



# “RLS Runs the World”

## Setting up on Strava Guidelines

We've chosen to use the Strava service to track all our running/cycling/walking distances as it's one of the most well-used services and many people already use it. It also has lots of flexibility and lets people automatically upload their distances using GPS phones/watches/fitness trackers, or manually enter distances into the website instead. It's quite easy to set up, so once that's done you'll be ready to go!

There are three parts to getting set up:

1. Sign up for a Strava Account
2. Set your Privacy Controls
3. Join the RLS Runs the World Strava Clubs

### **1. Sign up for a Strava Account:**

**Download the Strava App onto your Smartphone**



**If you have an iPhone, find the App in the App Store:**

<https://apps.apple.com/us/app/strava-run-ride-swim/id426826309>



**If you have an Android phone, find the App in the Google Play store:**

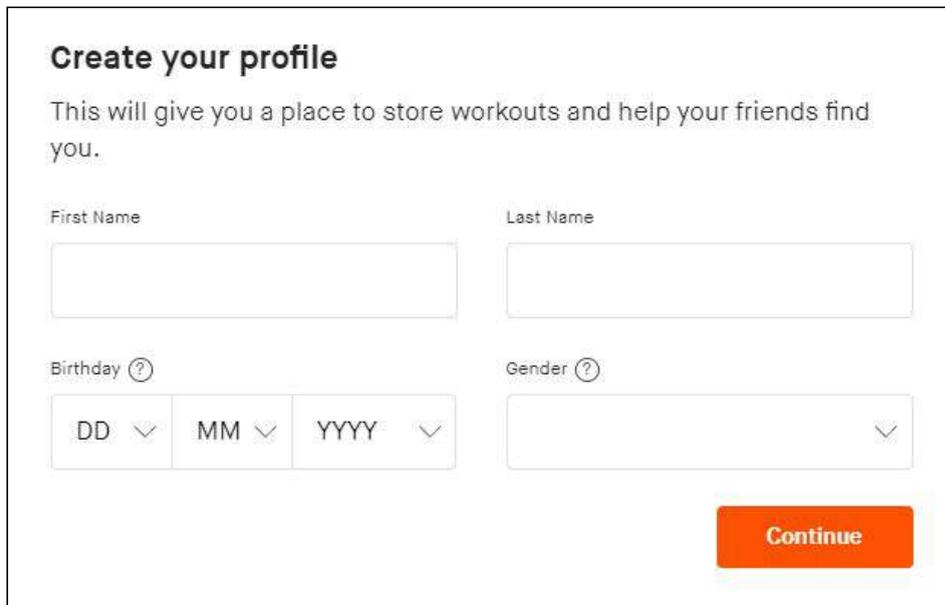
<https://play.google.com/store/apps/details?id=com.strava>

**Or, visit: [www.strava.com](http://www.strava.com) through a laptop or PC**

**Follow the instructions on screen to sign up for a new account.**

**Safety Tips when signing up for your Strava Account:**

When you set your **Strava Profile Name**, we recommend not using your full first AND last name. Our suggestion is to use a nickname, a pseudonym, your initials, or maybe your first name and adopt the last name of a sporting hero of yours. Be sensible, but be as creative as you like!



The screenshot shows a form titled "Create your profile" with the following fields:

- First Name**: A text input field.
- Last Name**: A text input field.
- Birthday**: A date selection field with three dropdown menus labeled "DD", "MM", and "YYYY".
- Gender**: A dropdown menu.

An orange "Continue" button is located at the bottom right of the form.

**When you've completed your Profile Information, Strava will ask you to verify your email address. Go to your email account and open the email from Strava to verify you own the email address you submitted.**

**Your Strava account should now be set up!**

Got to the next page for guidelines on setting your privacy controls >

## 2. Set your Strava Privacy Controls

Why is this important? Strava is a fantastic technological solution for tracking, measuring, and motivating sporting activities that keep us fit and healthy.

However, as with all social media apps, you need to be careful about the personal information you share, and who you allow to follow you. It's a good lesson to remember to always check what information apps share and can make public if you don't adjust your privacy settings. Strava has information on who you are, where you live, where and when you run. But you can keep this information private.

It's easily done, if you know how.

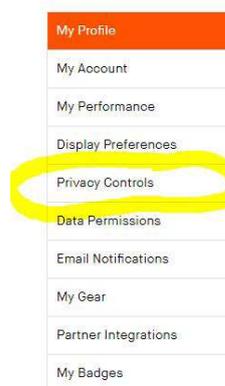
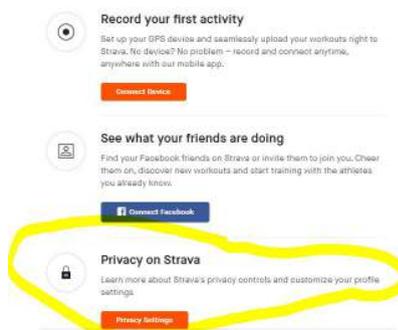
**These are the settings we recommend you set up.**

- 1) **Don't use your full name as your Profile Name.**
- 2) **Set a Privacy Zone around your Home Address (v important).**
- 3) **Only let Followers see your Profile Page**
- 4) **Only let Followers view your Activities**
- 5) **Don't allow anyone to see you on FlyBys**

**You will need to allow Mrs Amodio (RLS Staff and page admin), follow you to enable your activities to count towards the whole-school target. Only your followers will be able to see the activities you do and when. You can allow other friends and family to follow you too so you can create your own mini-competitions between you and encourage each other.**

### Setting Privacy Controls

**Once you've signed up for your Strava account, go to the Privacy Settings from either the front screen (called Privacy Settings) or from the Profile drop down menu (called Privacy Controls):**



Under **“Privacy Controls”** we recommend you do the following:

- Under **“Profile Page”**, select **“Followers”** so only those that you allow can see your profile page. This means only those that you know and trust can search for and see your Strava profile.
- Under **“Activities”**, select **“Followers”** so only those that you allow can see your Activities, showing when and how far you ran / walked / cycled.
- Under **“Group Activities”**, select **“Followers”** so only those that you allow can see your Activities, showing when and how far you ran / walked / cycled.
- Under **“Fly Bys”** select **“No One”** so only those that you allow can see your Activities, showing when and how far you ran / walked / cycled.

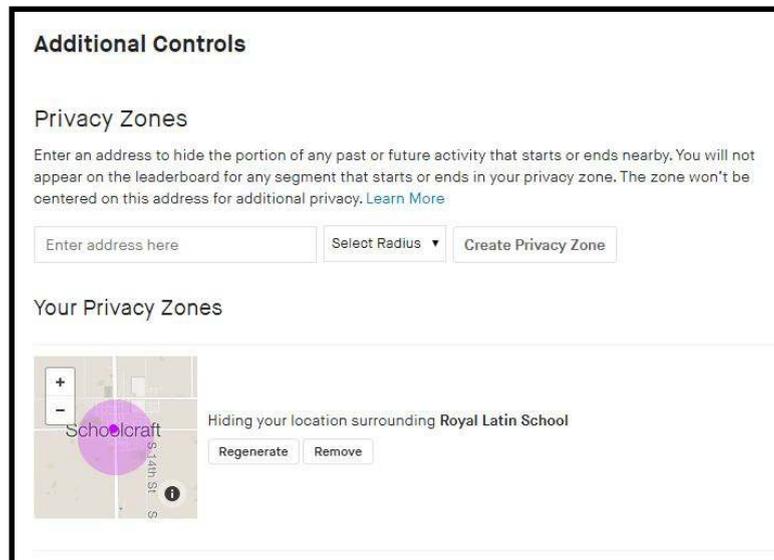
The screenshot shows the Strava Privacy Controls interface. On the left is a sidebar with menu items: My Performance, Display Preferences, Privacy Controls (highlighted in orange), Data Permissions, Email Notifications, My Gear, My Apps, Partner Integrations, and My Badges. The main content area is divided into four sections:

- Profile Page:** Describes the profile page information. The 'WHO CAN SEE' dropdown is set to 'Followers'. Text: "Members who follow you can see your complete profile page. Anyone can search for and view certain profile information, and you can approve who follows you."
- Activities:** Describes workouts, races, or events. The 'WHO CAN SEE' dropdown is set to 'Followers'. Text: "Only your followers will be able to see your activity details. Your activities will not appear on segment or challenge leaderboards, and may not count toward some challenge goals. Members who do not follow you may be able to view your activity summaries depending on your other privacy settings."
- Group Activities:** Describes group activities. The 'WHO CAN SEE' dropdown is set to 'Followers'. Text: "Only your followers and those you follow can see that you were part of a group activity."
- Flyby:** Describes activity playbacks. The 'WHO CAN SEE' dropdown is set to 'No One'. Text: "Your activities will not be visible on Flybys to you or to anyone else."

## **Setting your Privacy Zone:**

To change your Privacy Zone, you need to go to **Additional Settings:**

- Under “Privacy Zones” > set the area around your home address under a 1km privacy zone. This means no one will be able to see the location of your home address in Strava. Enter your home address, select 1000m radius then click **Create Privacy Zone**. You can also enter other addresses of places you might start and finish a run from, ie school, work, another relative’s address.



**Additional Controls**

**Privacy Zones**

Enter an address to hide the portion of any past or future activity that starts or ends nearby. You will not appear on the leaderboard for any segment that starts or ends in your privacy zone. The zone won't be centered on this address for additional privacy. [Learn More](#)

Enter address here    Select Radius ▼    Create Privacy Zone

**Your Privacy Zones**

Hiding your location surrounding Royal Latin School

Regenerate    Remove

**You should now be set up on Strava and ready to join the RLS Runs the World Clubs.**

**Your settings will mean that people can't search for and find your name on Strava, they won't be able to view your Profile Page that contains your personal information and they won't be able to see where you live, unless you allow them to follow you.**

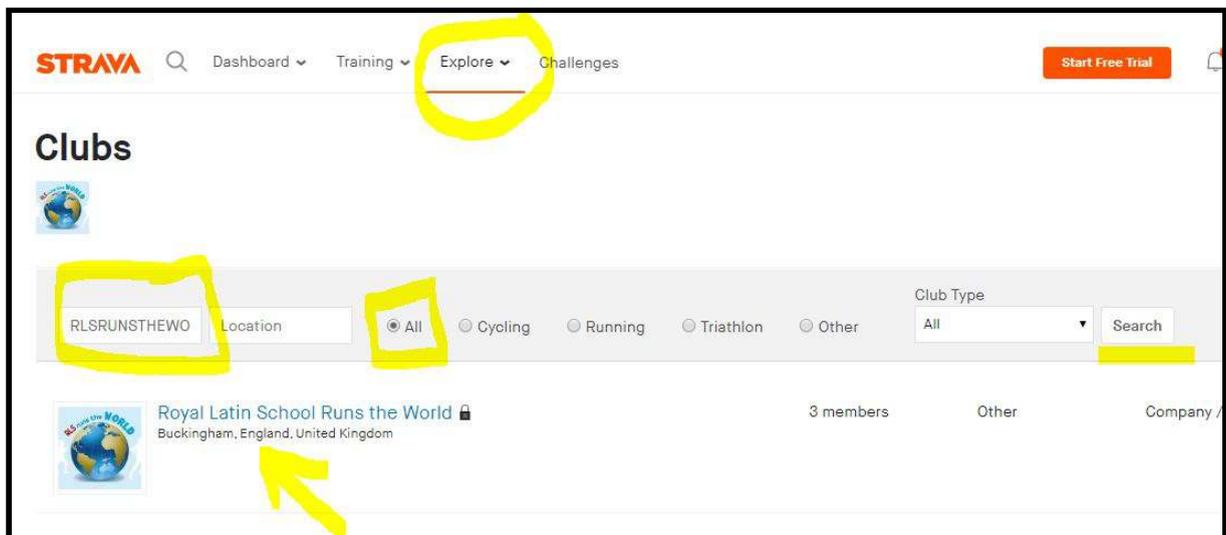
## Join the RLS Runs the World Strava Clubs

The RLS RUNS THE WORLD (RunWalk) Strava Club  
and  
The RLS RUNS THE WORLD (Cycle) Strava Club  
Are set up and ready to welcome you!

Because of the way Strava calculates and displays distances travelled we have had to set up two Clubs, but both are very quick and easy to join by the click of a button.

From your main Strava page, go to the **EXPLORE** drop down menu and click on **Clubs** which will display the following page. Here you can search for **Royal Latin School Runs the World**. Make sure Club Type is set to "All".

Once you can see our Clubs displayed, click on both to request to join and our Club Admin will let you in!



< This is our Strava Club logo so you know what to look for!

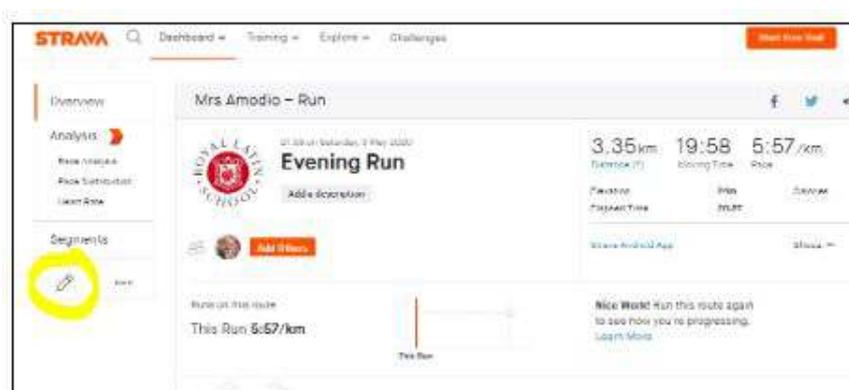
## Tracking and Uploading Your Activities

If you have a GPS Tracking Device... (smartphone, Fitness tracker/watch)

When you go for a run / cycle / walk, ensure you open and set your Strava tracker to **START**, then **STOP** it at the end. All your activities will then be shown on the Strava app and count towards our whole-school target.

Also make sure you set your activity type to Run or Cycle and it will upload your activity to the correct Club.

If you are Walking, select “Run” and then when you have completed your walk, you can go into Strava and edit your activity and select “Walk” from a dropdown list.



This is a useful help article from Strava on how to upload your activities and sync from different devices:

<https://support.strava.com/hc/en-us/articles/223297187-How-to-get-your-Activities-to-Strava>

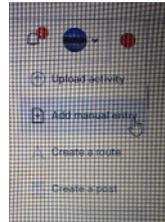


If you don't have a GPS device...

When you complete your activity, you can upload the distance you have travelled manually onto the Strava website.

Go to your main page in Strava and in the top right hand corner of the screen there will be an orange button. Expand this menu and select:

Add manual entry >



You'll then see the screen below for you to add in your activity details. The most important part of this is how many km you travelled. The rest of the fields are optional. Scroll down and click CREATE

A screenshot of the Strava 'Manual Entry' form. The form is titled 'Manual Entry' and has a sidebar on the left with options: 'Device', 'File', 'Manual', and 'Mobile'. The 'Manual' option is selected. The form fields include: 'Distance' (2 kilometers), 'Duration' (01 hr 00 min 00 s), 'Elevation' (0 meters), 'Sport' (Run), 'Date & Time' (07/05/2020 3:30 PM), 'Title' (Afternoon Run), 'Run Type' (empty), 'Tags' (Commute, Treadmill), and 'Shoes' (No Shoes). There is a '+ New Shoes' link next to the shoes field.

## Whole-School Activity Tracking

You will be able to see activities of other friends and family that you are following on Strava to compare what you're doing, and offer encouragement to those that are making progress.

As long as you have allowed Mrs Amodio to follow you, your activity distances will be exported and added up with everyone else's and updates will be put both in the Posts on the Strava pages, and on the School Website.

**You're set up to go. When will you go for your first run / walk / cycle to test it all out?**

