

# Leonardo Challenge: The World Tour - Strava Instructions

## Download and sign up to Strava

If you do not already have a Strava account, you can sign up using an email address, a Facebook or Google account. You can do this online or via the app and you only need a **free account** to participate.



**To download the app, search for Strava in the App Store or Google Play Store.** You will need at least the app on your smartphone to record your activities and this can be downloaded to your personal phone or the 'personal' area of your work phone.

## Pairing a Fitness Device

Distance can be recorded using the Strava app on your mobile phone, however you can also use a fitness device/watch if you have one. **To ensure any activities recorded using your device are submitted to the 'Leonardo Challenge: The World Tour' club, the device needs to be paired to Strava first.** Each brand will have instructions on how to do this. Linked below are instructions for some of the most popular brands:

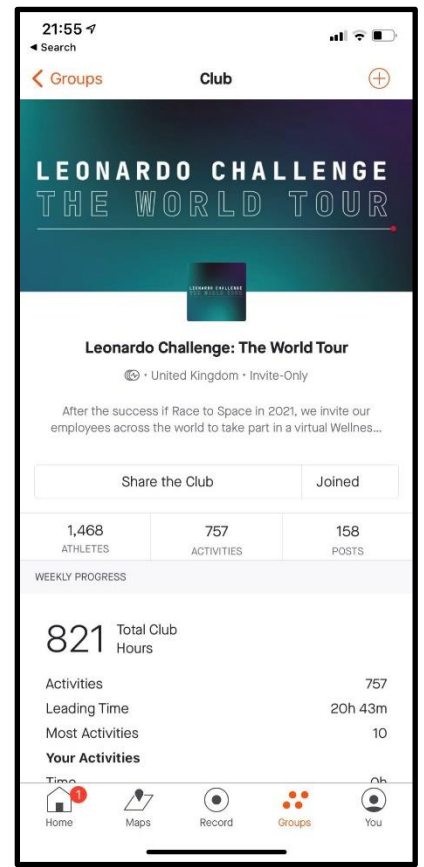
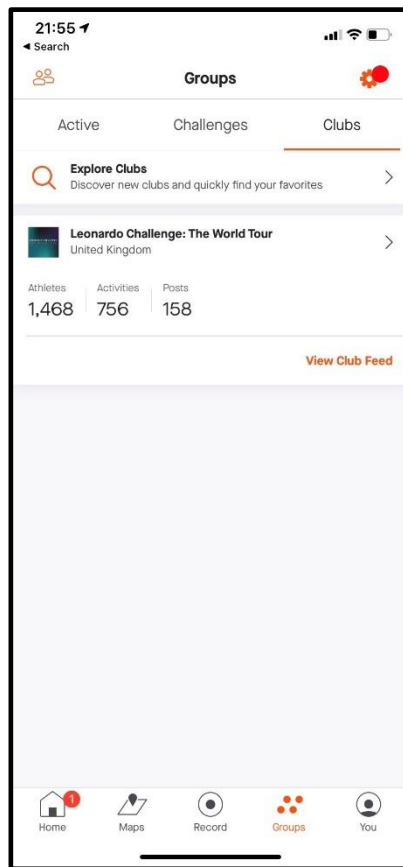
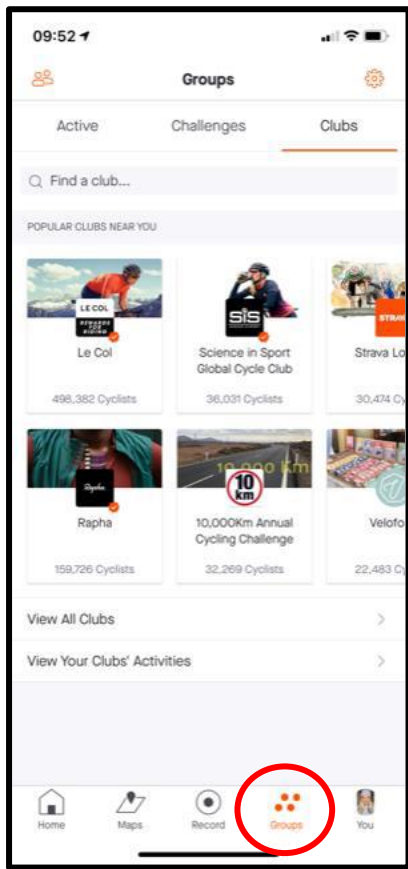
- [Garmin](#)
- [Fitbit](#)
- [Polar](#)
- [Apple Watch](#)

## Joining the 'Leonardo Challenge: The World Tour' Club

To join the club search for '**Leonardo Challenge: The World Tour**' in Strava or follow this [link](#). Please request to join the club before the challenge commences on **Monday 23 May**. During the challenge week, your distance will be automatically logged to the group total. Other club members will be able to view your activity from within the club feed and vice versa. You will also have sight of the club leader boards. The club comms forum will be active in the lead up to and during the challenge week. Check the club forum to stay up to date with any virtual 'meet ups' schedule during the challenge week.

The screenshots below show how to access the **Leonardo Challenge: World Tour Club** from the Strava app.

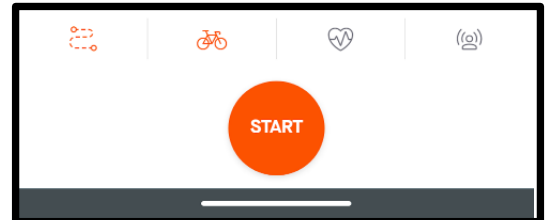
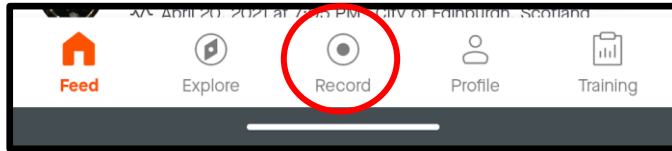
# Groups > Views Your Clubs Activities > Leonardo Challenge: The World Tour



## Recording your activity

Strava can record a range of activities.

To record an activity using your smartphone, simply select 'Record' from the home screen, press the Show/Bike icon and choose your activity from the list.



Press 'Start' to record your activity. You can pause at any time. Once you have completed your activity press 'Finish'. The activity will be uploaded to your Strava account and the distance recorded will automatically contribute towards the **Leonardo Challenge: The World Tour** total.

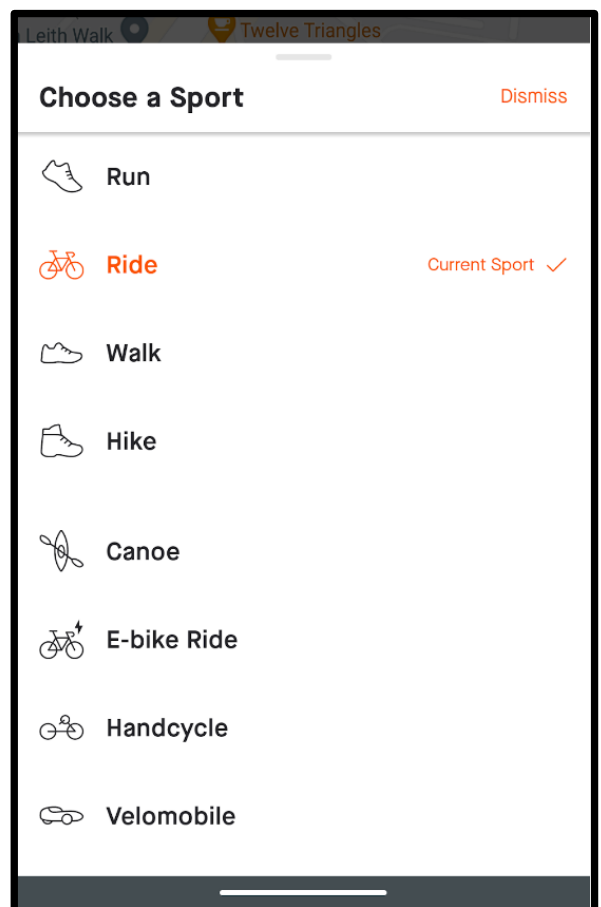
If you are using a Fitness Device to track your distance, follow the brand's instructions to transfer data to the Strava app. Once an activity is logged to Strava from your fitness device, it will automatically contribute towards the **Leonardo Challenge: The World Tour** total.

**IMPORTANT:** For your distance to count towards the **Leonardo Challenge: The World Tour** group total it needs to be logged as one of the following activities:

- Run
- Cycle
- Swim

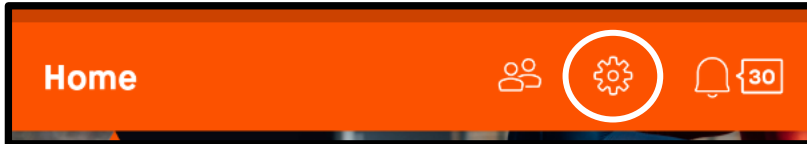
This does not limit how you can achieve your distance, but for example, **please log a Walk as a Run** or **Paddle Boarding as a Swim** during challenge week.

The Leonardo Challenge: The World Tour activity needs to be undertaken outside of working hours. **We ask that participants are careful and safe during the challenge week.** For Cyclists, wearing a helmet is strongly recommended. Please stop if you sustain an injury or feel unwell and always follow any Doctor's advice.



## Strava privacy settings

If you are uncomfortable with others seeing your home or work location on the Strava map, **you can set a 'privacy zone'**. To access this setting, select the 'cog' icon and scroll down to privacy controls:



Privacy zones on Strava are an essential way to hide your home or work so that it cannot be seen online. It works by using your address to create a shield around where you start your activity, so that only you can see it

