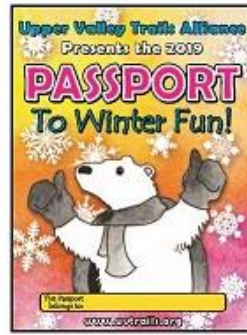




Passport to Winter Fun!

- Program Guide -



## Thank You for joining us for Winter Fun!

We are so excited for you to take this journey with us! The Upper Valley Trails Alliance is dedicated to promoting healthy lifestyles and encouraging people to enjoy the outdoors. We created the Passport to Winter Fun program to encourage kids to remain physically active and stay happy through the long winter season. As a self-guided program, Passport relies on student participation but also the encouragement of adult leadership. We would like to personally thank you for reaching out, getting your kids involved and making the Passport to Winter Fun such a success! We could not do it without you!

This packet will serve as a guide to the Passport to Winter Fun Program and can answer all of your questions! We provide instructions for incentive prize redemption, important deadlines, ideas for indoor activities and more! For more complicated inquiries please don't hesitate to ask! You can reach us at [passport@uvtrails.org](mailto:passport@uvtrails.org)

Thank You again for participating in the program! Here's to a great winter of fun filled adventures!

All the Best,

Kaitie Eddington, Program Manager



# Passport to Winter Fun: How it works!

2018 Passport Front Flap 1704

**Please fill out this form and turn it in before beginning your passport.**

Your Name: \_\_\_\_\_

Age: \_\_\_\_\_  Male  Female

Your School: \_\_\_\_\_

Parent or Guardian's Email: \_\_\_\_\_

Your Teacher: \_\_\_\_\_

In the last 7 days, how many days were you physically active for at least one hour?  
 0  1  2  3  4  5  6  7

Did you do any of the activities with your family?  
 Yes  No

Please complete this form and place in your school's drop box or mail it to:  
 Upper Valley Trails Alliance, Passport to Winter Fun  
 PO Box 1215, Norwich, VT 05055

OVER →

1. Students will fill out the 2020 Passport Front Flap with their information.
  2. Once completed, students will cut out the Front Flap page, return it to us through the mail and can officially start the program!
  3. When we receive the flaps, we will log them as official participants!
- \* Please take time to read the **Dear Parent or Guardian** letter on Page 1 in the Passport \*

4. Students will log their 60 minutes of physical activity in these boxes to track their progress. Some examples can be seen on Page 2 of the passport.



1704 **2018 Passport Back Flap**  
**Grand Prize Raffle Entry Form**

Your Name: \_\_\_\_\_

Age: \_\_\_\_\_  Male  Female

Your School: \_\_\_\_\_

Your Teacher: \_\_\_\_\_

In the last 7 days, how many days were you physically active for at least one hour?  
 0  1  2  3  4  5  6  7

Did you do any of the activities with your family?  Yes  No

Did the Passport to Winter Fun change your physical activity this winter?  
 Yes, I was a lot more active  
 Yes, I was a little bit more active  
 No, there was no change

How much of your Passport activity did you do outside?  
 Most of my activity was outside  
 Half of my activity was outside, half inside  
 Most of my activity was inside

How many activity boxes did you fill in? (1-30) # \_\_\_\_\_

My Signature: \_\_\_\_\_

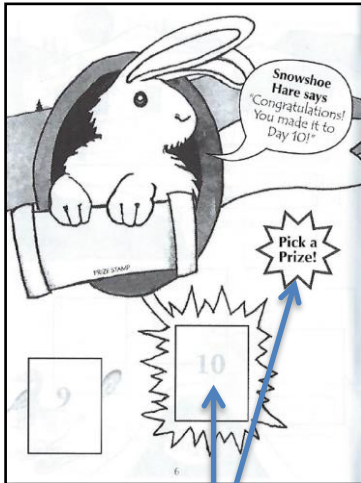
Parent/Guardian Signature: \_\_\_\_\_

OVER →

5. When the participants complete 30 days of physical activity, they qualify to enter the Grand Prize raffle! They must fill out the 2020 Passport Back Flap to qualify.
6. Once completed, students will cut out the Back Flap page and return it to us through the mail. Once we receive it, their name goes into the raffle and they have officially finished the Passport to Winter Fun program!

# Passport to Winter Fun: Incentive Prizes!

Thanks to the generosity of local businesses and partners of the Upper Valley Trails Alliance, we have a great selection of incentive prizes for passport participants! The complete list can be found inside the passport on the green insert. Here's how participants redeem their incentive prizes:



Every ten days of physical activity, the participants reach a milestone and qualify for an incentive prize listed on the green sheet!  
(3 prizes total)



Participants will take their passport to the business of their choosing, present their completed days and get a stamp/signed initials from the employee.



Once they reach day 30, they become a Polar Bear achiever and are eligible for the grand prize raffle! All polar bear achievers will receive a UVTA prize and can redeem one more incentive prize!

## Incentive Prize Rules

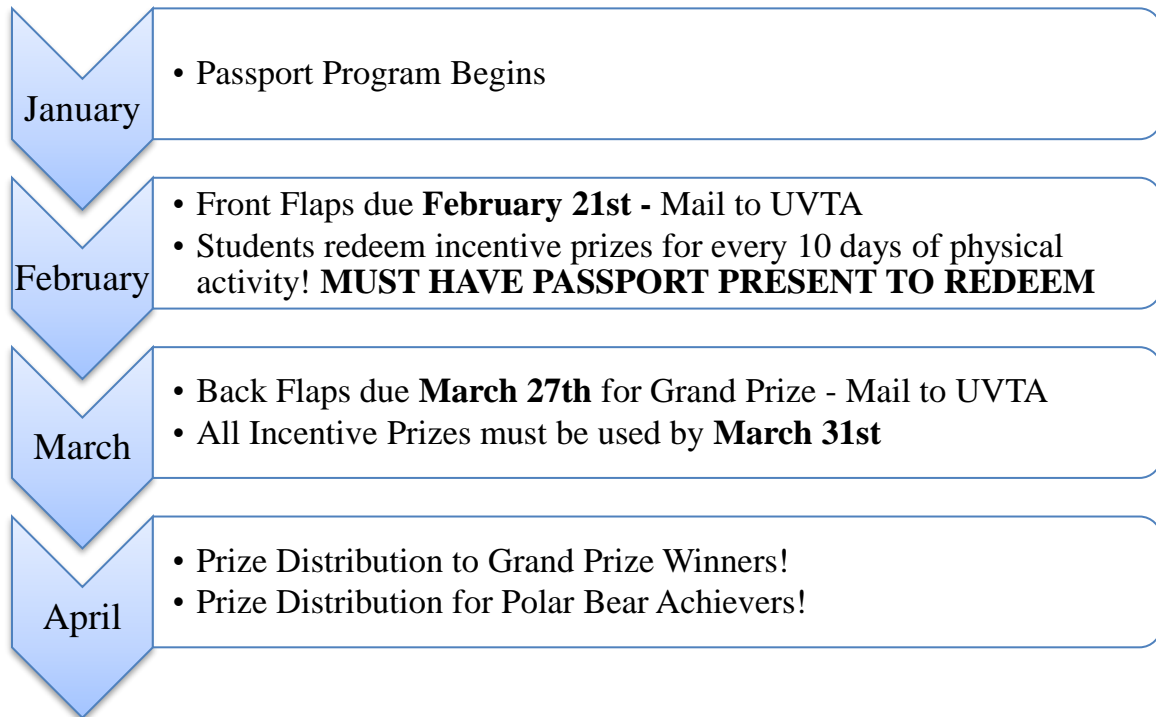
1. Participants **MUST** have passport present to redeem a prize – No Exceptions!
2. All Incentive prizes must be used by **March 31<sup>st</sup>**.
3. Please abide by any special requests listed on the prize sheet (some have requested passport participants redeem during specific times, please carefully read the fine print)

# Passport to Winter Fun

## Program Timeline and Deadlines

While the Passport to Winter Fun program runs January – March, we will be in contact with you through April to collect data, promote events, send reminders for important deadlines and distribute prizes to all who complete the program!

Below is a month-by-month timeline of what to expect.



\* Prize distribution can be done through the mail or in person. We will coordinate with you on in-person pick up or mail delivery when we receive the returned Back Flaps from your participants.

**Please mail Front/Back Flaps to:**

The Upper Valley Trails Alliance

P.O. Box 1215

Norwich, VT 05055

## Keeping up with Winter Fun!



*Winter Fun Weekly!*



There are loads of fun, family oriented events planned this winter throughout the Upper Valley, many of which meet the requirements for a physical activity and can be used in the passport! We will be sending our *Winter Fun Weekly* newsletter through email promoting events and suggesting different winter activities! Be sure to check your email and enjoy the wonderful winter adventures the Upper Valley has to offer!

We will also be posting updates through our Facebook Page (@uvtapassport) and our Instagram Account (@uvtrails) for our social media buffs! Tag all photos and posts with #uvtapassport to be featured! You can also find more events on [dailyuv.com](http://dailyuv.com) and [valleynews.com/calendar](http://valleynews.com/calendar).

# Fun Indoor Activities

We recognize that heavy snowstorms and inclement weather can be an issue and while we prefer to keep kids active outdoors, here are some ideas for indoor activities that can count for their hour of physical activity.

1. Indoor basketball
2. Yoga/Stretching
3. Jumping Jacks/Jump Rope
4. Furniture Obstacle Course
5. Dance Party
6. Sock Skating
7. Crab-walking races
8. Popcorn pushups: Put a small bowl of popcorn on the floor. Lower yourself down and stick out your tongue to get a piece of popcorn with each push up.
9. Play "fitness with the leader." This is "follow the leader," using exercises.

## Commonly Asked Questions

- **If I do more than one hour of activity, can I fill in two boxes?** No, each box corresponds to one day. It is great if you do more than one hour of activity, but it still only counts as one box.
- **Does Playstation count?** No. We want you to be moving your body and engaging multiple muscle groups. This includes games like JustDance or Dance Dance Revolution. We want to eliminate screen time.
- **Do I have to do 1 hour at one time, or can I split it up?** You can split it up! Just as long as it adds up to 1 hour by the end of the day.
- **Do I get to pick one of the Grand Prizes?** No, this is a raffle! All the names of Polar Bear Achievers will go into a bucket and we will randomly choose the Grand Prize winners.
- **When does the program end?** March 22nd. All back flaps must be mailed back to UVTA on March 22nd to qualify for the grand prize raffle. We also need the final numbers so that we can order the Polar Bear Achiever prizes.