

WHATCOM COUNTY EMERGENCY RESPONDERS
fitness challenge
RULES & REGULATIONS



Contestants will be measured at –

**LOCATION: St. Lukes Community Health Education Center Room “D”
3333 Squalicum Parkway Bellingham, WA 98225**

STARTING WEIGH-IN: Jan. 6th, 08:00 – 20:00 Jan. 7th, 08:00 – 20:00

FINAL WEIGH-IN: March 31st, 08:00 – 20:00 April 1st, 08:00 – 20:00

A measure of body composition is performed by a fitness trainer using one of two techniques most appropriate for each participant (in most cases a caliper instrument will be used.) Only the officially appointed trainer(s) will be authorized to measure contestants.

The body composition of each team member will be totaled and averaged to give the team one score. The same method will be used for the final score. The winning team will be determined based on the average percent of improvement (progress) during the 12-week period. Other Body Composition methods may be used if necessary or under unforeseen circumstances.

All team members must participate in the final weigh in. If any team member(s) are unable to finish the entire 12 weeks the rest of the team may weigh in but will not be eligible for the team prizes.

IMPORTANT: The primary objective of the Fitness Challenge is to lose fat and gain muscle. If a team shows a loss of muscle at the end of the 12-week period, *even if only one member of the team loses muscle*, it will affect the entire team and therefore, the team will not be eligible to win. Although this rule may sound harsh, it is the only way to prevent people from simply going on a crash diet to lose weight (and inevitably muscle) which is unhealthy and does support the goals of the Fitness Challenge.

The top male and top female awards will be determined based on the percent of improvement (progress) during the 12-week period. As with the team competition, any individual who loses muscle mass during the competition will not be eligible for the top male or top female awards.

If there is a tie between teams or individuals, those involved in the tie have the option of extending the Fitness Challenge for an additional 4 weeks to compete between the winning teams or individuals only, or share the grand prize. The decision will ultimately be made by the team captains or tied individuals.

All contestants will be notified by email of the name of the winning teams and top male and female. Winners will be notified via email, phone or in person.

Support Officer Community Care reserves the right to determine the winning teams or individuals without challenge.

All contestants assume all risks associated with participating in the Fitness Challenge.

All contestants agree to hold harmless Support Officer Community Care, and any companies linked to the Whatcom County Emergency Responders Fitness Challenge, of any and all liability from loss or injury that may occur from participating in the Fitness Challenge.

The ultimate goals of the Whatcom County Emergency Responders Fitness Challenge are to:

Provide financial support for the Support Officer Community Care program.

Provide an incentive for emergency responders and personnel to engage in fitness-oriented activities & to experience the benefits of a higher quality of life.

Provide an atmosphere of friendly competition, motivation and camaraderie amongst emergency responders and personnel.