CCIFI Sport Challenge

Worldwide Sport Initiative
Combining teambuilding with CSR

SOLAR**IMPULSE** FOUNDATION

squad easy

START: Monday **March 31** at **00:01**
END: Sunday **April 27** at **23:00**

- **4th** edition
- **4** weeks
- **21** CCI FI participating
- **556** teams worldwide in 2024
- **12** teams for Slovakia in 2024

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Download the app **Squadeasy** and create you account

Click on Register and fill the challenge code **(available later)**

Choose your entity (country), then create or join the team

Add the flag of your country at the beginning of your team´s name to identify easily the origin of your team!
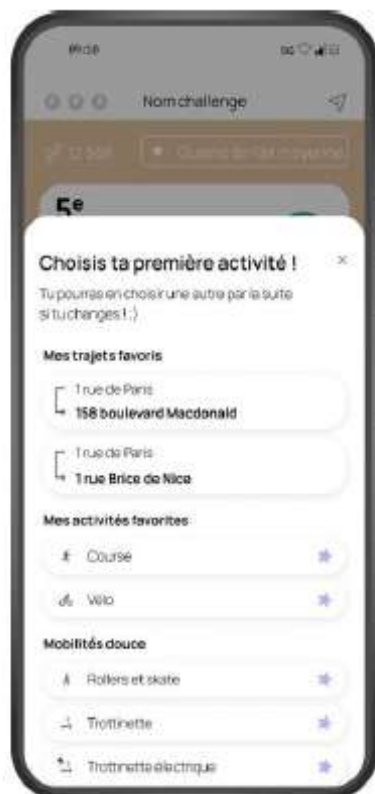
3 main activities
3 activités clés

Marche / Walk

Course à pied / Run

Vélo / Bike

Outdoor only

Additional activities

- **Fast Walk**
- **Scooter**
- **Hiking**
- **Horse riding**
- **Rollers**
- **Rowing**
- **Canoe kayak**
- **Paddle**
- **Racket**
- **Cross-country skiing**
- **Snowboard**
- **Ice skating**

DATE	JOUR	MISSIONS D'ÉQUIPE		MISSIONS INDIVIDUELLES	
08/04	L			BIKE : distance all : 15km 10 - 100 pts BIKE : distance all : 30km 20 - 100 pts	Run distance all : 6 km 4 - 100 pts Run distance all : 12 km – 8 80 pts
09/04	M	WALK steps team 125K : 1 500 pts	RUN distance : 15 km : 375 pts		
10/04	M				
11/04	J				
12/04	V				
13/04	S				
14/04	D				
15/04	L			BIKE : distance all : 15km - 130 pts BIKE : distance all : 30km 25 km- 130 pts	Run distance all : 6 km - 100 pts Run distance all : 12 km 10 - 80 pts
16/04	M	WALK steps team 150K : 1 875 pts	BIKE distance : 25km : 400 pts		
17/04	M				
18/04	J				
19/04	V				
20/04	S				
21/04	D				
22/04	L			BIKE : distance all : 20km - 140 pts BIKE : distance all : 40km 35 - 140 pts	Run distance all : 9 km - 150 pts Run distance all : 15 km 12- 75 pts
23/04	M	WALK steps team 175K : 2 000 pts	RUN distance : 20 km : 400 pts		
24/04	M				
25/04	J				
26/04	V				
27/04	S				
28/04	D				
29/04	L	WALK steps team 200K : 2 500 pts	BIKE distance : 35km : 480 pts	BIKE : distance all : 20km - 160 pts BIKE : distance all : 40km - 160 pts	Run distance all : 9 km - 150 pts Run distance all : 15 km - 75 pts

1 common objective for 2024:
800 000 km

| APPLICATION : MOCKUPS
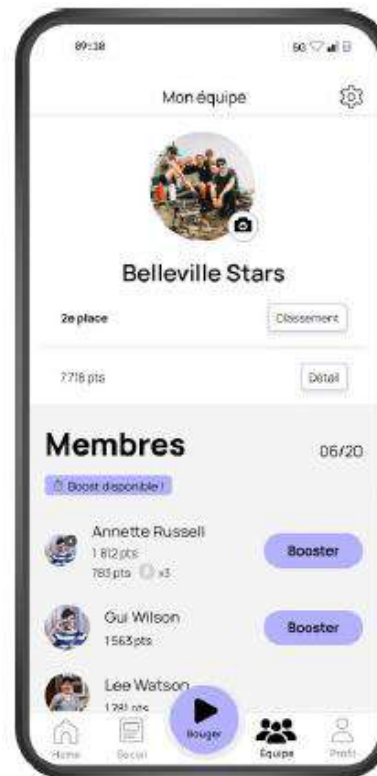
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Missions

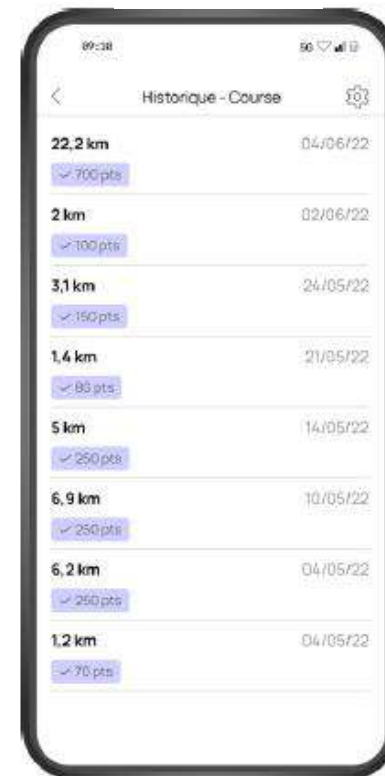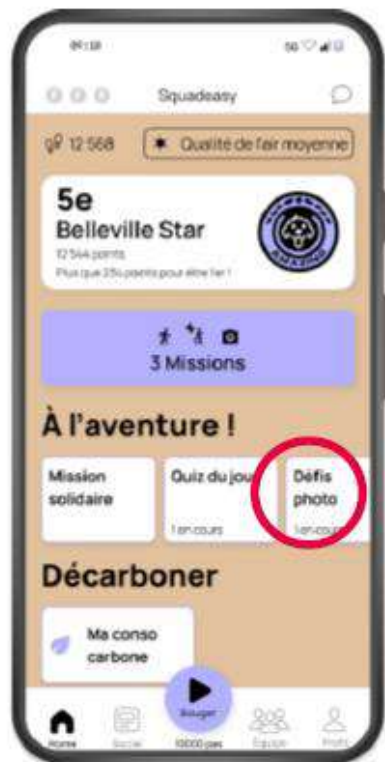**GPS**
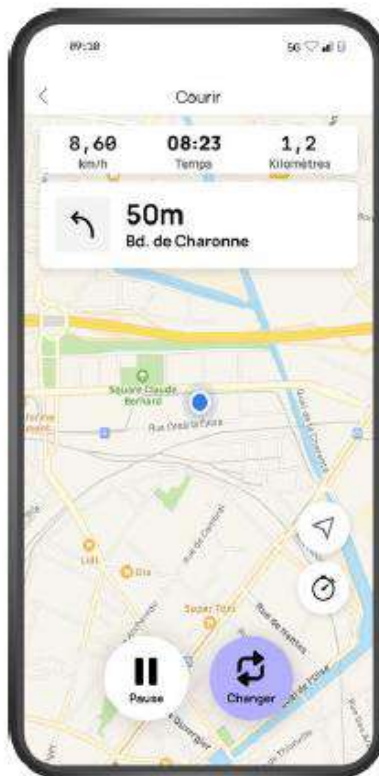
Social Wall

Team

Quizz

Activity History

PHOTO CHALLENGE

1 challenge = 1 photo

Click on Photo Challenge

Choose the Photo Challenge or review the upcoming ones

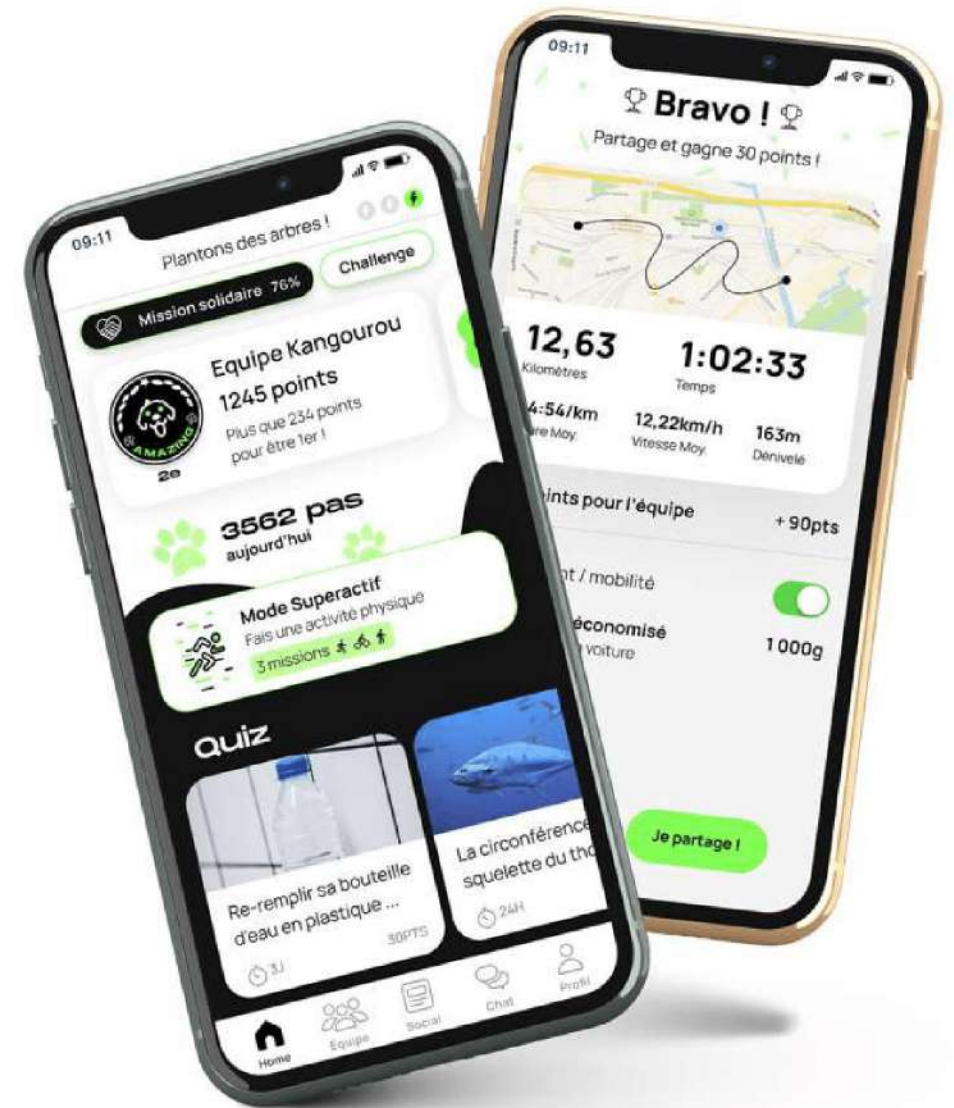Read the Challenge description to stay in line with the topic

Choose the photo and write a description

Your photo is now visible on the social wall
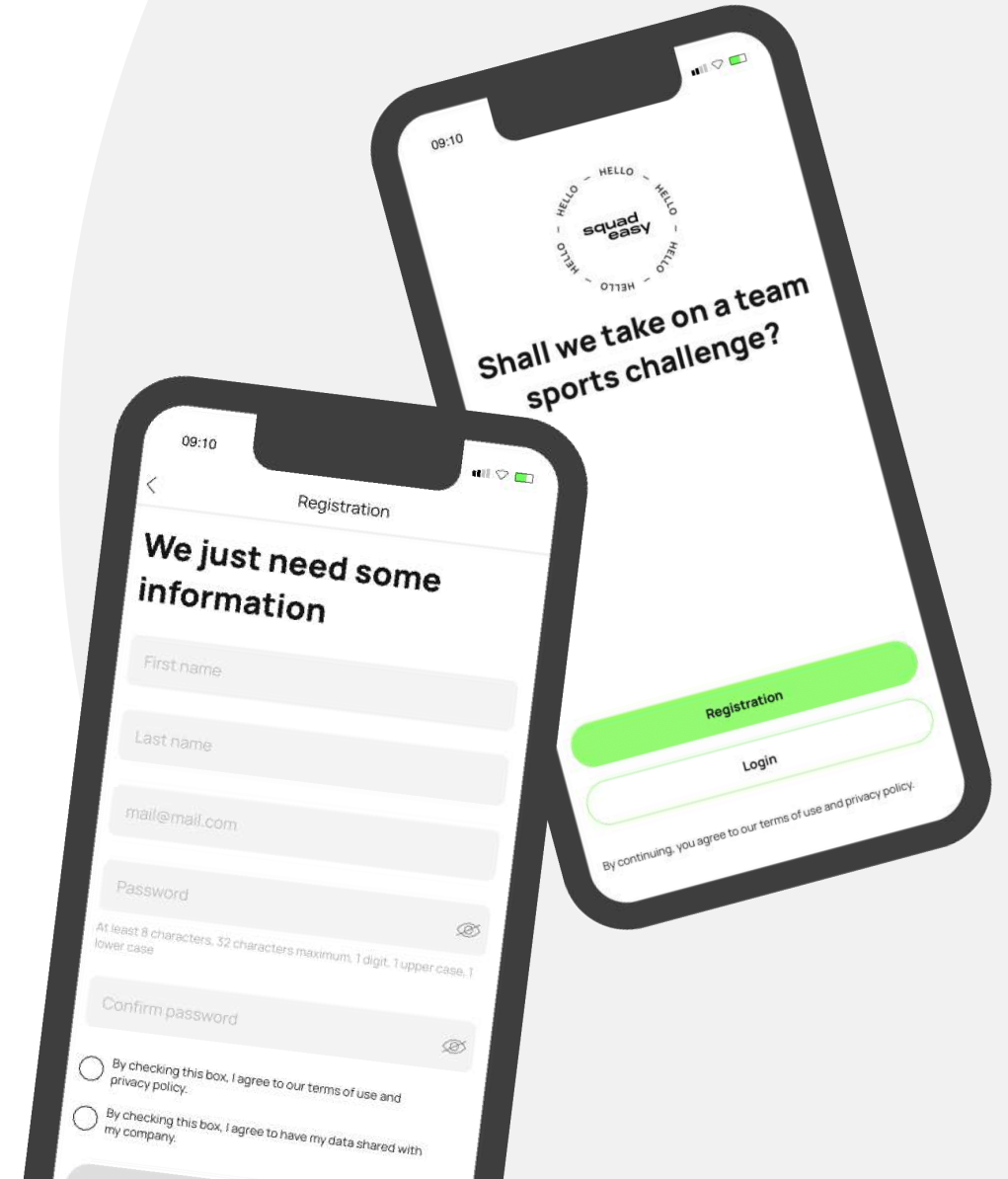
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User Guide

Register

Access the app for the first time in 3 easy steps.

1 **Download** the app on the AppStore or the Google Play Store

2 Click on register and create your account by **entering the challenge code** which was given to you

3 Create or join **your team**

There you go, you can now begin to move !

NB :the app is available for IOS 12, Android 7 or higher.

First steps

The home page gathers the access to the **profile**, the information related to the **challenge**, the **Superactive Mode,** the quizzes and the acces to the other pages of the app.

- The challenge sidebar will give you access to **the details of your challenge**

- Lower, you can follow **your daily steps**

- The **Superactive Mode** will give you access to all the **activites** and their respective ongoing **missions**

- Lastly, you will find the list of your **quizzes.**

Physical activities

You can **start an activity** directly from the Superactive Mode in the app. For example, you just have to click on **"Running"** or **"Cycling"**

Once the GPS is synchronized, click on "**Get Started**". Hold the "**pause**" button down to put your activity on pause. To end the activity, Hold down the "**Finnish**" button.

A recap of the **performance** appears. The points granted by an activity are added to your personnal meter, but also to your **team's**.

The counting of the steps is automatic.

It is synchronized on your **Google Fit** app (on Android) and your **Apple Health** app (on IOS) for a **more precise follow-up.**
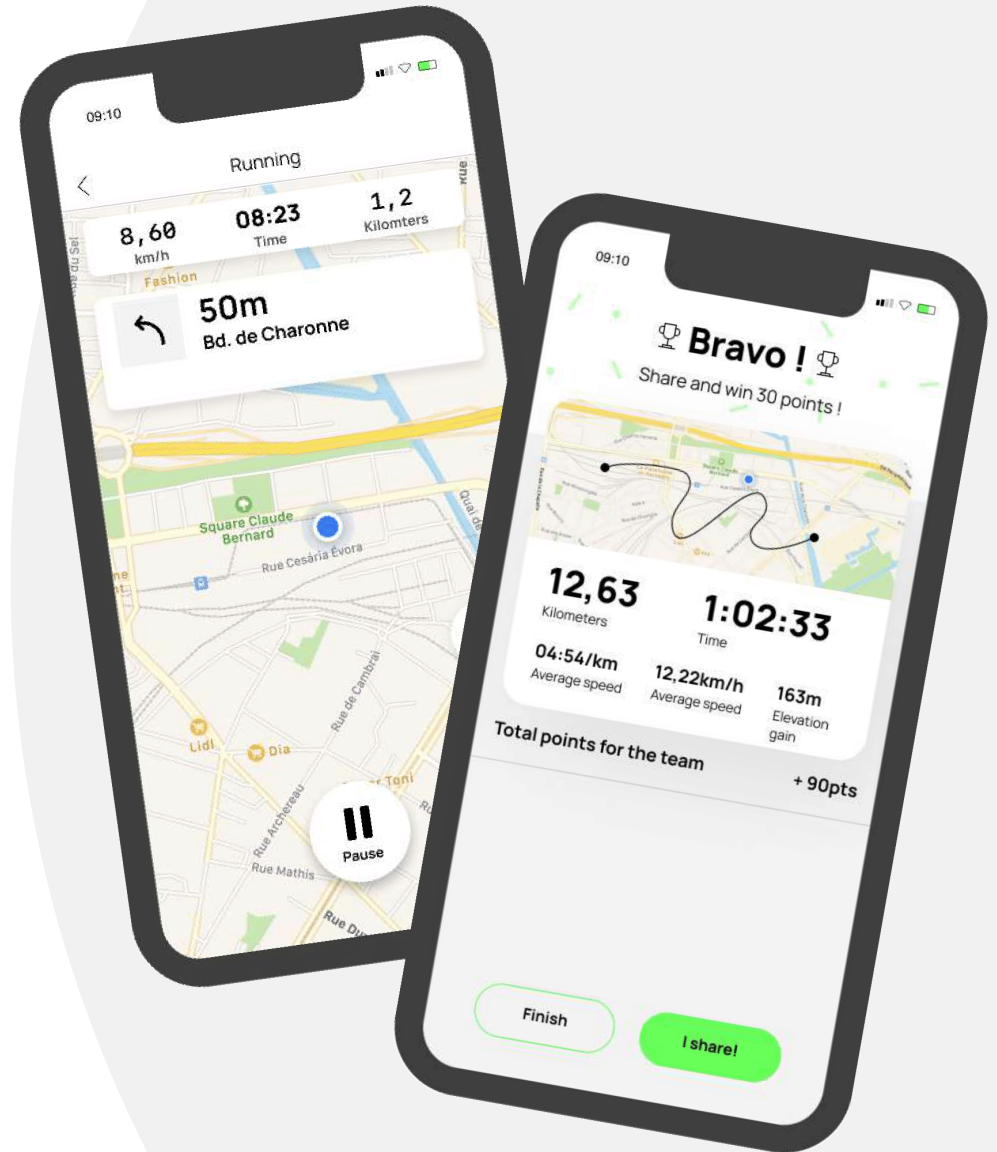
NB : It's important that you have an internet connexion and that you close the other apps that use GPS on your phone to avoid synchronization issues.

Missions

Directly accessible from the **Superactive Mode**, the missions offer a supplementary challenge and a new **objective to achieve**.

Every mission is l**inked to its activity**! The missions can be **individual** or **with your team**.

Keep your eyes peeled, a mission can appear at any time!

NB : beginning an activity will automatically add your progress to the mission! You don't have to activate it.

Quizzes

Quizzes appear on the **home page**. they allow you to test your **general knowledge**. they are the ideal mean to win even more points for your **team**.

A question on diverse subjects (sport, health, ecology) and one or several **good answers to find.**

Answering correctly allows you to earn **supplementary points.**

NB : You can see older quizzes which you answered to by scrolling the quizz cards.
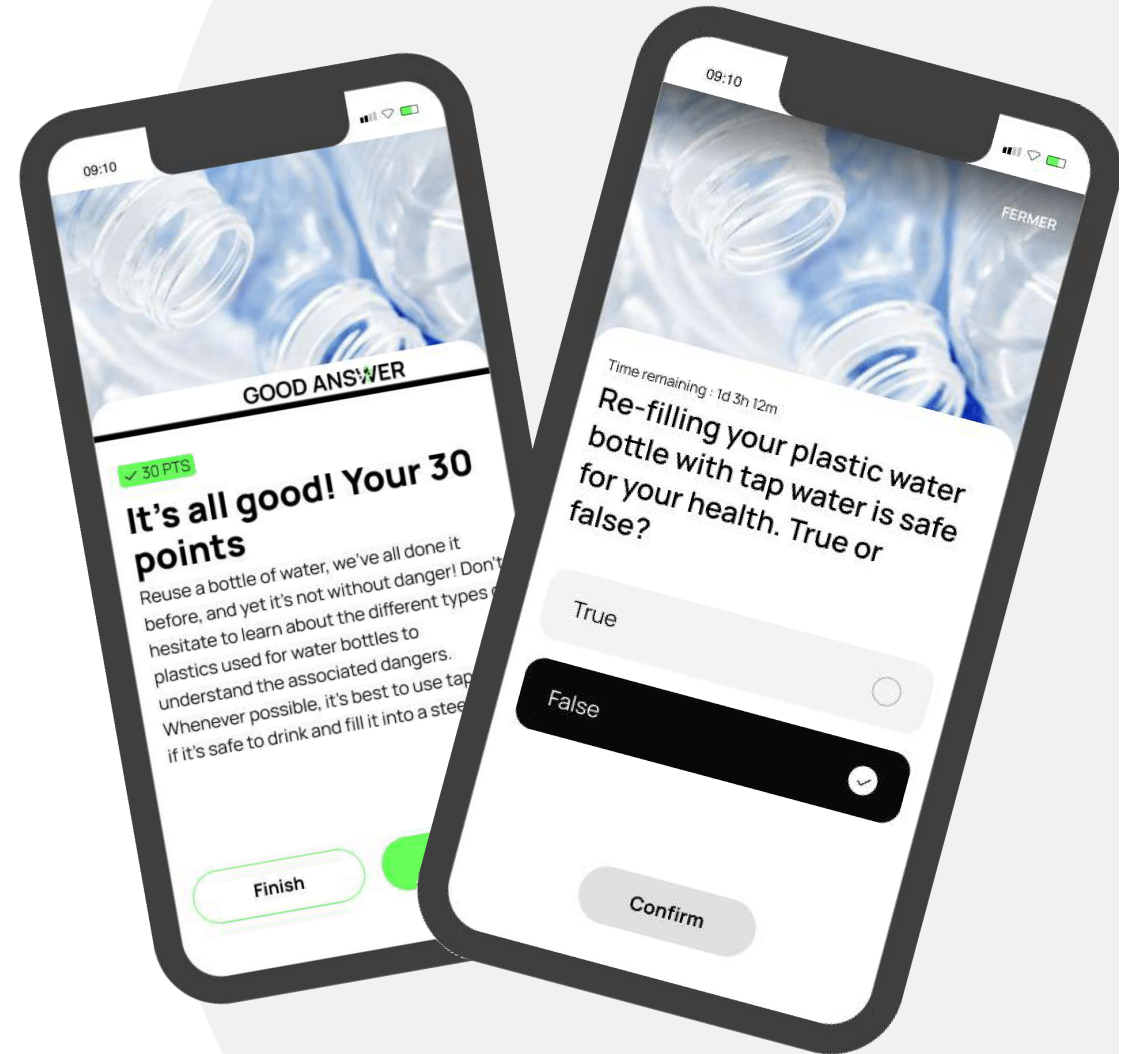
Carbon mobility

Once your "running" or "cycling" activity is over, you can see the CO2 you saved during your **travel** by ticking the "**travel/mobility**" box.

Find out about the **CO2 saved** by your team on the home page of your app.

From that same sidebar, you can access the CO2 reduced by your team, yourself and all the participants. You will also find comparisons of carbon saving
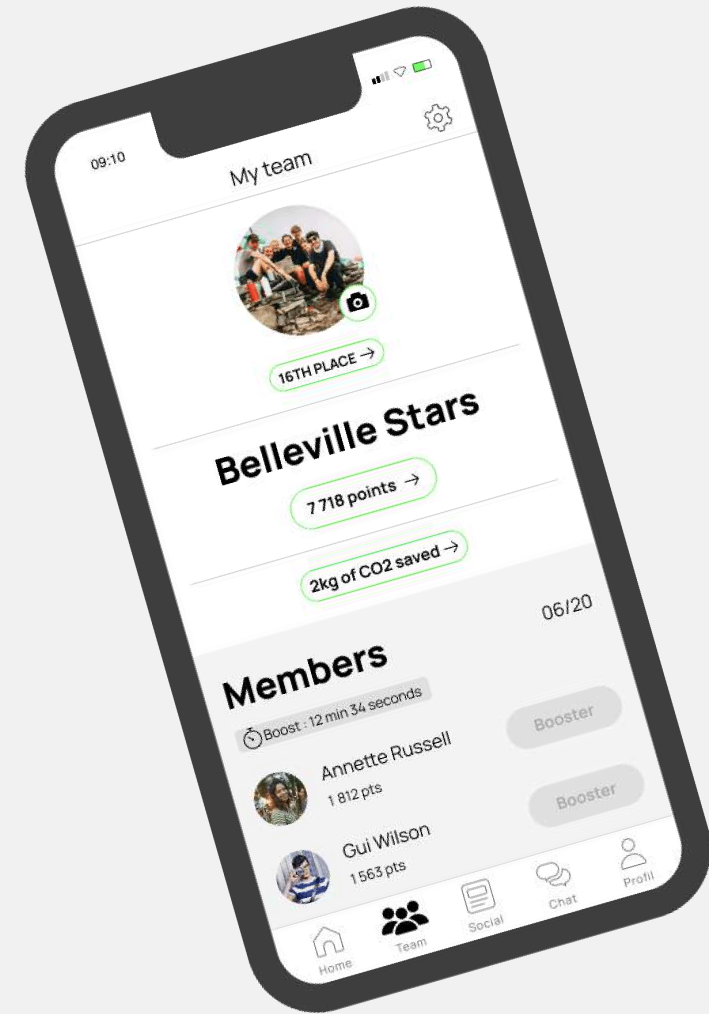
The team

All your team information are available by clicking on "**Team**" in the menu at the bottom of the screen.

You can see all the **details** of your team's points, all your teammates' **progression**, your **ranking**, the number of **medals** you won etc...

It's also on the "**Team**" page thay you can use your **boost** on one of your **teammate**.

NB : You can only join one team at a time, If you change teams, the points you earned until now stay linked to your old team.

09:10

My team

16TH PLACE →

Belleville Stars

7 718 points →

2kg of CO2 saved →

06/20

Members

Boost : 12 min 34 seconds   Booster

Annette Russell
1 812 pts   Booster

Gui Wilson
1 563 pts

Home   Team   Social   Chat   Profil

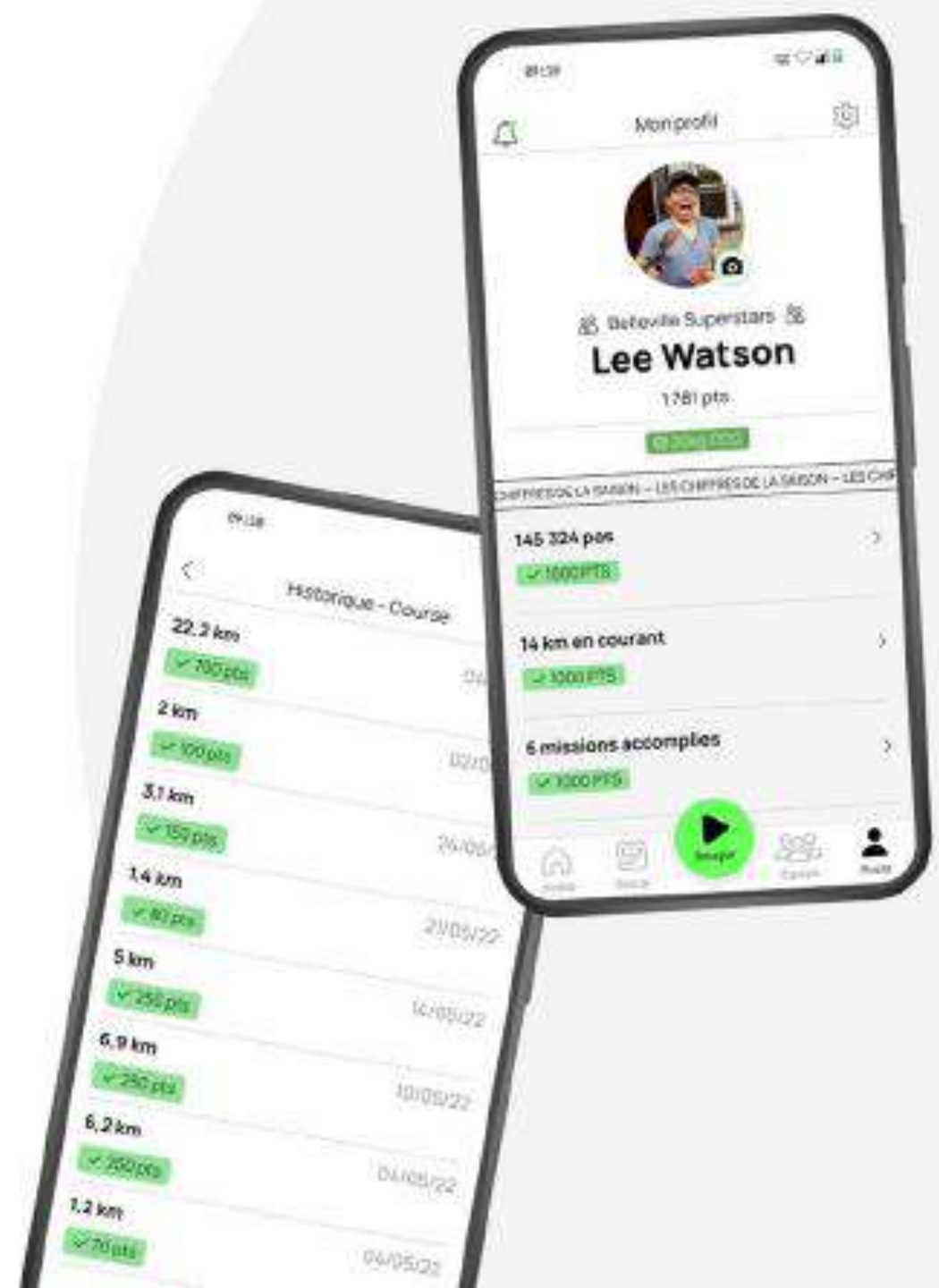# Points

Every effort is **rewarded** 🔥

Answering a quiz, completing a mission or launching a physical activity **earns points** for your team.

Our algorythm calculates your points **based on the activity** (walking, running, cycling).

- For **walking**, only the number of steps counts.
- For **running** and **cycling** activities, we take in consideration the distance, the speed and the elevation.

You can find the details of the calculation in our **F.A.Q.**

NB : Don't forget to launch your app every 10 days because your phone doesn't stock the history of your walking steps beyond this duration.

Boosts

Every day, you have one boost that can be used **only once** and recharges itself after **24h.**

Boost the teammate of your choice to **augment the points** he will win of 10% for the next 24h.

As a member of a teamn you can be boosted up to **3 times simultaneously.**

It's up to you to find the best **strategy** to win maximum points!

NB : you can use the team chat to ask for boosts before launching an activity and earn even more points!
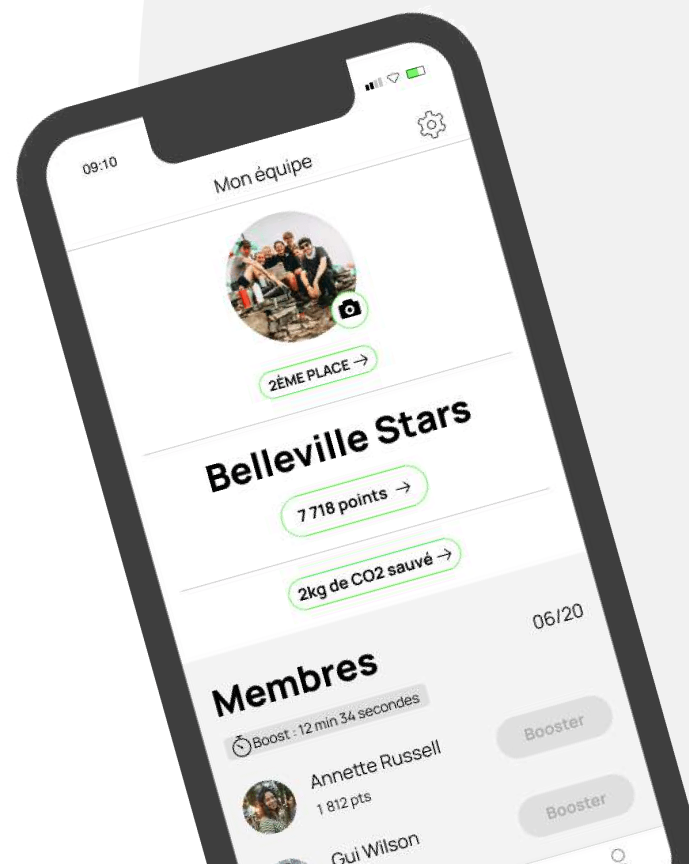
Chat

Exchange live with your teammates in private or in team to **congratulate, encourage** or **organise** the next group running directly from the **messaging functionality**
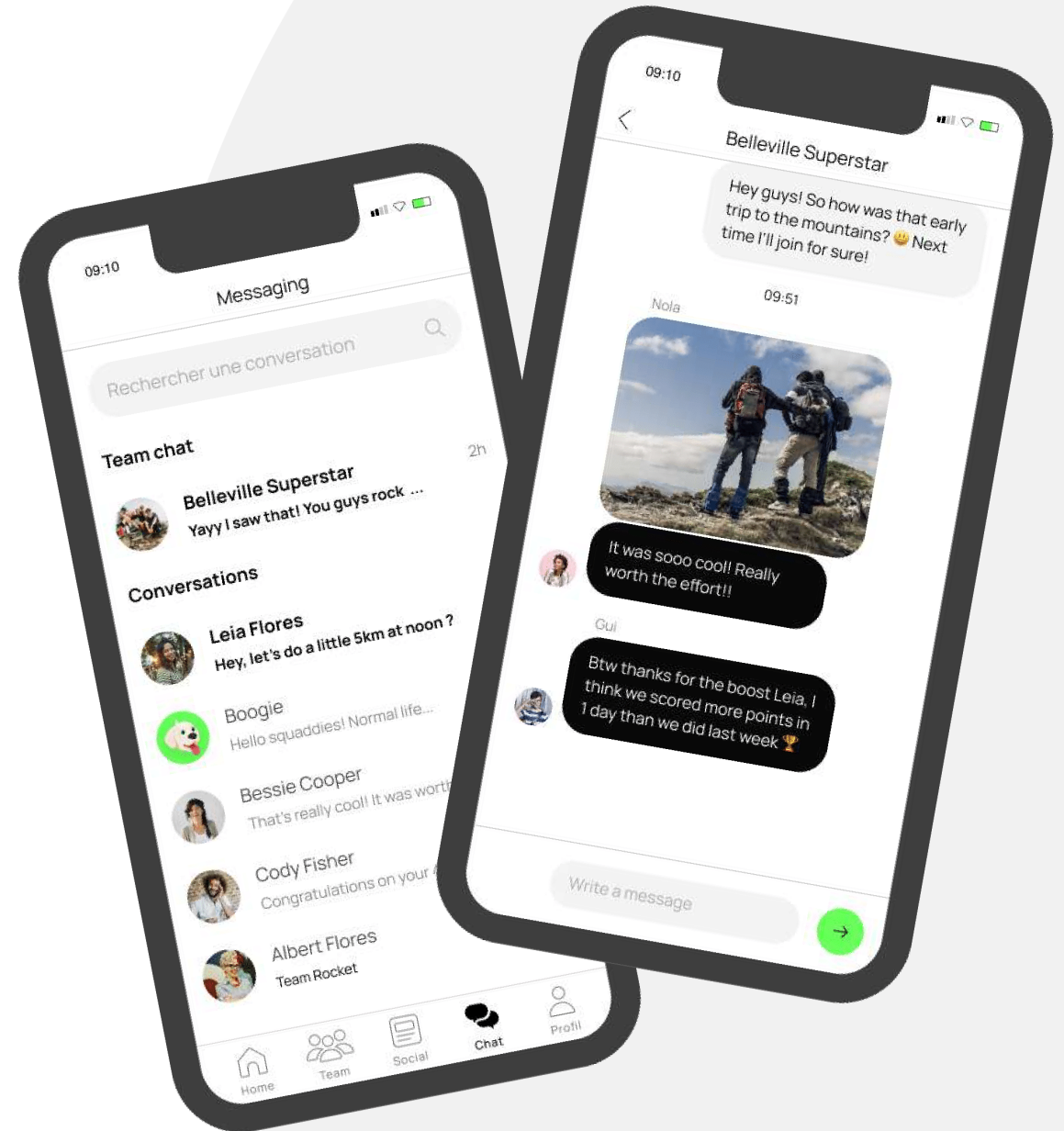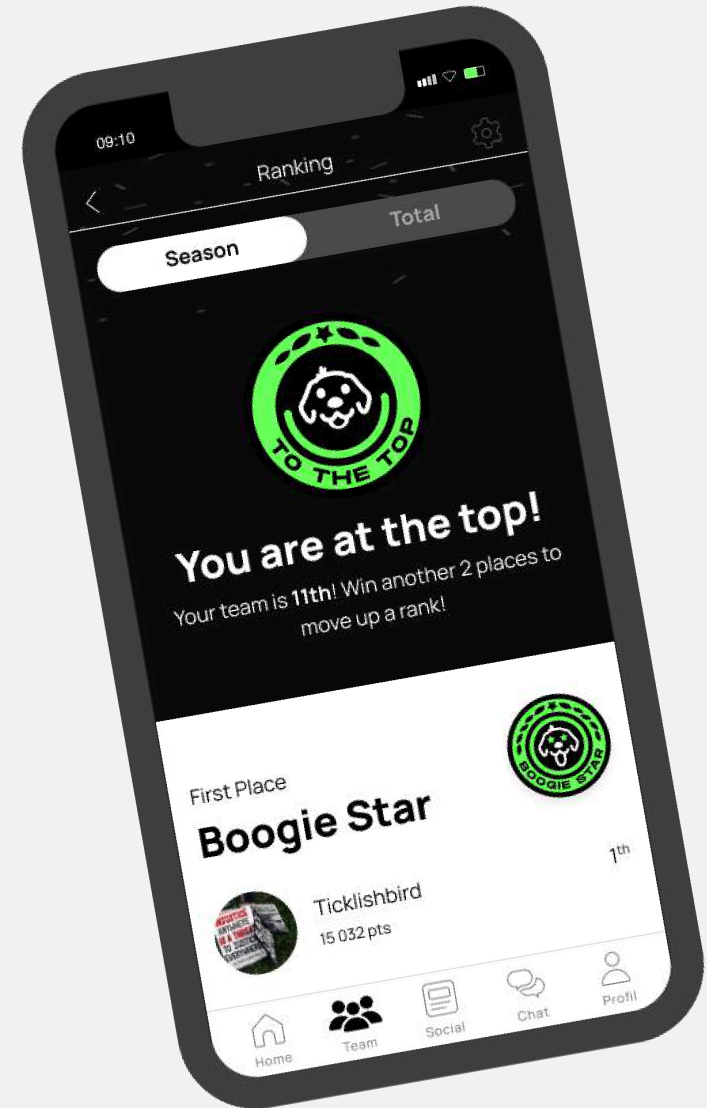
Ranking

Each team member points are added **in real time** and are visible in the **ranking menu**.

According to the points, all the teams earn a **medal**!

The ranking of medals is visible in the "**Team**" tab then "**ranking**"

NB : If your challenge takes place in several seasons, a global ranking takes into account all the medals won during the whole challenge.
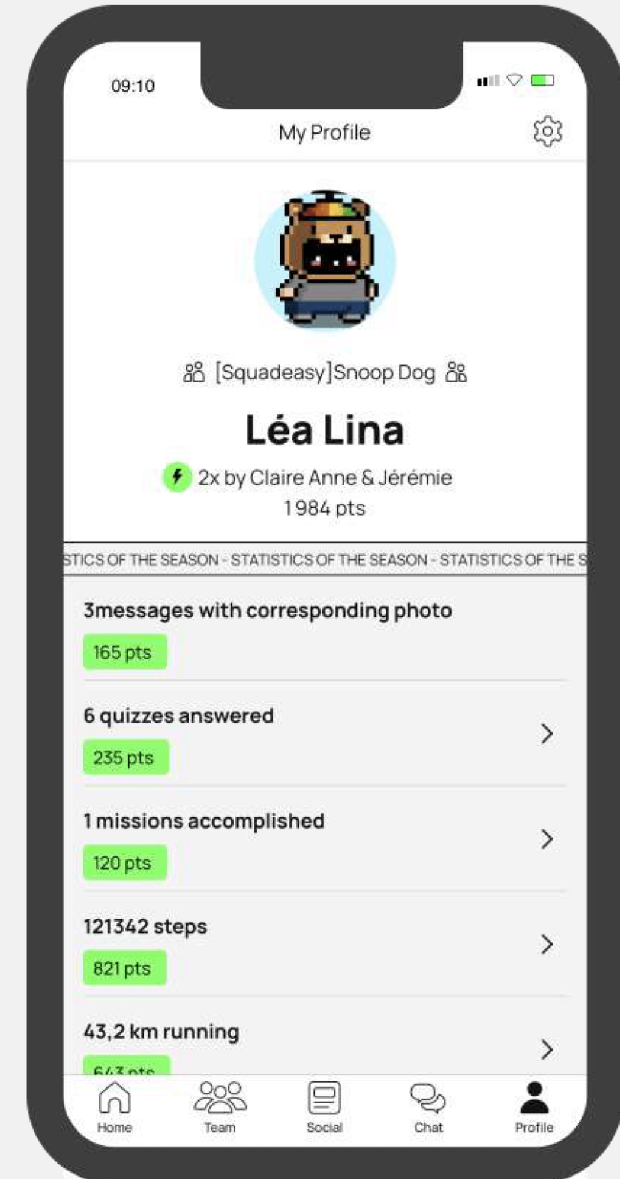
Performance

You can follow your **progress** through your personal performances.

From your **profile**, you will find the **history** of all your activities and you will be able to check the **details** of your performance.

Distance, duration, speed or even the points earned through your activities you will find all the **informations about your activities.**
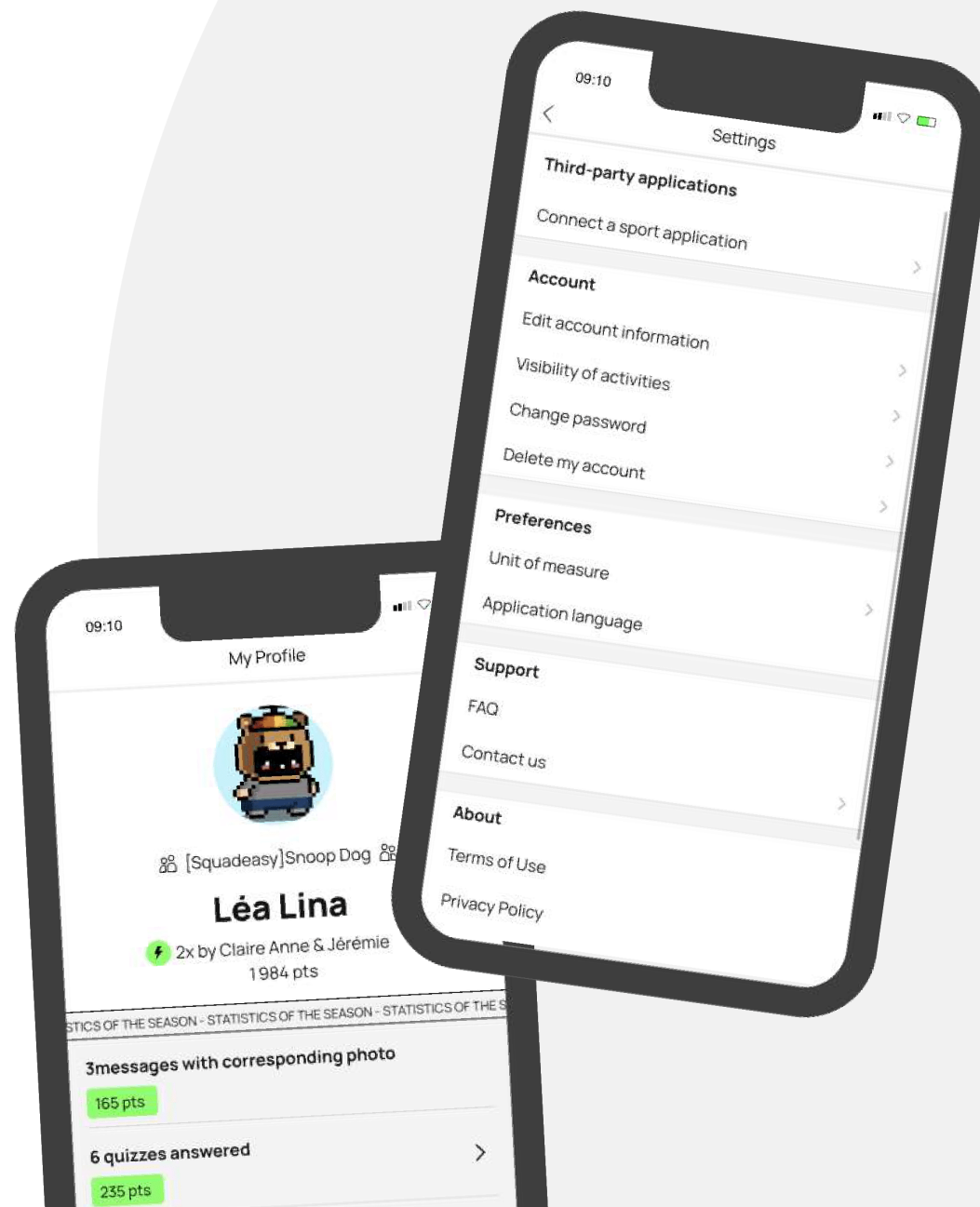
Settings

From the profile page, click on "**Settings**" ⚙, you can modify the informations about your **account** (profile picture, name, surname, password...), the **preferences** related to units visible on screen (km, miles...), or even the **language** of the app.

Lastly, you can contact the **support** in case you face a problem, thanks to the contact form or on Boogie's mail adress

→ boogie@squadeasy.com

NB : and if you like the app, it's also the place where you can give us your feedback :)

Connexion to third-party apps

You're using **Strava**, **Garmin** or **Fitbit** for your physical activities?

You can **connect** it to Squadeasy the first time you connect to the app by going on the "**Settings**" page.

- **Tick** the box corresponding to the third party app of your choice
- Click on "**Connect a sport application**"
- Let yourself be guided through the instructions on the screen.
- **There you go!** Your app is now synchronized with Squadeasy

Important ! If you are using a connected watch to synchronize your steps, it is imperative to synchronize it with the Health app (IOS) or the Google Fit app (Android).

NB : You can delete the connexion between Squadeasy and your third party app at any time by clicking "delete".

STRAVA

GARMIN™

fitbit

09:10

Connect a sport application

Strava

Garmin

Fitbit
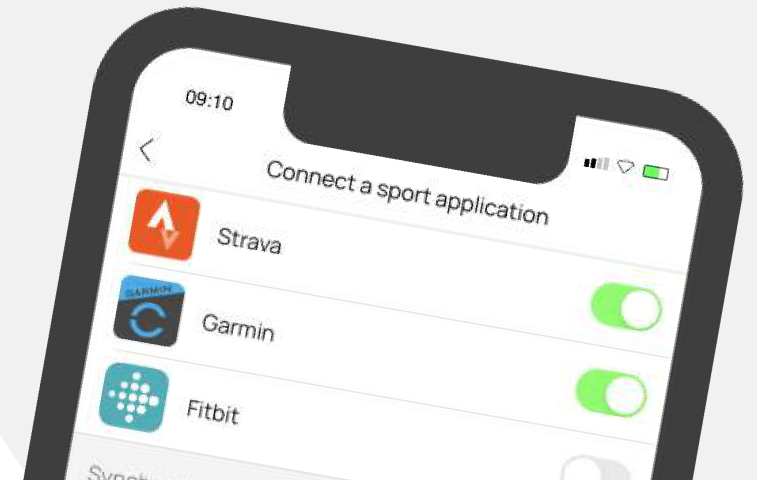
Recommandations

- Deactivate battery economy
- Deactivate Wi-Fi
- Close the applications on the background
- Be sure the connection is safe

In case of any trouble, contact Squadeasy at:
boogie@squadeasy.com
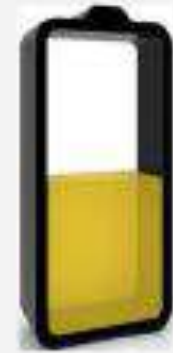
Your turn to play!

For any question or need for support, you can send a message on

boogie@squadeasy.com