

# MAY 2020 STAY ACTIVE AWARD

***Make physical activity part of your daily routine during the stay-at-home order and join the MDSC Covid-19 fitness challenge during the month of May!***



**Be active for 60 minutes a day 5 days a week in May and early June to earn the cool Stay Active Award patch.**

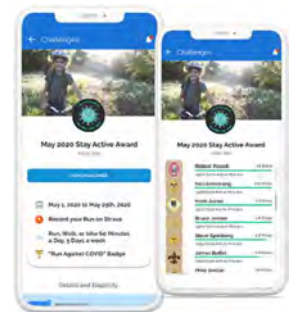
**Activity is automatically recorded and shared among scouts using a customized phone app.**

**Everyone needs to exercise, especially during this shut-in, and during May, National Physical Fitness & Sports Month.**



## Challenge Basics

- Walk, run or bike 60 minutes a day 5 days a week for 4 weeks in May-June.
- Challenge starts Saturday May 9<sup>th</sup> and ends Friday June 5<sup>th</sup>.
- Activity level is based on President's Active Lifestyle Award and reflects national BSA fitness guidelines for scouts.
- These are the same fitness requirements for 2nd Class and 1st Class. Scouts can use the challenge to earn these rank requirements.
- Reminders and activity milestones will be provided during the challenge.
- Time will be tracked but overall distance will be ranked in app leaderboard.
- Overall time and distance will be ranked by units at the event web site.
- Any movement activity and amount of activity will count toward daily totals - walking around the house, walking the dog, running, shooting hoops etc.
- Registration user's email as well as a parent's or scoutmaster's email.
- Participation is open to Scouts BSA, Venturing, Sea Scouts and scouters.
- Activity is recorded with Strava and monitored with Cadoo.
- Instructions for installation and use of apps will be provided
- Apps are COPPA compliant (Children's Online Privacy Protection Act).
- Social distancing rules must be practiced during all activities.



## Register Now

- Visit the challenge web page to register: <http://cadoo.io/bsa>
- On May 7<sup>th</sup> you will receive an email with a link and instructions to download the app.
- You can start the challenge May 9<sup>th</sup>.

Questions: Contact Damian Hayden, event sponsor, [t104scoutmaster@gmail.com](mailto:t104scoutmaster@gmail.com) or 510-590-1012.