**NEDBANK RUNIFIED FAQS**

1. **Campaign-specific**

* **What is #NedbankRunified?**

A virtual running series in partnership with Strava, the exercise app. It will challenge and reward runners for completing monthly running challenges between July and October 2021.

* **How do I enter?**

Anyone who wishes to participate must join the Nedbank Running Club on the Strava app and enter each monthly challenge here: [www.strava.com/challenges/nedbank-runified](http://www.strava.com/challenges/nedbank-runified)

* **Who can win prizes?**

Participants who complete a challenge will be entered into the draw to win prizes subject to the terms and conditions: <https://www.nedbank.co.za/content/dam/nedbank/site-assets/Terms/nedbank-runified-challenge-terms-conditions.pdf>

* **Can I enter more than once?**

Participants can only complete each monthly challenge once.

* **Can I run any time of the day?**

You can run at any time that’s convenient for you. However, runners are subject to government’s lockdown regulations.

* **How will I know if I’ve won?**

Winners will be notified via email or SMS – and will then have to ensure that they submit the correct contact details to claim their prize.

* **What can I win?**

The overall series winner will win an all-expenses-paid trip to run at any local marathon. There are also monthly prizes up for grabs that include: a share of R70 000 in Greenbacks and Nedbank Running Club hampers courtesy of Futurelife, Nike, Bavaria, Biogen and Thirsti.

* **Do I have to be a Nedbank Running Club member to participate?**

The challenges are open to everyone who wants to take part.

* **How many challenges are there?**

There are four monthly challenges starting from July to October 2021 – one per month.

* **Which date will each challenge take place?**

The dates for the challenges are as follows:

Challenge 1: 10 July ─ 23 July 2021

Challenge 2: 14 August ─ 27 August 2021

Challenge 3: 11 September ─ 24 September 2021

Challenge 4: 9 October ─ 22 October 2021

* **How do I join Strava?**

You can download the Strava app for free in the Google Play Store (Android) or App Store (iOS) and register your details to be an active member.

* **How do I join the Nedbank Running Club on Strava?**

Simply download the app, register your details and search for and join the verified Nedbank Running Club national page: [www.strava.com/clubs/NedbankRunningClub](http://www.strava.com/clubs/NedbankRunningClub)

1. **Covid-19 exercise rules, protocols and social distancing measures**

* **Virtual races explained:**

Virtual races are designed to give runners the opportunity to unite on race day while completing their runs within allowed and safe conditions. It is the athlete’s responsibility to comply with their local regulations.

* **Should I wear a mask when I go running?**

Buffs or face masks are recommended; however, the World Health Organization (WHO) warns that it isn’t a good idea when you’re running in cold conditions.

* **What times are we allowed to exercise?**

According to the current government regulations, exercise is allowed between 04:00 and 21:00 daily.

* **What can I do to keep myself and others safe?**

─ Wear a face mask when you’re running in an area where social distancing is hard to maintain.

─ If your regular route is crowded, try to find a different route, or adjust your running time.

─ If you don’t want to wear a mask when you run, you’ll need to find a route where you encounter no or few people and keep at least a 20-metre distance from those you do encounter.

─ Wear reflective clothing to make sure you are visible to other road users.

─ Run against traffic.

─ If you can, make use of pavements or any designated cycle tracks.

* **How many people can exercise in a group?**

According to the current government regulations, organised groups of more than four people aren’t allowed. Runners must also be at least 20 metres apart from each other at all times.

* **How can I stay safe when I go for a run?**

─ Make sure your cellphone battery is fully charged so that you would be able to call for help in case of an emergency. It’s also important to save the correct emergency contact numbers on your phone so that you can quickly contact the police, your security company or your neighbourhood watch when you need them.

─ Share your location with a friend or relative when you go out for a run. If you are running alone on a quiet road or area, don’t use headphones so that you can remain aware of your surroundings.

─ Make sure your alternate your routes, don’t run the same route consistently at the same time. This way you don’t become an easy target. Also, remain vigilant when running. If you feel like you’re being followed, get to a public area as soon as possible. Don’t stop for anyone.

* **What are the important things to note?**

─ Stay home if you feel unwell and don’t force yourself to run or rely on using a mask.

─ If you have a fever, cough and difficulty breathing, seek medical attention according to the government guidelines.

─ Avoid physical contact with your running group.

─ Ensure that you take the necessary precautions before and after runs.