



## Stair-climb Challenge Information pack

### Virtual Climbing Challenge

Being active is not only great for your physical health but can also improve your mental wellbeing by raising your self-esteem and helping you to set goals or challenges and achieve them (NHS). So as part of the Mental Health Awareness Week, the Sports Service are inviting individuals, Teams, Clubs, Departments and Colleges to join them in completing a Virtual Climbing Challenge in May 2020.

### How to take part

There are different individual, family and group challenges that you can take on from climbing the University Library Tower to scaling a mountain! You can do them in a day or across a week depending on the time you have available and your current fitness levels. There is also be the option to raise money for the University COVID-19 PPE Appeal Fund if you wish.

To complete the challenge(s) you can use your stairs, a fitness step or local hill. We have also provided the height of the building/mountains if you would like to use a bike, handcycle or fitness machine (if you have one at home). And, if you want to wear fancy dress then please do go for it!

### Choosing your Challenge

We have provided some example challenges, but please feel free to find your own challenge that is meaningful to you!

It is really important when choosing your challenge that you take into account:-

- Your current fitness level and that of your team/household;
- Your workload and childcare responsibilities; and
- How long you have to complete the challenge (a day, a week, or two weeks)

If you like, you can also add our Virtual Climbing Challenge banner to your social media pages and let everyone know about your goal.

We have also created some basic individual and group record sheets to help you keep track of your progress. But feel free to create your own version.

## Individual Cambridge Challenge

Please set a personal activity goal based on their current fitness level. We have given the details of three university buildings. You can choose to do one or all three!

	Number of steps	Building Height
Great St Mary's Church	123	34m
Kings College Chapel	210	30m
University Library Tower	247	39m
All three Buildings	580	103m

Of course, you can pick your own building from around the world if you prefer. It is your challenge so you can choose the right goal for you!

## Team/Household Buildings Challenge

These challenges are great for households or teams of 3-5 people. We have given some example buildings for the UK but you can pick any building that you like from around the world.

For a team/household virtual climb, the first thing to do is to agree your goal. You should discuss what each member feels they can climb and then agree a challenge that is realistic and achievable within a timeframe that works for you all.

Once your virtual climb is set, we advise nominating one person to co-ordinate the challenge and tally up the distance climbed. If you are taking on the challenge as a work team, perhaps set up a WhatsApp group to keep each other posted on progress in real time! Possible team/household climbs include:-

	Number of steps	Building Height
Sydney Opera House, Australia	425	65m
The Gerkin, London	1,058	180m
The Shard, London	1,800	310m
Petronas Twin Towers, Malaysia	2,860	452m
CN Tower, Toronto	3,500	553m
Burj Khalifa, UAE	5,250	845m

## Department/College Mountain Challenge

These challenges are great for bigger groups such as Clubs, Departments or Colleges. As a starting point, you will need a Coordinator to manage the Challenge.

For a group virtual climb, the first thing to do is to find out how many people would like to take part and agree your goal and timeframe. You will also need to decide how people will submit their distances to the central coordinator.

	Steps	Height of Mountain
Ben Nevis, Scotland	7,905 steps	4,408 ft (1,344m)
Mount Olympus, Greece	18,400 steps	9,570 ft (2,917m)
Mont Blanc, France	30,420 steps	15,774 ft (4,808m)
Mont Everest, Nepal	52, 047 steps	29,000 ft (8,848m)

## Keeping Safe

We want to make sure you keep safe whilst undertaking this challenge so please find below our safety guidance. Please read this carefully before planning your challenge.

## All Challenges

- Pick a challenge that works for your health, fitness levels, lifestyle and environment. Climbing is great exercise but also can be quite tiring so be realistic with your target! The aim is to have fun!
- If you feel unwell or are injured on the day you have picked for the challenge then please don't participate. You can always do it another time.
- It is important for everyone involved to drink plenty of water and ensure that they have sufficient fuel in the tank for the challenge you have chosen.
- If your children participate in the challenge then please make sure that you monitor their involvement carefully to ensure they are safe and don't overdo it with all the excitement!
- Always work to your level of fitness and be aware of what your body is able to do. If you feel out of breath, dizzy or unwell please make sure you stop or take a break.
- Please make sure you are warmed up and have stretched before you do any climbing and start slow!

In addition to the above, please see additional safety advice for stair climbing, hill walking/cycling and fitness equipment.

### **Stair Climbing**

- You should ensure the stairway/ area you are using is kept clear at all times and that you have suitable footwear appropriate for your climb. I.e. no socks on hardwood steps.
- We advise walking up stairs rather than running.
- Be equally careful going up and coming down the stairs! It is easy to stop concentrating on the descent!

### **Hill Walking/cycling**

- Please make sure that you take a mobile phone, water and fuel with you (This should be adjusted depending on how big the climb is and weather conditions.
- Make sure that you dress for the weather and wear sunscreen if appropriate.
- Please keep to social distancing guidelines whilst undertaking the challenge and be considerate of other path/road users.
- If you are using a bike or handcycle then please make sure it is well maintained and that you wear a helmet and high visibility clothing.

### **Fitness Machines**

- Please make sure that your fitness equipment is in good working order/well maintained prior to commencing the challenge.
- To achieve an equivalent feel to climbing, please utilise the incline or resistance functions. We have provided distance information that may help you to set your challenge.

If you don't feel that this challenge is for you at this time then please do take a look at what other activities are available as part of Mental Health Awareness Week: -[www.sport.cam.ac.uk/mhaw](http://www.sport.cam.ac.uk/mhaw)

We also have a range of articles and activity ideas on our website at: [www.sport.cam.ac.uk](http://www.sport.cam.ac.uk)

## **Fundraising for the University COVID-19 PPE Fund**

A number of people that we have spoken to the University have said that they would really like to contribute more actively to the fight against COVID-19. Whilst we may have gone past the first peak, we all recognise that COVID-19 will be with us for some time.

The Sports Service has set up a Virtual Climbing Challenge donation page in collaboration with CUDAR (Cambridge University Development and Alumni Relations) for anyone that would like to use this challenge to raise money for the University PPE Fund. How can you contribute:-

You could pick a challenge and make a personal donation of £10 (or more if you wish) to the fund on completion.

Or you could get friends, family and colleagues to sponsor you.

Donations can be made at:- <https://www.philanthropy.cam.ac.uk/give-to-cambridge/virtual-climbing-challenge>

### **About the Fund**

The aim of the University's PPE appeal is to ensure that high-grade Personal Protective Equipment (PPE) is available for health and social care professionals, caring for patients with COVID-19 in hospitals and care homes in Cambridge and the East of England. A team of Cambridge doctors, nurses, scientists and engineers (led by Sadaf Farooqi and Toni Vidal Puig) are working with their academic collaborators in the UK, China and other countries to purchase PPE at scale. The Appeal team want to guarantee the safety and protection of frontline staff, so they can focus entirely on what they do best - caring for patients. The money raised by the fund will go towards purchasing:

- Safety Goggles
- FFP2 and FFP3 respirator masks (that prevent inhalation of the virus)
- Surgical gowns

£150 buys enough FFP3 respirator masks for the clinical team who care for one patient in Intensive Care, to wear for one day.

If individually we can raise/donate a small amount, then collectively we can reach a sum that can make a real difference to the Appeal.

You can find more information about the Appeal by visiting their website - <https://www.4cppe.com>

## **Keeping in touch**

The Sports Service would love to hear about your challenges and fundraising efforts. So please do keep us posted via our social media channels:-

Facebook – [facebook.com/camunisport](https://facebook.com/camunisport)

Twitter – @camunisport

Instagram - @camunisport

At the end of May we will add up the total amount of money raised by the Challenge.