

Program Requirements:

- Each club must follow the recreation model of Unified Sports®.
 - A club must have, at minimum, 25% athletes and/or 25% partners (people without ID). Athletes do not need to participate in a sport to get involved.
- Club leader must be trained. Programs must decide on an appropriate training protocol that will include Unified Sports® training and get approval from SOI before starting this model (SOCT utilized Unified Sports Coach training and concussion training through NFHS).
- Participants, both partners and athletes, must fill out SO forms for their role in the club. For partners, this includes the class A partner form. For the athlete, this includes a medical clearance and release form.
- Each club must meet at least once per week to walk and/or do other fitness activities
 - Walking is suggested to be the main activity because it is appropriate for all levels of fitness, it does not require a facility or equipment, and it helps participants earn miles quickly; however, other fitness activities can be done in conjunction with walking or instead of walking.
 - Examples of other fitness activities include hiking, stretching/yoga, Zumba classes, bike rides, strength training, etc.
 - Clubs can meet more than once per week if time allows.
 - Clubs should also encourage individual members to be physically active (in safe environment) outside of club activities.
- Clubs should provide year-round opportunities for fitness.
- Steps must be tracked through MOVbands, pedometers, or other activity trackers.
 - Data should be synced and recorded at least once per week.
 - Both athlete and partner should receive a tracking device.
 - Do not issue this device until paperwork is complete for the participant.
- Health metrics from the SOI reporting sheet (i.e. height, weight, BP, RHR, steps, and lifestyle survey) should be recorded at least once in a reporting period.
 - Also, each participant should record this information on enrollment forms before they start the club.
- Encourage club leaders to discuss and incorporate fitness and nutrition education and opportunities (i.e. stretching before a walk, discussing drinking enough water, discussing healthy snack ideas, passing out information about healthy meal ideas...). This information should be incorporated into all Universal Walks as well.
- Clubs and participants should earn incentives for reaching various numbers of steps. Programs can utilize the model provided by SOCT, or can pick their own increments of steps and incentives.
 - Incentives should motivate participants to continue. SOCT recommends a certificate of achievement as the first level of incentives.
- Photos and success stories are necessary for the grant report. Communicate with club leaders frequently, and encourage that they get these as often as possible.

Program Recommendations:

Universal and Pin Walks:

These two components of USFC are highly recommended. They lead to great partnerships, provide increased social opportunities for participants, and add extra motivation to the experience.

- **Universal Walk:** an event organized by an outside organization or group, in which all clubs are invited to participate. These events have walking, fitness activities, and healthy snacks. The host group provides volunteers and works together with SO Program to create an agenda for the event.
 - This is a great time to collect data from the entire group (i.e. height, weight, ...), and present club incentive rewards in front of other clubs.
- **Pin Walks:** Clubs can travel to various destinations to complete a walk and earn a Pin. SOCT partnered with the Connecticut Forest and Parks Association to decide on these destinations. Club leaders report that the Pin Walk has been completed, and the SO Program will send the Pin.
 - Pins given out at various destinations can be designed and purchased by SO Program or by a sponsoring group.

Tips for conducting the USFC fitness model:

- Constant contact is very important. E-mails are good, but face to face works much better. Get out to the club scheduled activities as often as possible. Hand out rewards at local club event.
- Limit growth and size of each club in early stages. Allow club leaders to get accustomed to group, tracking device and club dashboard (if using MOVband).
- Get rewards to clubs in a timely manner. Use at least 2 days per month to calculate, pack and ship.
- Communicate to club leaders that while it is ok for members to not show up on occasion, if someone has stopped coming entirely, they need to report it.
- All clubs need an organized, committed champion with some computer skills or computer help.
- Collect photographs and testimonials early and often from clubs. Post stories and pictures to social media.
- Develop an organized method to track miles/steps, rewards earned, and delivered.
- Find partner organization for Universal Walks and Pin Walks. Look for these partners early on, as it may take a while to organize events
- Music prior and after events or club meetings keep people engaged.
- Encourage clubs to find locations for walking indoors during inclement weather.