
Safety in Strava

Calling all students...

As part of your online PE lessons, we have set up a private Strava running club for each year group at The Cotswold School, so you can start recording and sharing your walks and runs with your peers and your PE teachers!

The link for your year group is on Satchel one. Once you have set up your own account **using your school email address**, you will get an email asking you to verify your account. You can click on that and then sign in to your account to get started!

Remember to stay safe!

Whilst using Strava, we want you to stay safe both during your run/walk and when recording your activity.

How to stay safe when on your run/walk

- If possible, **always complete your run/walk with someone else** from your household.
- If you are in an older year group and you have permission from your parents to complete your run/walk alone, please make sure your parents are aware that you are going for a run/walk. You should tell them **where you are planning to go**, and for **how long** roughly so they know when to expect you back home! This will be useful information in case of any accidents.
- Ensure you are **wearing appropriate clothing** for the weather, and that your laces are tied tightly on your trainers.
- Be sure to have eaten something healthy an hour before your run/walk to give you some energy!

How to stay safe when on the Strava app, uploading your run/walk

We want you to remember to also stay safe when online. Therefore adjusting your privacy settings on the app will reduce the number of people that can see your private information. Please follow and complete the steps below, **before your first run/walk**:

1. Hover the mouse over your picture/icon in the top right hand corner of your account on www.strava.com
2. Click on settings
3. Click on privacy controls (on the left hand side of your screen)
4. Set your profile so that **only your followers or you can see your profile** and personal information
5. Scroll down to privacy zones.
6. Enter your postcode and then click the drop down box and click 1000m or 1/4 mile. This will then set an exclusion zone around your address so others can't see where you live.
7. Check any other options available so that you are happy with your settings.

There are options such as "sharing my activities with my followers". If you do not want other people to see your activities, you can click the box that says "Do not send these notifications".

Once you have completed the above steps, and your **parents have checked them all too**, you are good to go and start uploading your runs and times!

Some of your teachers will be uploading walks and runs as well over the next few weeks so be sure to try and beat some of their times if you can!

Have fun walking/running!

Miss Elvin
Head of PE