



4 May 2020

Dear Braemar College students

RE: Strava Club

Here is a wonderful way for you to stay connected and move at the same time.

This is a virtual exercise community powered by Strava. This club provides all students at Braemar College with an opportunity to run/walk/ ride/workout as part of a virtual community. Log your activities, times and courses on Strava through the club. Follow your performances on the leaderboard and challenge yourself with upcoming club events and challenges.

The Braemar College Club is exclusive to students at Braemar College.

For now, those who are interested in joining, please visit the following URL and make sure to read through the guidelines: <https://www.strava.com/clubs/braemarcollege>

1. Each student must have their own Strava account and profile. When you set up your profile, please use your correct name and not your social media handle or Avatar name. This allows us to verify your identity as a Braemar College student.
2. Age: to use Strava, students must be at least 13 years of age.
3. Privacy Location: there is an important privacy location setting that students should set for their profile settings. There is a short video on the ACC YouTube Channel with instructions <https://youtu.be/CaXz9ggjKQM>. This setting just provides a geo block around their home address so that people can't track the beginning point of their runs to find where they live. Thank you to the guys at Guilford Grammar School and ACC for sharing the video with us.
4. Device: as well as a free Strava account, students will need either a smart phone or a fitness device that can be linked to Strava i.e. Garmin, apple watch, fitbit etc. The device records your activity and feeds the data to the Strava app. You can just use a smart phone with the Strava app, a fitness device like a Garmin watch is not essential.
5. COVID19: At the moment students can only run solo or in a pair, group runs are currently banned.

Any questions, please don't hesitate to contact Matt Ellis at m.ellis@braemr.vic.edu.au

Stay healthy & fit!