

UP Corporate Wellness Programme

Autumn Mini-Olympics 2015

Rules and regulations



UNIVERSITEIT VAN PRETORIA
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As staff members of the University of Pretoria our wellness should become our priority. We wish to encourage the staff of the University of Pretoria to be part of this Programme through various initiatives, directed by the UP Wellness Advisory Committee and the UP Wellness subgroups from the fields of exercise, nutrition and stress management.

Various corporate wellness initiatives have been implemented since 2013, with the Mini-Olympics being one of them. The Mini-Olympics events will take place on two occasions during 2015, the first of these activities will be held on **18 March 2015** at the Groenkloof Campus and the second on **23 September 2015** (annual Spring Day) at the LC de Villiers Sports Grounds.

The purpose of the Corporate Wellness Programme and its associated events is to make staff members of the University of Pretoria more aware of their wellness and the measures they may take to enjoy a healthier lifestyle. Our one goal is to encourage wellness among our staff.

Basic principles and purposes

- **'It's all about participation!'**
 - ☐ Winning is great, but participating in this Programme is even better.
- **Anybody can participate.**
 - ☐ Academic and support-service staff may participate.
- **No one is excluded.**
- It's about corporate wellness and acquiring the principles thereof through experience.
- The activities allow staff to compete in a **safe environment, having fun, while being physically active at the same time**. First aid will be available, so don't worry about health issues.
- Faculties and departments are encouraged to enter teams and **nobody is excluded**. If you don't enter enough staff to form a team, people from other faculties and departments will be included.
- The event is for **UP staff only**.
 - ☐ Family members, friends or pets are not allowed.
- We are here to **support one another to live healthier lifestyles**.
- Mixed-gender teams are encouraged. **Again, it's not just about winning, but more about participation**.
- During the afternoon, **information stands and basic wellness-testing booths** will be available for you to gain more knowledge to help improve your quality of life. Staff members will have the opportunity to get their health assessments ("vitals") done free of charge and could win a prize for completing all health assessments. Staff in the various wellness categories will be there to **answer your wellness-related questions**.

- If you are not comfortable with a specific activity or sport you are welcome to switch to another one. **The choice should, however, be finalized with registration.**
- **One activity/sport per person.** You must choose which **one** you want to participate in, as the four prize winning sports activities, namely football, volleyball and the team and individual relay (wellness race) will be taking place at the same time. Only these four (4) activities are eligible for the four prize draws for the winning teams.
- Teams are encouraged to design their own kits (T-shirts, hats, etc) for participation and come up with great team names.

Sporting events and specific rules

Football

- Teams will comprise a minimum of **eight** members (**including** reserves).
- Please note that players may only wear takkies – **no football boots will be allowed.**
- Mixed teams are encouraged. Please note that although this activity tends to have a male dominated participation, females are welcome to participate.
- Playing time will be a maximum of 20 minutes per game, consisting of two halves. Depending on the number of teams entering, the game may be shortened to accommodate all.
- Referees will be in place and smaller goal boxes will be used.
- We predict that the physically most intense event on the day will be football. If you feel you are not fit enough or if you are concerned about the intensity of the game, feel free to choose one of the other events.
- Playing fields will be re-marked (in **red**) to allow for simultaneous games. Newly marked smaller fields may be in use at any one time, based on the number of teams participating.
- Each team will play a minimum of two games, but this may increase based on the number of teams competing.
- The winning and losing teams from the first round will move on to two different playing pools.
- Teams will be awarded points, based on how they finish.

Volleyball

- Teams will consist of **six** members (**including** reserves).
- Mixed teams are encouraged.
- Playing time will be a maximum of 20 minutes per game, consisting of two halves.
- Referees will be in place.
- Playing fields will be re-marked (in **blue**) to allow for simultaneous games. Newly marked smaller fields may be in use at any one time, based on the number of teams participating.
- Each team will play a minimum of two games, but this may increase based on the number of teams competing.
- The winning and losing teams from the first round will move on to two different playing pools.
- Teams will be awarded points, based on how they finish.

Team relay – wellness race

- This will be a fun event, learning about wellness and how to incorporate movement and exercise.
- You may enter as an individual member for the team relay. All individual participants will be allowed to participate first, followed by the team events.
- Teams will consist of a minimum of **six** members (**including** reserves).
- How does it work?
 - ☐ Each team will pass through a series of stations positioned approximately 200-225 m (maximum) from each other. The total distance is 1.5 km.
 - ☐ Each team will start and finish as a unit, with every member stopping at each station.
 - ☐ You may jog, walk or crawl between stations, as long as you get there together.
 - ☐ At each station you will be required to perform a specific task and everybody in your team must complete the task before moving on.
 - ☐ Teams will start with sufficient time allocated so that they can move through and compete without another team catching up.
 - ☐ The total time taken to complete the six stations will be recorded and the overall fastest team will be recognized.
 - ☐ All teams will earn points.

- This may be the 'least' physically challenging event due to the amount of time required, but it will challenge you in a number of other ways.

Health assessments ('vitals'), exhibition & information zone

- Health assessments as well as exhibitions and general information are hosted under roof within the Groenkloof Sports Centre.
- The exhibition area includes the following activities:
 - **Fitness & exercise**
 - Brochures and leaflets on wellness and fitness
 - Information on the Fitness Friday activities programmes as offered on the various campuses.
 - **Nutrition**
 - Brochures and tips on nutrition and healthy eating habits
 - **Stress management**
 - Brochures on various health-related topics
- Various **health assessments** hosted by health and wellness partners
 - Basic health assessments ("checking of vitals") on blood glucose, blood cholesterol, diabetes, blood pressure, body mass, height and BMI, and cardio-stress evaluations on the ViPort device to name a few.
 - Physiotherapists will assist with ergonomic advice and demonstrations.
- **Wellness Games**
 - Adventurous and fun physical activities, e.g. games such as "tyre shuffle", and many others for the less fit participants.
 - **Zumba** every half an hour for spectators, participants and everyone who wants to have fun and at the same time lose the extra kilos.

Do not miss out, make sure you are ready to make some health investments.

UP WELLNESS – fit for work!!