

Compete with other area schools to be the “fittest” school!

If your school chooses to participate, your students will get to take part in a variety of physical activities that promote the **fun** in being physically active.



What is required of each school?

To participate in *Battle of the Fit*, schools must agree to do the following for the duration of the 12-week program:

★ Appoint one contact person who will serve as the volunteer liaison between the school and MDwise

- While the school administrator will be the one to authorize the school's participation in the program, the school must appoint an employee to serve as a regular liaison between the school and MDwise.
- The liaison could be a teacher (a physical education teacher may be a good fit), a counselor or a paid aide. Someone who is enthusiastic about physical fitness would be ideal. This liaison would be responsible for setting up the program in the school; promoting it to students, parents and other staff members; making sure data is reported on time; submitting photographs of activities to MDwise; recruiting volunteers to assist with the program; and distributing incentives as necessary.
- Because the grand prize is a large monetary gift to the school, each school's designated liaison should be someone the school holds in high regard for his/her honesty and integrity. In an effort to ensure that the competition is as fair as possible, the school administrator and liaison will be asked to sign a form committing them and the school to honest and accurate reporting of activity information.

★ Schedule regular fitness activities

- When a school agrees to participate in the program, it commits to organizing regular fitness activities for students for the duration of the 12-week program. These activity sessions may be held before, during or after school.
- While MDwise encourages schools to include students from all grade levels in the program, the school will ultimately determine what grade levels to include. The school will be asked to provide the enrollment number for the school/grade levels that are participating.

(over, please)



- For schools that are unable to host before- and/or after-school sessions, utilizing recess time may help avoid challenges with transportation, facilities and supervision. However, because time is shorter during recess periods we recommend holding these activity sessions more often to have an impact and allow the schools that choose this option to compete with those offering before- and/or after-school sessions. As noted in the tracking and point system section below, schools will be awarded points based on the percentage of students who participate in each activity, as well as the length of time they participate.
- Schools are asked to choose activities from a provided list for the *Battle of the Fit* sessions. The activity list has been created to include indoor and outdoor activities that require little to no equipment and should attract both students who are typically active as well as those who are not. The list includes a variety of general exercises, sports, games and dance-related activities.

Track points for biweekly reporting of activities

- To create an equitable system that does not penalize smaller schools, points will be awarded on a percentage basis. Before the program begins, schools will be asked to provide their total enrollment number OR the total enrollment number for the grades participating in the program. When entering activities into the online tracking system hosted on MDwise.org, schools will provide the number of students who participated and the length of participation for each session.
- The online tracking system will then calculate the percentage of students who participated in the activity and the number of points that school receives, based on participation and the length of the activity session.
- The participating school will be responsible for entering its activities into the tracking system at least every other week, if not more often. We ask that data be entered weekly to ensure that participants—teachers and students—receive incentive prizes throughout the program. While the school's liaison is responsible for overseeing the reporting, schools may assign another staff member or volunteer to help track and enter the data.

Assume liability for the safety of participants

- When a school agrees to participate, it assumes all liability for the students, teachers, volunteers and parents participating in the *Battle of the Fit* program. This includes any necessary screening of the parents and/or volunteers and liability related to the safety and physical fitness of all participating students and adults. A sample liability waiver form will be provided.
- Schools participating in the program are committing to having the activities supervised by an adult (18+) at all times, including teachers, student teachers, other paid employees or volunteers the school has pre-screened.

Submit photographs taken during activities

- Schools participating in the program are encouraged to submit photographs to MDwise for potential use on the *Battle of the Fit* website and in media outreach efforts. However, if a school submits photographs, it is the school's responsibility to make sure all individuals in the photograph have photo release forms on file. If the school does not already require students, teachers, volunteers, etc. to sign a photo release form as part of normal protocol, a sample release form will be provided.

If you have questions or would like more information on *Battle of the Fit*, please contact Bryana Schreiber.

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