Google Form.

Tracking Measurements - Participants are encouraged to measure each arm (bicep), each leg (thigh), waist, bust, and hips. Oslimpic captains will be emailed an illustration of how to measure. For each inch lost during the competition, Oslimpicians can count 1 "mile" to their final exercise log; this not mandatory, but highly suggested so you can see your own results. It is also encouraged to take a before and after picture.

COMPETITION: The purpose of the challenge is to, as individual or team, log the most miles exercised in your bracket. *We will be utilizing shared Google Sheets between KLCH and participants as the reporting center; if you do not use Google Drive/Google Sheets, please email Diana and she will visit with you about alternative tracking options.*

The weekly challenges run from Monday-Sunday (the first week will include the previous Saturday/Sunday as well). Individuals/Team Members or Team Captains must fill out the forms before records are collected from the participant's logs on the following Tuesday. If minutes/miles have not been reported by that time, the minutes/miles that were performed (but not reported) will contribute towards the overall competition but not the weekly competition/prizes. It is recommended to update miles daily.

Challenges - Each week there will be a different set of challenges that participants can complete in order to be able to receive more "miles" on their log. *In addition to the well-loved fitness and recipe challenges, we will also be including mental health and various nutritional challenges to encourage our participants to have improved health across the board.* Weekly winners will be announced via e-mail and social media. Participants can only win one weekly challenge per person.

Oslimpics IS A CHALLENGE, it is meant to *challenge* you to achieve new highs and successes in your health journey; however, we understand you may not be able to accomplish ALL of the challenges - it is our hope that you will identify the area in your individual health journey that you would like to see improvement most, and focus on those challenges during the Oslimpics challenge. It's always nice to win, but the real prize of Oslimpics is getting healthier - if you have any ideas about ways to improve Oslimpics or encourage participants, please let us know! We care about helping you on your journey to a healthier you!

If you have any questions, please reach out to Diana@learningcenter.org for clarification! We're happy to help!