



Welcome to the Walk New West Community Challenge!

We are lucky to live in a community that is extremely walkable. With an average Walk Score of 70, it means most errands can be accomplished on foot. This Challenge is not about walking for the sake of walking - it's re-thinking how we get around. Whether you walk or bike, take transit, or drive and park further away, the end result is less noise, less air pollution, less traffic congestion and more exercise for you. EVERYONE benefits when we walk.

SCHOOL FAQs

How do schools participate?

There are a couple of ways to form a team:

- teacher with students (ie register your classroom)
- teams of staff
- teams of students

Except for teachers with their class, teams are 2 – 5 people.

If I register my classroom, can my students participate with their families outside of class and can I also participate with co-workers, family or friends?

Yes. Schools are the only exception that we allow people to register twice. The SCHOOL category is a special category just for classrooms. Teachers or students participating with family, friends or co-workers register the same way the general community does (see COMMUNITY FAQs).

How do I sign up to register myself, my staff team or my class?

All registration information and more detailed information about how the challenge works can be found at www.walkerscaucus.ca after March 6. If you are registering as a class, you need to create a Team Name, as well as enter your name, email, phone number and school. If you are registering on a team, the Team Leader will input the Team Name, individual members names/emails/phone numbers, as well as select a category (BUSINESS/WORK, RESIDENT ASSOCIATION, GENERAL COMMUNITY).

How do I count steps?

If you are registered as a class, you do NOT need to log the steps of individual students! Rather, track how much you walk together as a group, and every week you submit your totals online. You can use a pedometer, pedometer “app” or online step calculators. HOWEVER, we are encouraging teachers to incorporate calculating steps into math lessons. 10 min or 1 km = approximately 1320 steps - time how long you walked and have your students calculate how many steps. Please see the BACKGROUNDER re: how participating in the Walking Challenge will support learning in your classroom.

If I'm not using a pedometer and tracking steps is just an estimate, what's the point?

It is not critical that the step count be very accurate but it gives you a good estimate of how much you are actually walking. Prizes are based on participation, not distance.

How much of a time commitment will this be? Do we need to walk as a class everyday?

No you do not need to walk everyday; you decide how often you walk as a class. How much time you actually walk is up to you but it needs to be at least once a week. Besides the time you spend actually walking, you need to keep track of how many steps you are walking together. Every week you need to submit the total steps taken at www.walkerscaucus.ca but it should only take a few minutes to log on and submit.

How can I connect this to the new curriculum if I participate with my class?

See Promotional Poster and Walk New West overview.

Are there prizes for participating?

Yes, there is a classroom prize for an elementary class and a classroom prize for a middle school class. They are Live 5210 prize packages filled with resources for you to use with your students. These are randomly awarded to classes that submit steps for all 8 weeks of the challenge – it is not based on whoever walks the most (although we do post weekly which team has taken the most steps, just for friendly competition!) If you are also participating on another team, you are eligible for prizes as an individual, as long as you submit steps for the full 8 weeks.

Do I need special permission from parents to participate in this event?

No, outings count as walking field trips and all students should have a walking field trip form signed.

How will students get recognized for participating?

Participating classrooms will get an official #WalkNewWest button!

Will there be a celebration at the end?

The Walking Challenge committee does not organize an event, however we strongly encourage participating classrooms and schools to do something to celebrate!