

## **Jordanhill School Interhouse Race FAQ**

Further support can be accessed on the Strava website: [Strava Support](#)

### ***Q – I don't use Strava, can I use another app to log my distances?***

- Unfortunately, no. We appreciate there are lots of different fitness apps, but Strava serves the best purpose for this type of event so you can only contribute to your house total using the Strava app.

### ***Q – I have indoor fitness equipment e.g. a treadmill, will this calculate my distance?***

- Strava works using GPS so you need to do an outdoor activity e.g. walking, cycling, running, etc. We are encouraging outdoor activity to get people out of the house during lockdown.

### ***Q – Can I send my distances in to a teacher?***

- We have tried this previously and it is very time consuming for the staff. Strava will keep track of your distances.

### ***Q – What if I forget to hit start and my exercise does not get tracked?***

- Unfortunately, there is not a way around this for this event, so you need to remember to open Strava and hit Record, then save your activity.

### ***Q – Does my activity distance get added to the house total?***

- Yes, if you join a house team your miles will automatically be added after you save your activity.

### ***Q – How do I know which house is winning?***

- There is no total on your team page but there will be regular updates as the race progresses on Microsoft Teams and the School Twitter page.

### ***Q – I don't want to take my phone with me when I exercise.***

- We appreciate that the weather is not great this time of year and if you are worried about your phone then walking may be the best option. Arm bands work really well for running and keep your phone secure.

### ***Q – Is this Interhouse event compulsory?***

- No, but the more people that sign up for your house the greater chance you have of winning.

### ***Q – I don't have time to take part in this event.***

- We appreciate that everyone has commitments, but exercise is an important part of your overall health and it's a good idea to take a break from your screen. Getting out for a short walk will make a big difference.

### ***Q – I want to participate but I don't want other people to see my activity on the team page.***

- You can change the privacy settings like on social media, so only you or your followers (friends) can see it. The activity will still count for your team. You can find more information about privacy settings in the tutorial video on the school sports blog via the school website.

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### ***Q – The Strava app won't download on my iPhone.***

- Your phone needs to have IOS 13 or newer to download the app (iPhone 6 or above should work).

### ***Q – Will I use up my data when using Strava?***

- While recording there is no data usage unless you are viewing the maps, or have Live Segments or Beacon turned ON. Otherwise, the app just uses GPS while recording. Once you have finished recording the app will need to transfer a small amount of data to upload the activity to Strava.

### ***Q – Can primary pupils join in?***

- This event is aimed at secondary pupils as it's the first time we have tried it. If you have a younger brother or sister who is keen to participate, and **is already using the Strava app**, they can join a team **with their parents' permission**.

### ***Q – When does the race start?***

- The miles will start to be counted on the morning of Monday 1<sup>st</sup> February.

### ***Q – What about the points for the other Interhouse events we have been doing on Teams?***

- The previous events will finish at 5pm on Friday 29<sup>th</sup> January and the final scores will be revealed. The Interhouse Race is a completely new event.