

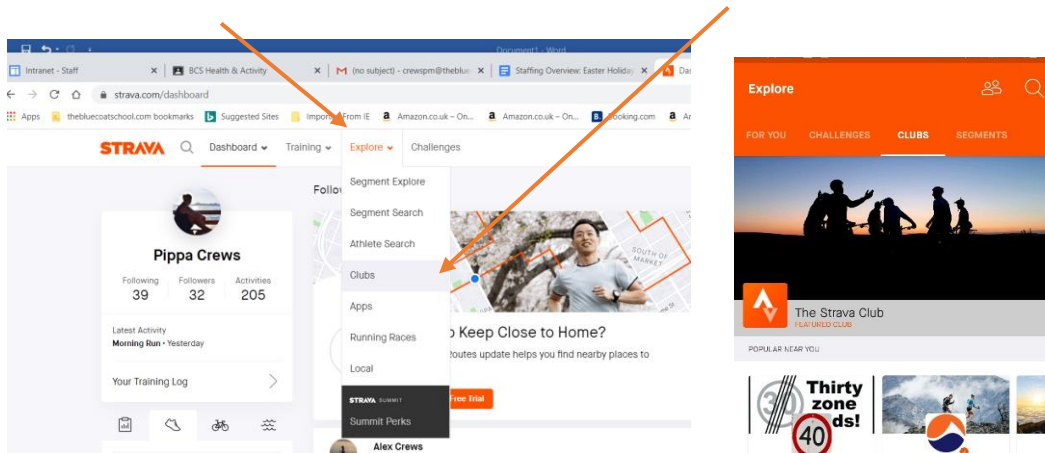
How to use the APP?

The app is called STRAVA and the app logo looks like this 

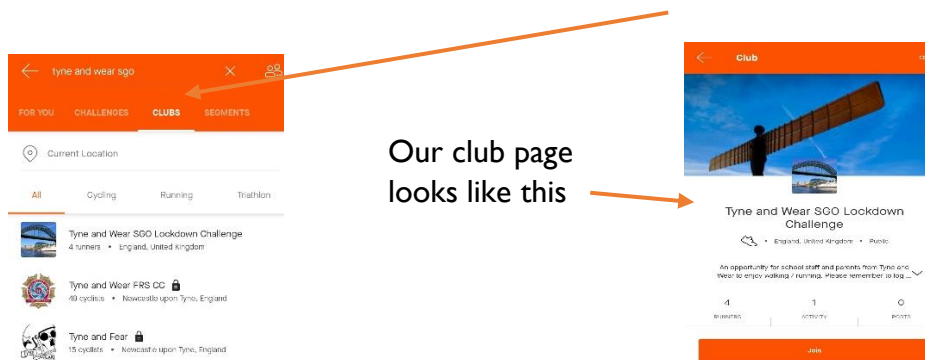
You will need to download the app (please select the 'free' version), sign up (using an email address) and join the 'Tyne and Wear SGO Lockdown Challenge' club.

Once you have signed up to STRAVA to join the 'Tyne and Wear SGO Lockdown Challenge' club you can use the below guidance which shows you how to search for a club on your computer or device.

- Go to the explore tab at the top and scroll down to Clubs



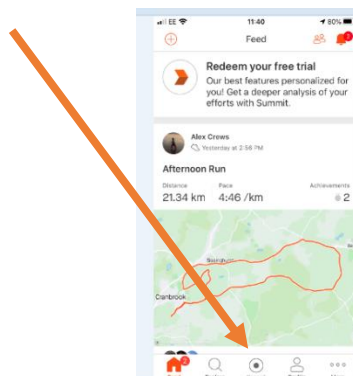
- Type in 'Tyne and Wear SGO Lockdown Challenge' Club and press search



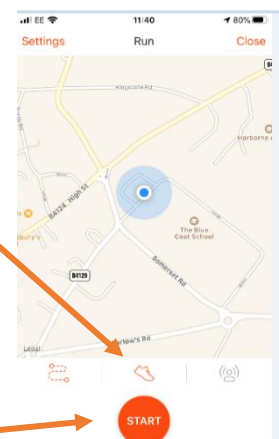
Next Steps

If you go for a run or walk track the distance you travel using the app!

Press record



Choose run (whether you are running or walking) by clicking the picture of a trainer



- Press start (carry the phone with you and it will track your journey)

The app will then track:

- A map of your run/walk
- Stats about your run/walk (how far/ how fast etc)
- It will also collate the data from every person signed up and we will be able to see how far we have run/walked as a collective group!!!!
- We will give daily updates on social media about how we are getting on with the challenge of travelling 10,000 miles collectively and also let you know how our rivals (the school staff and parents in County Durham, Northumberland and Tees Valley) are doing in comparison!