

Pedometer

Challenge

Information

Sheet



We have teamed with the Duke of Edinburgh's Award (DofE) to provide you with the opportunity to fulfil the physical section of your DofE. We would like to get you walking more often, anywhere and everywhere using a pedometer to track your steps.

Here's some information about us and how to get going.

Who are Ramblers Cymru and what do they do?

Have you heard about us before? We are Ramblers Cymru, the walking charity in Wales. We promote walking for pleasure, health, leisure and transport to everyone, of all ages, backgrounds and abilities, in towns and cities as well as in the countryside.

We also work to protect footpaths, the countryside and other places we go walking. We campaign on behalf of all walkers to ensure that the footpath network is open and usable, to protect and extend access to wild land and to preserve the beauty of the countryside.

Find a bit more about us:

www.ramblers.org.uk/wales



Scramblers - for young ramblers - for fun!

Which Challenge Should I Choose?

1) Personal challenge

Improve the amount of steps you take each week.

- Choose one of eight sections of the Wales Coast Path.
How much of the section can you virtually walk in three months?
- If you have chosen to complete your physical section over more than three months then you have two options:
 - a) Copy your table onto another page and continue for your agreed time.
 - b) Challenge yourself to complete more than one section of the Coast Path.
- If you reach the finish point of your section before the end of your agreed time then choose another part to complete. If you don't get to the finish point within your time period don't worry, just keep working at it after the end date.

2) Group challenge

Improve the amount of steps your group take.

Your group can challenge themselves to virtually walk around the Wales Coast Path, that's about one million seven hundred and forty thousand steps!

- You will all need to keep an individual record of your steps using one of the personal challenge sheets.
- Every week each member should transfer their total amount of steps to the chart. Calculate your total step count and indicate the distance you have walked around the coast by colouring in the stretch of the path. The towns and cities on your map of Wales all give you an idea of the number of steps it may take to reach them. Challenge yourselves to get as far around the coast path as possible!

3) Challenge yourself

You may prefer to set your own challenge rather than walking the Wales Coast Path.

To do this:

- Record a baseline number of steps for the first week (the next section explains how to do this)
- Choose a route, distance or destination you would like to challenge yourself to walk.
- Decide on some milestones and write them onto your sheet. These may be when you reach your first ten miles or when you have reached the half way mark.
- Keep a record of your steps, use the calculation on the sheet to work out the miles you have travelled each week. When you reach your milestone mark it on the chart (if you have trouble with working out the maths, ask your supervisor if they can talk it through with you).

Achieving a baseline

What is it and what do I do?

To be able to achieve the physical element of your award you must show an increase in your physical activity, you can do this by beginning with a baseline number of steps.

Week one: Using your pedometer, record how many steps you take in your first week, walk as often as you would normally. This is called your baseline week.

Week two onwards: Use the figure from your baseline week as the standard to improve your step count over your agreed time period. Try to set a goal each week and see if you can reach it.

What should I use to record my steps?

Pedometers

Pedometers are probably the most commonly used tool for measuring steps.

For accuracy try to use a motion pedometer or accelerometer rather than a coiled spring pedometer. These can be worn anywhere on the body including in your pocket or in a bag but don't cheat and put it on the dog!

A simple internet search will help identify what you need.

Apps

There are a number of free apps available that record your steps just as a pedometer would do. If you have a smart phone check out what's available in your app store and give some of them a go to see which suit you best. Other mobile devices often have a step counter built in.



Agreeing the pedometer challenge with your DofE Leader

Before beginning chat with your DofE Leader or someone who could assess you on this section. It needs to be someone who is aware of you undertaking the pedometer challenge for your physical section and who is willing to write an assessor report for you afterwards.

Remember, your assessor cannot be a family member. An Assessor can be anyone who is interested in helping you to achieve, has some knowledge of the activity you are doing and can be available over the time you're doing it. They will check on your progress and agree the completion of your physical section.

Once you have decided who you would like to assess the section, you may wish to chat with them to talk about the goals which you would like to achieve. Don't forget to upload evidence of you undertaking your physical section to eDofE which can include photographs, a weekly record of the number of steps you have done or the distance you have walked.

When you have completed your pedometer challenge over your agreed physical section duration, you will need to ask your assessor to sign off the Assessor's report for the physical section, which is uploaded into eDofE.

For more information on completing your DofE, speak to your group leader or visit the website: www.DofE.org

Find us on

