

## MOVE MORE SPORTEERING

### HOW TO GO SPORTEERING...

The aim of Sporteering is to visit all the check points on each course and get as many points as you can, in the shortest time possible. Some people may complete all check points, others may not.

**You can go Sporteering just for fun** to enjoy the challenge of navigating yourself around a walk / run / cycle course using GPS, whilst enjoying Jersey's beautiful countryside and scenery.

#### IMPORTANT INFORMATION BEFORE YOU START:

- Please note you are undertaking these activities at your own risk
- Ensure you practice social / physical distancing and adhere to the latest COVID-19 guidance from Gov.je
- Always respect the environment you are in
- Always adhere to the Highway Code when using public roads

## **FOLLOW THESE STEPS TO GO SPORTEERING:**

### **1) GET THE APP**

- Download the Sporteering app onto your smartphone and register your details
- Read and accept the Terms and Conditions
- Press the START button

### **2) CHOOSE YOUR COURSE**

- From the top menu select EVENTS
- Select the filter (funnel shaped) icon
- Select JERSEY as the country and tap APPLY
- Choose from the list of Move More Jersey courses. (Each marked walk/run or cycle)

### **3) VIEW THE MAP**

- Having chosen your course, select the MAP button
- The map can be zoomed in and out in the usual way by 'stretching' the image with your fingertips

### **4) LOCATE THE START POINT**

Go to the virtual green flag on the map – this is the Start position

### **5) START THE COURSE**

- When you are ready to start, use the back arrow (top left) and click SCAN GPS. This starts the clock

- If you're playing to win, be strategic with which points carry more value. When the clock is running you can check to see how many points are available at each control point (10-30 points). Central points have a lower score while those more difficult to reach have a higher score. Press the CONTROLS button to see points information. (Please note: this information is only available once you have started the course)

## 6) HOW TO NAVIGATE THE COURSE

- Use the map to identify and navigate towards your next control point
- When you reach a control point, use the back arrow to click off the map and press SCAN GPS. If you are close enough you will see a SUCCESSFUL message
- Go back to MAP, find the next control point and repeat. If you are not close enough, adjust your location and use SCAN GPS again
- Continue through as many checkpoints as you wish

## 7) FINISH

- Once you've finished the course and are at the Start/Finish flags, SCAN GPS which will stop the clock running to finalise your score and time. (You can attempt the course again if you wish once the finish has been scanned)
- You will then be sent your results via email

**HAPPY SPORTEERING!**

 [@MoveMoreJersey](#)

 [@MoveMoreJersey](#)