

Employee Wellness within Human Resources at the University of the Free State invites you to take part in the...

BESTMED UFS vs US vs NWU vs CUT PEDOMETER CHALLENGE

THE CHALLENGE:

Who will be the fittest university that logs the most kilometers?

Which team will be the winner at each university?

A team consists of:

1 Team captain + 3 Members

The reward:

A Fitter Healthier You

Prizes for winning and runner-up teams from each university

How to enter?

Decide who will be in your team and who will be your team captain

Complete the indemnity forms and send it to your team captain

The team captain will get a link to register your team



STELLENBOSCH UNIVERSITY

- **Date:**
10 April 2019
- **Duration:**
8 weeks
10 April - 5 June
- **Time:**
13:00
- **Venue:**
Coetzenburg

UNIVERSITY OF THE FREE STATE

- **Date:**
5 April 2019
- **Duration:**
8 weeks
5 April - 30 May
- **Time:**
12:45
- **Venue:**
Pelliespark

CENTRAL UNIVERSITY OF TECHNOLOGY

- **Date:**
12 April 2019
- **Duration:**
8 weeks
12 April - 7 June
- **Time:**
13:00
- **Venue:**
CUT Sport Field
(Tokkiepark)

NORTH WEST UNIVERSITY

- **Date:**
9 April 2019
- **Duration:**
8 weeks
9 April - 4 June
- **Time:**
13:00
- **Venue:**
Fanie du Toit
Sport Centre

For more information please contact Arina Engelbrecht gesal@ufs.ac.za or 083 6449980

www.ufs.ac.za

Inspiring excellence. Transforming lives.

bestMed
personally yours

UNIVERSITY OF THE
FREE STATE
UNIVERSITEIT VAN DIE
VRYSTAAT
YUNIVESITHI YA
FREISTATA



UFS·UV

HUMAN RESOURCES
MENSLEKE HULPBRONNE

**ORGANISATIONAL
DEVELOPMENT &
EMPLOYEE WELLNESS**

Dear Colleague

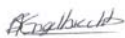
BESTMED UFS PEDOMETER CHALLENGE

HOW TO PARTICIPATE IN THE BESTMED UFS PEDOMETER CHALLENGE:

- **Teams**
 - A Team consists of 4 members
 - A team captain is chosen by the members.
- **The role of the Team captain:**
 - The Team Captain register the team members on the registration link provided
 - The Team captain keeps record of the indemnity forms of the team members.
 - The team captain log the total kilometres every week on the link provided
 - A Team captain motivates their team
- **Participants**
 - Every participant record the number of steps/ kilometres taken daily at their own time (Monitored by own pedometer or app on phone)
 - Please note the steps taken must be converted to kilometres to add to the total kilometres of your team and the university.
(www.convertunits.com/from/steps/to/kilometers)
 - Submit weekly totals to the team captain, who will log them on the link provided
- **What do you need?**
 - A Cell phone on which you can load an app to track your steps/kilometres
 - For Example Endomondo/Strava or Health aps like Samsung or any relevant health application
 - Sports watch tracking kilometres

For more information please contact me. Email: gesal@ufs.ac.za

Kind regards



Arina Engelbrecht

Wellness Specialist

E mail: gesal@ufs.ac.za

Cell no: 083 6449980

WAIVER OF LIABILITY AND INDEMNITY

PLEASE SUBMIT COMPLETED FORM TO: le2@sun.ac.za

| | |
|--|--|
| BESTMED UFS PEDOMETER CHALLENGE | |
| FULL NAMES | _____ EMAIL _____ |
| TEAM CAPTAIN NAME: | _____ E-MAIL: _____ |
| EMPLOYEE NUMBER | <div style="display: flex; gap: 5px;"><div style="border: 1px solid black; width: 20px; height: 20px;"></div><div style="border: 1px solid black; width: 20px; height: 20px;"></div><div style="border: 1px solid black; width: 20px; height: 20px;"></div><div style="border: 1px solid black; width: 20px; height: 20px;"></div><div style="border: 1px solid black; width: 20px; height: 20px;"></div><div style="border: 1px solid black; width: 20px; height: 20px;"></div><div style="border: 1px solid black; width: 20px; height: 20px;"></div><div style="border: 1px solid black; width: 20px; height: 20px;"></div><div style="border: 1px solid black; width: 20px; height: 20px;"></div><div style="border: 1px solid black; width: 20px; height: 20px;"></div></div> |
| UNIVERSITY | _____ CAMPUS _____ |

The following words shall have the meanings set out opposite them:

| | |
|-----------------------------------|--|
| “Challenge” | the 2019 BESTMED UFS PEDODOMETER CHALLENGE , an initiative which was established by the UFS and shall be hosted on an annual basis by the UFS in collaboration with various other institutions as determined from time to time, in respect of which Participants will wear a pedometer device whilst trying to accumulate as many steps as possible over a pre-determined period of time; |
| “Participants” | means employees and affiliated persons of the UFS and and/or any Participating University who will be participating in the Challenge; |
| “Participating University” | _____ (<i>insert name of participating higher education institution</i>); |
| “Personal Information” | any information relating to an identifiable, living natural person and if applicable, to an existing identifiable juristic person, including both general and special personal information as defined in POPI; |
| “POPIA” | the Protection of Personal Information Act 4 of 2013, as amended from time to time; |
| “Processing” | the processing of Personal Information involves any collection, use, storage, deletion or destruction of Personal Information. The processing of Personal Information is of an ongoing nature and compliance with the provisions of POPI must be in place for as long as the Personal Information is being processed and stored, and “Process” and “Processed” in this context shall have a corresponding meaning; |
| “UFS” | the University of the Free State including employees, contractors and agents of the UFS. |

DECLARATION

I, the undersigned, hereby acknowledge that my participation in the Challenge is voluntary.

I furthermore acknowledge that I am aware that there are known and unknown risks and dangers inherent to participation in the Challenge, including without limitation road surface hazards, equipment failure (if, and as, applicable), the use of inadequate safety equipment (if, and as, applicable), weather conditions, impact or collision with motor vehicles and other objects, musculoskeletal injury, abnormal blood pressure, fainting, irregular, fast or slow heart rhythm, and heart attack, stroke, or even death.

I, the undersigned, by knowing the material risks and appreciating, knowing, and reasonably anticipating that numerous injuries and even death is a possibility, hereby acknowledge that my participation in the Challenge is voluntary and that I assume full responsibility and liability for any injuries, loss or damage, and even risk of death, which I, or any third party, may sustain as a result thereof.

I, the undersigned, hereby waive any and all rights, claims, demands and causes of action of any type whatsoever and legal costs arising from any legal action, instituted or not, which I may have against the UFS arising from or in any way related to my participation in the Challenge including without limitation, any claim for damages to my property or the property of any third party in my possession or under my control, and/or damages resulting from my personal injury or death or the personal injury or death of any other third party, (including without limitation, any contractual claim or claims based on negligence).

I hereby declare that all information regarding my health and which may cause a health risk has been disclosed to the UFS, that all such information is true and correct and that I voluntarily provide the UFS with the information and consent to the UFS collecting and processing the information to enable the UFS to effectively organise and facilitate the Challenge.

I further acknowledge that information obtained by the UFS during my participation in the Challenge shall be treated as confidential and I hereby voluntarily give my consent to the UFS to Process any Personal Information (as defined in POPIA) collected by the UFS during my participation in the Challenge, including, but not limited to information relating to my health, if and as the context may require, for the purposes of assessing and considering my health status during my participation in the Challenge (if and as applicable, as the circumstances may require).

I undertake to familiarise myself with all rules, policies, procedures and/or instructions prescribed and/or communicated by the UFS from time to time, particularly (but without limitation) relating to participation in the Challenge. I furthermore agree to obey all the said rules, policies, procedures and/or instructions. I further confirm that I subjectively understand the risks of my participation in the Challenge, and knowing and appreciating these risks, I voluntarily choose to participate in the Challenge, assuming all risks of injury, or even death, thereto.

I acknowledge that I have read this document, understand its contents and agree to its terms and conditions. I further acknowledge that I am signing this document freely and voluntarily.

Signature

Date