

2013

LOCAL 311 FITNESS CHALLENGE

(Official Rules and Entry Forms)



**It is recommended that TEAM participants see their doctor or health care professional before starting any weight loss or exercise workout program. In order to participate in the Local 311 Fitness Challenge each participant must sign the Release and Discharge of the Madison Fire Department, Local 311, City of Madison, sponsors, participating groups, employees, directors, officers, members and volunteers from any and all claims, charges, actions, suits, demands, obligations, damages, injuries, liabilities, losses and causes of action of every character, nature, kind or description arising out of or relating to his or her participation in the Local 311 Fitness Challenge.

2013 Fitness Challenge Rules and Regulations

1. All participants shall be Local 311 Departments sworn or civilian employees. (A rule for 2014--A participant who was an individual winner for one of the top five prizes in previous Fitness Challenges may participate in the current year's Fitness Challenge. However, if his/her weight at this year's initial weigh-in is more than 10 lbs. over his/her ending weight for last year's Challenge he/she will not be eligible for an individual prize.)
2. Each TEAM may have both sworn and civilian participants. Each TEAM shall consist of a minimum of 4 members with a maximum of 8 members. Teams with more than 4 members will use only the top 4 members with the greatest percentage weight loss at the final weigh-in. The weight for the remaining TEAM members will not be included in the TEAM's total weight but those TEAM members will be eligible to compete for the individual prizes provided their information is submitted on the final TEAM application and they meet the minimum 4% loss.
3. Each TEAM shall have a designated TEAM Captain
4. Each TEAM must meet the minimum total weight loss of 4% of the entire team's entry weight to qualify for any awards or prizes. Each team that loses 4% (top 4 members) of the total team weight will be entered into the Team "Winners Drawing" upon the completion of the challenge. The following prizes will be awarded to the teams that have the greatest total team percentage weight loss:
 - Grand Prize of \$150, 1st
 - Prize of \$100, 2nd
 - Prize of \$50, 3rd
5. There are three ways to win prizes as an individual. Individual prizes will be awarded in two categories, weight loss and inspirational. Each individual that loses at least 4% total weight and/or achieves an individual "inspirational" goal (body fat percentage, strength goal) will be entered in the "Winners Raffle. The top individuals in the weight loss and inspirational categories will win:
 - 1st Prize of \$100 to each individual,
 - 2nd Prize of \$75 to each individual,
 - 3rd Prize of \$50 to each individual

Individual prizes in the weight loss category will be awarded to the individuals who have the greatest individual percentage of weight loss regardless of the total percentage of team loss.

An individual team member is still eligible for an individual prize even if his/her team does not meet the minimum total weight loss of 4%. Individual prizes in the inspirational category will be voted on by Local 311 Fitness Challenge Committee. Inspirational prizes will be judged based on participants final essay (which will list accomplishments of the contest, pictures, assessment number, etc.). Local 311 Fitness Challenge Committee Members shall make the final determination(s) of the winning teams and individuals. Participants can win in both categories but must submit final essay to be eligible for inspirational category.

6. Participants can only be on one team. Example: If you're on administration's team, you cannot also be on the "chief's" team.

7. Weigh-ins Sign-up and Final Deadlines: Department Chiefs, Lieutenants and/or Training Captains and/or TEAM Captains shall attest to each TEAM member's individual weight and combined weight (sign application). All weigh-ins must be completed using a Local 311 2013 Fitness Challenge scale. Scales will be available during the scheduled weigh in time. West side will have a scale at Station #2 (or Station #12 depending on construction), East side will be at the Training Center, South side at Station #6, Central will be at Station #1. All TEAM members shall weigh-in dressed in a t-shirt, gym shorts and socks. Beginning weigh-ins will take place between Thursday, January 17,th and Tuesday January 22nd. Each individual needs to complete an application, signed with entry fee and turn in after the initial weigh-in or assessment. Team Captains must complete team roster and submit during the initial weigh-in. **Please fill-in team rosters with as much information as possible, if a team member weighs in at another location and you don't know the weight, leave it blank and the Challenge Committee will fill-in. All completed rosters, entry fees (checks payable to "Local 311), and applications should be placed in the "official Fitness Challenge entry box" at each weigh-in location. **Please note to protect privacy, arrangements can be made to deliver directly to the Challenge Coordinator (Aaron Zamzow, station #2). All applications must be turned in by Friday, January 25th at 5:00 P.M.

During the period of March 1st to March 7th, each participant is required to weigh-in and report that weight to their team captain. Team Captains are responsible for emailing or delivering their teams' interim total to the Challenge Coordinator (Aaron Zamzow, station #2, azamzow@cityofmadison.com) no later than Friday march 8th. Progress (**weight loss percentage only, not the weight**) will be posted via FD Group email. Failure to timely email the interim or deliver TEAM weight by March 8th will result in a final TEAM penalty of 5 lbs. Final ending weigh-ins shall be completed between Thursday April 11th and Wednesday April 17th. Team Captains must fill in "end weight" on rosters (official roster will be emailed to captains before final weigh in) and hand in to "official Fitness Challenge entry box" or delivered to the Challenge Coordinator no later than Friday April 19th.

2013 LOCAL 311 FITNESS CHALLENGE TEAM ROSTER

IAFF Local 311
 821 Williamson Street
 Madison, WI 53703-4503
 Email: azamzow@cityofmadison.com

Each participant must READ and SIGN their own participant application. This form is to be filled out by the team captain and turned into the "official Fitness Challenge entry box" or Committee Coordinator.

Team Name: _____

Participants Name	Start Weight (lbs.)	End Weight (lbs.)	T-Shirt Size	Participants Email
1.				
Fitness Challenge Goal:				
2.				
Fitness Challenge Goal:				
3.				
Fitness Challenge Goal:				
4.				
Fitness Challenge Goal:				
5.				
Fitness Challenge Goal:				
6.				
Fitness Challenge Goal:				
7.				
Fitness Challenge Goal:				
8.				
Fitness Challenge Goal:				
Totals	To determine the total team percentage, take the top 4 team members starting combined weight minus their combined final weight and divide that by the combined starting weight. <b style="color: red;">Final %= (start-final/ start) x 100=			

Team Captain: _____ Captains Email: _____

Team Captain Signature: _____

Any application that is not received by 5:00 p.m. on April 17th will be disqualified. Also, if a Team's application is incomplete or illegible, the Team will also be disqualified. No exceptions.

LOCAL 311 FITNESS CHALLENGE PARTICIPANT

APPLICATION 2013

Questions? Contact Aaron Zamzow Email: azamzow@cityofmadison.com

Each participant must READ and SIGN their own participant application and turned into the "official Fitness Challenge entry box" or Committee Coordinator.

IN CONSIDERATION of being allowed to participate in the LOCAL 311 FITNESS CHALLENGE ("FITNESS CHALLENGE") presented by the Firefighters Local 311 (Local 311) the undersigned participant hereby personally assumes all risks in connection with said FITNESS CHALLENGE including any and all harm, injury or damage that may befall the undersigned in any way while participating in the FITNESS CHALLENGE, including all risks connected therewith whether foreseen or unforeseen. The undersigned understands and agrees that neither Local 311, the City of Madison, their officers, directors, employees, agents, representatives, attorneys, affiliates, sponsors, subsidiaries, related companies, successors and assigns (collectively "RELEASED PARTIES") may be held liable or responsible in any way for any injury, death, or other damages to the undersigned or my family, heirs, or assigns that may occur as a result of my participation in the FITNESS CHALLENGE or as a result of the negligence of any party, including the RELEASED PARTIES, whether passive or active.

The undersigned, on behalf of myself, my heirs, executor(s) and administrator(s) does hereby fully and completely to the maximum extent allowed by law waive, release and forever discharge the RELEASED PARTIES from any and all claims, charges, actions, suits, demands, obligations, damages, injuries, liabilities, losses and causes of action of every character, nature, kind or description arising out of or relating to my participation in the FITNESS CHALLENGE.

THE UNDERSIGNED HAS FULLY READ THE ABOVE AND HAS WILLINGLY SIGNED HIS OR HER ACCEPTANCE OF THE FOREGOING WAIVER AND RELEASE ON BEHALF OF MYSELF AND MY HEIRS.

Team Name: _____ **Team Captains Name:** _____

Participants Name	Start Weight (lbs.)	End Weight (lbs.)	Other Assessment (body composition, strength or other)	T-Shirt Size
<p style="text-align: center;">For body Composition use the 3-site skinfold measurement</p> <ul style="list-style-type: none"> • Male <ul style="list-style-type: none"> ○ Chest ○ Abdomen ○ Thigh • Women <ul style="list-style-type: none"> ○ Triceps ○ Suprailium ○ Thigh <p>You can find more information on body composition testing here: http://www.exrx.net/Testing/BodyCompSites.html</p>			<p style="text-align: center;">Men Sites (Start/End)</p> <p>Chest: (____ / ____) Abdomen: (____ / ____) Thigh: (____ / ____) Total: (____ / ____) %: (____ / ____)</p> <p>Use this website to calculate % http://www.exrx.net/Calculators/BodyComp.html</p>	
			<p style="text-align: center;">Women Sites (Start/End)</p> <p>Tricep: (____ / ____) Suprailium: (____ / ____) Thigh: (____ / ____) Total: (____ / ____) %: (____ / ____)</p> <p>Use this website to calculate % http://www.exrx.net/Calculators/BodyComp.html</p>	

Participants Signature: _____

Any application that is not received by 5:00 p.m. on April 17th will be disqualified. Also, if a Team's application is incomplete or illegible, the Team will also be disqualified. No exceptions.

LOCAL 311 FITNESS CHALLENGE

INSPIRATIONAL ESSAY

Participant must complete essay questions below in order to be eligible for prizes in the “Inspirational” category.

Participants Name: _____

1. What did you accomplish during the “Fitness Challenge?” (Please include photos, numbers, etc.)

2. What barriers did you overcome to accomplish your success?

3. What are the biggest positive lifestyle changes you made to accomplish your success?

****Please hand-in completed essay to the “official Fitness Challenge entry box” upon completion of the challenge.**