



SPORT POSSIBILITIES
IN RESTRICTION PERIODS



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GUIDE

How to Organize Remote Sport Competitions in Restriction Periods

2023





THE PROJECT
SPIRC TEAM
CONFIRMS THAT
THE DATA AND
VISUAL AIDS
USED IN THE
GUIDE COMPLY
WITH THE
LEGISLATION ON
DATA
PROTECTION



SPORT POSSIBILITIES IN RESTRICTION PERIODS

AIM

The main objective of the project is to promote the organization of sports and physical activity events, including competitions, during restrictions periods

CONTENT

In order to achieve the objective of the project, possible sports actions will be reveal, a free guide will be developed, examples of good practice for holding competitions in restricted periods will be collected ad shared.

TIME PERIOD

01.11.2022. - 31.10.2023.

BENEFIT

The implementation of the project will make it possible to introduce the culture of remote sports competitions at all levels of sports, maintaining the motivation of grassroots sports representatives, pupils of vocational oriented sport (sports schools, sports clubs) and other involved parties to do sports, compete and maintain a healthy lifestyle during restrictions periods

PARTNERS

Association "BK-95" Latvia
Scout Society (Romania)
School Sports Federation of Turkey
Football School Club "Lituanica" (Lithuania)



TABLE OF CONTENT



SPORT POSSIBILITIES
IN RESTRICTION PERIODS

3

Introduction

4-7

True Stories I

True Story of a Shin-Do coach
True Story of remote CrossFit workouts
True Story of an indoor football player
True Story of the School Sport Federation of Türkiye

8-10

Online Apps other than for the project SPiRC

11-17

Online Apps used within the project SPiRC

18-21

True Stories II

True Story of a Secondary School's PE Teacher
True Story of a high-performance athlete
True Story of remote marathon
True Story of a kayaker, Olympian (also the project's ambassador)

22

Regulations for remote sport competitions

TABLE OF CONTENT



SPORT POSSIBILITIES
IN RESTRICTION PERIODS

23

Call for remote sport competitions in webpages and social media

24-27

True Stories III

True Story of a football sports club
True Story of a wellness coach (also the project ambassador)
True Story of a high-performance track&field athlete
True Story of a sport school of 600 athletes

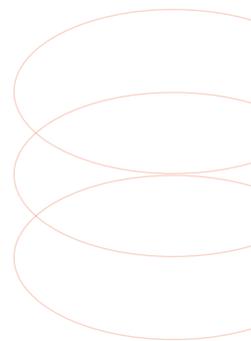
28-29

Conclusions and suggestions

30

References

INTRODUCTION

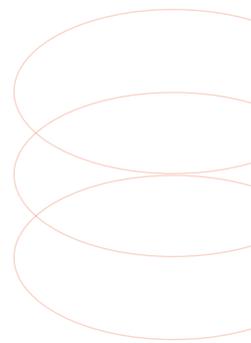
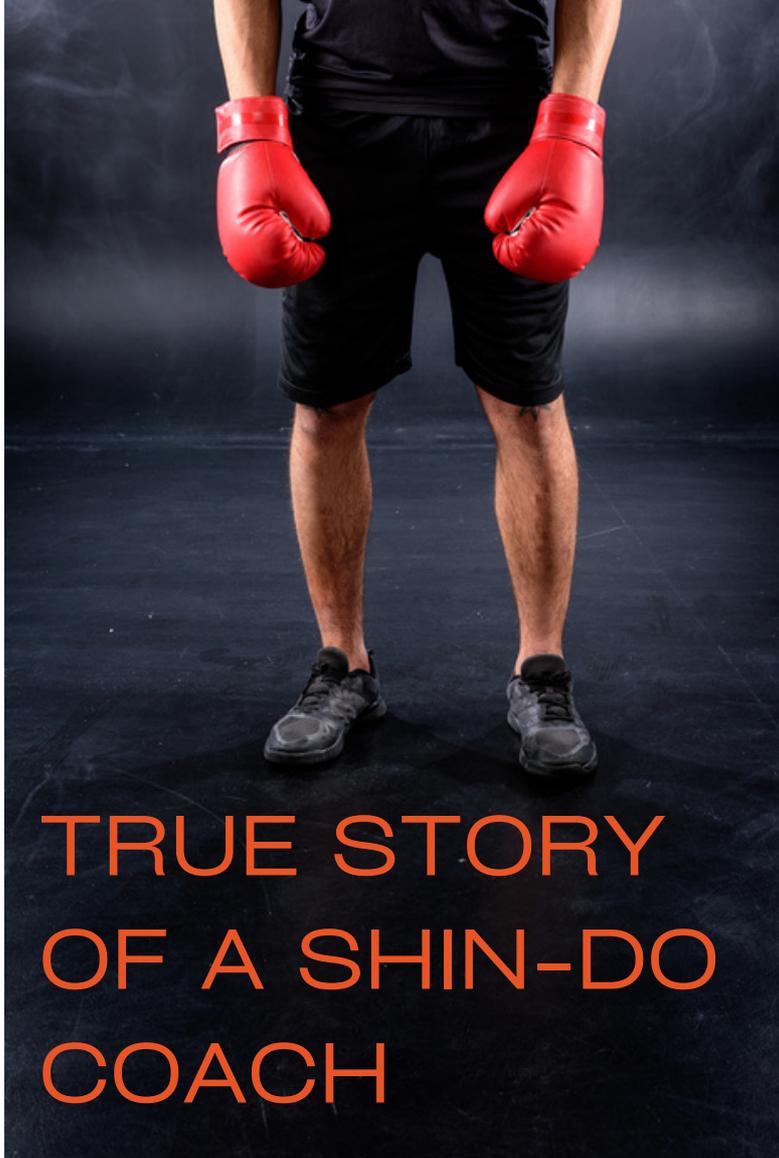


The years 2020, 2021 and 2022 were challenging due to the pandemic of Covid-19. During this period, Sport clubs and sport schools were losing their athletes in a growing speed from month to month. The reasons of this huge dropout from sport were different:

some of the people were not allowed to go outside in definite hours that they previously had used for doing physical activity; some fell into apathy or depression. Since October 2020, doors of fitness centres and sport facilities were closed for months and in the winter of 2022, they partly still were in the participating countries. Therefore, keeping members in the organizations, but what was more significant – motivating the members continue doing physical activity, was an urgent issue for sport organizations. This was a global problem that needed to be solved in cooperation with partners by sharing experiences on how to overcome the consequences and how to find ways of doing physical activity in pandemic and restriction situations and organize sport competitions and events that do not confront the restrictions.

This Guide is designed on how to organize remote sport competitions in restriction periods starting from online applications through which it is possible, going through twelve stories of different people – sport coaches, athletes, managers, sharing how they dealt with the restrictions and what solutions found. The Guide offers templates for remote sport competition regulations and call for social media that will help organizations to address participants and stakeholders.

Erasmus+ Sports project 'Sport Possibilities in Restriction Periods' team



TRUE STORY OF A SHIN-DO COACH



The club was founded in 2008. The martial styles practiced in the club are Freestyle Kickboxing, Muay Thai and Kyokushin Karate. Shin-Do Buzau Sports Club is affiliated to the Romanian Freestyle Kickboxing Federation (FRKF), under whose umbrella it has participated in a number of national and international sports competitions.

Anyone interested in initiation, maintenance and performance with a minimum age of 4 years can join the club.

"The pandemic has affected us all in a negative way. In the first phase we were forced to stay indoors. In these conditions, athletes were forced to do physical training in isolation. Technical and tactical training was interrupted. Once the restrictions were relaxed, we started to do outdoor training.

The lack of continuity in training was immediately apparent. The competitions were interrupted. This affected us because our goal was to participate in the European Championship and the World Championship. We resumed training and slowly we recovered. But we saw the difference in training. Physical capacity decreased, technique started to be forgotten, reflexes decreased, some of the athletes stopped coming. New ones came. Outdoor training, although known to do good, was not to the liking of some parents, who wanted to return to the gym.

At the first regular competition with restrictions, it was seen how the general condition of the athletes was negatively influenced. The weather conditions influenced the outdoor training. The children did not show up due to rain and cold. Wearing masks negatively influenced the athletes as they wore flies during school time as well. There were also attempts to train online but it didn't work."

TRUE STORY OF REMOTE CROSSFIT WORKOUTS



As with all fitness, CrossFit gyms were closed due to pandemic restrictions.

For a little digression, CrossFit is a high-intensity, multi-functional workout that includes movements that we do on a daily basis and that the human body is actually designed for, such as squatting, jumping, running, pulling, throwing and lifting. The main task is the ability to move large weights over long distances in the shortest possible time.

In the club where I train, a closed Facebook group was created, which was only available to sports club members. In the group, the coach posted workouts in photo and video format. If at some point a newcomer joined, then watching the exercises in video or photo material with the coach's comments, it was easier for him to perform them accurately. Since not all members of the training group had weights, balls and other equipment necessary for CrossFit at home, each of the athletes solved the situation very creatively. The exercises were done using backpacks filled with books, bricks, and whatever else everyone had available. In the Facebook group workouts were posted 4 times a week in the morning. The most diligent performed them in the morning and shared in the comments how they did - which exercise was easy and which was not so easy. This, in turn, was an incentive for the others to start training and to complete the exercises in a faster time, with a higher number of repetitions or to lift more weight, depending on what the main task of the day was.

In addition to workouts the trainer created Facebook Live 2 times a week, where on the "live air" we had the opportunity to ask questions about the training process or the execution of specific exercises, receive the trainer's answers, share feelings and experiences.

With the restrictions our workout group split in two when it came to motivation. Those who were no strangers to individual training at home even before the restriction period, continued to do sports actively. It must be said that online training, of course, could not fully replace in-person training, but in this way I and other members of the workout group had the opportunity to feel the effect of presence, to discuss with our like-minded people the topics that are relevant to us, to encourage and support each other, as well as to maintain the motivation for sports in the conditions, which were absolutely not favorable for the continuation of physical activities. Unfortunately, some of the group members, for whom it was very important to train in the gym and it was important to hear, see and feel next to another athlete who was equally out of breath from the exercise, could no longer find satisfaction in "online" workouts. Their motivation to exercise, as well as adherence to the principles of a healthy diet, completely disappeared.

TRUE STORY OF AN INDOOR FOOTBALL PLAYER



We present to you the cycle of success stories of the Erasmus+ Sport project "Sport Possibilities in Restriction Periods" and invite you to get acquainted with the experience of Justinas Zagurskas in professional sports during the pandemic.

Justinas Zagurskas is the captain of the Lithuanian national indoor football team and the club "Žalgiris Futsal". Remembering the first period of sports restrictions, Justinas recalled that the Lithuanian indoor football championship was interrupted after the first final match due to the pandemic, and the winners of the first final match became the winners of the championships. "After the season was terminated and "Žalgiris Futsal" was announced as the winner of the championship, the team's players had a break and the championship started in the new season. Under strict restrictions, all team members worked individually according to the programs of the physical training coach. At the moment, it is difficult to remember exactly how long contact training did not take place, but it was an unusually long period of time without team training," – Žalgiris Futsal captain Justinas Zagurskas shared his experience.

Assessing both his and the team's fitness, Justin Zagurskas admitted that the fitness really suffered, although all players worked individually, IT technologies were not used during the pandemic. Despite this, after returning to the training and competition cycle, the team's results were not particularly affected – the team played victoriously. After returning to contact training during the limits, all athletes paid great attention to hygiene, hygiene requirements were observed weekly.

Speaking about his well-being and motivation during the restrictions, Justinas said: "We knew there was a pandemic in the world, but we didn't think it would reach Lithuania so quickly. When everything started in Lithuania, we were in the dark: what will happen now. Being at home for a long time, it was really difficult, but I always tried to go to the countryside, to a farm, so that I could spend time in nature."

"Many understood that if we leave all the work here and now and do not exercise individually, it will be very difficult to get back in shape, so I think that motivated us a lot. I managed to devote more time to myself and analyse my game," Justinas Zagurskas said.



TRUE STORY OF THE SCHOOL SPORT FEDERATION OF TÜRKIYE

The Erasmus+ Sport project reveals TOSF Deputy Chairman's Adem Yakıncı experience by telling how school sports activities were during the Pandemic (Covid-19).

The pandemic had not only affected Turkey, but the whole world. Life in social, economic and commercial areas had almost come to a standstill, and institutions and people from many different sectors, including education, health and sports, were adversely affected. I hope the world will never experience such a negative situation again.

Domestic school sports activities continued under the coordination of the Ministry of Youth and Sports. The Ministry of National Education was also the biggest supporter of this large-scale activity. Everything was going well, competitions were being held and preparations were made in many different sports branches to participate in the GYMNASIADE games to be held in China in November 2020. Those who were successful as a result of the inter-school competitions would gain the right to represent their school in this great organization. This was a great motivation for the athletic students. Every student wanted to represent their school and gain international experience by competing in this great championship. It was a great honour for them.

However, with the declaration of a pandemic in the world on March 11, 2020, everything suddenly became very different. Restrictions began in social life, and many sectors, including commercial and economic life, came to the point of closure. Each country was making restriction decisions within itself, and the world was moving towards a collective closure. Although the event was not fully understood at the beginning, it was becoming more and more understandable that sports activities would be affected by the pandemic. Human health came first and all precautions were taken for humanity. And the date of March 2020... The period when school sports activities were completely restricted in Turkey had begun. After the Olympic games were postponed to the summer of 2021 on March 24, 2020, the GYMNASIADE games were postponed first to November 2021 and then again to November 2022. Later, as a result of the decision taken by the ISF (International School Sport Federation), it was decided to hold the games in France in May 2022. Considering all this change, it was clearly seen how the pandemic affected sports activities.

Despite all these negativities and limitations, coaches and physical education teachers made great efforts to stick to the curriculum and training programs. They continued the process using both their social media accounts and various online programs. In this difficult process, their biggest motivation was to ensure the continuity of the athlete students. Although they were successful in most of the students, unfortunately, there were also students who left the sport in this process. However, the pandemic began to lose its effect, and the restrictions were no longer as strict as they were at the beginning of the pandemic, and many students who quit sports were now slowly taking their places in school sports activities. This made us very happy. Motivation of trainers and physical education teachers started to increase gradually.

After a period of 3 years, everything is back to normal now. Both domestic school sports activities and international school sports championships continue stronger than where they left off. Perhaps our greatest experience during the pandemic was as follows; "No matter what, sports activities must continue. Even if it comes to a standstill sometimes, one should never give up and sports activities should always be maintained through distance education and training methods, using technology somehow."



ONLINE APPS OTHER THAN FOR THE PROJECT SPIRC

This chapter deals with those Apps that were examined by the project team, are very good for personal use, but were not selected for the remote sport competitions due to the following four reasons:

- These Apps are mainly designed for individual use instead of organizing public or group events.
- These Apps deal more with leisure time activities.
- Upon a quick survey within the local sport clubs, it turned out that only a few athletes have heard of several of these Apps, and they were not willing to download new Apps in their mobile devices.
- Very often less known Apps are not possible to link to smart watches.

HIS APP

The app is designed by the Sports for All Federation of Türkiye. This app is good for individuals like employees who cannot spare time for sports due to workload, house-wives and mothers, disabled individuals, and others. This app has wide exercise opportunities:

- Trending exercises: 251
- Yoga exercises: 216
- Home exercises: 111
- Morning exercises: 82
- Office exercises: 52
- Sports for the Physically Disabled: 52
- Sports for the Visually Impaired: 43
- Sports for the Hearing Impaired: 43

For a detailed information of this App's possibilities visit the homepage: <https://his.gov.tr/hisapp-projesi> or see the project SPiRC Research Database in the project Results Platform.

Komoot

Komoot offers different opportunities to organize leisure activities such as cycling or hiking and always landing at the intended destination.

For a detailed information of this App's possibilities visit the homepage: <https://www.komoot.com/> or see the project SPiRC Research Database in the project Results Platform.

Sports Tracker

Sports Tracker is a fitness app using GPS for tracking running, walking, hiking and other workouts. There are over 90 workout types to choose from.

For a detailed information of this App's possibilities visit the homepage: <https://www.sports-tracker.com/> or see the project SPiRC Research Database in the project Results Platform.

Home Workout

Home Workouts provides daily workout routines for all main muscle groups. In just a few minutes a day, it is possible to build muscles and keep fitness at home without having to go to the gym. No equipment or coach needed, all exercises can be performed with just a body weight.

The app has workouts for abs, chest, legs, arms and butt as well as full body workouts. All the workouts are designed by experts.

For a detailed information of this App's possibilities visit the homepage: https://play.google.com/store/apps/details?id=homeworkout.homeworkouts.noequipment&hl=en_US&gl=US or see the project SPiRC Research Database in the project Results Platform.

Runkeeper

A running app designed for all runners. Training plans, guided workouts, monthly running challenges. The app allows to set individual running and training goals, track progress and share journey with the Runkeeper's community.

For a detailed information of this App's possibilities visit the homepage: <https://runkeeper.com/cms/> or see the project SPiRC Research Database in the project Results Platform.

Adidas Running: Sports Tracker

Over 170 million people use Adidas Running App for sport, fitness and activity tracker frequently to log fitness activities and exercise routines for walking, cycling, running. It is more than just a run and distance tracker. This App offers challenges and virtual races.

For a detailed information of this App's possibilities visit the homepage: https://play.google.com/store/apps/details?id=com.runtastic.android&hl=en_US&gl=US or see the project SPiRC Research Database in the project Results Platform.

Relive

Millions of runners, cyclists, hikers, skiers, snowboarders and other adventurers are using Relive to share their activities with 3D video stories: go out, track your activity, take some photos and enjoy the moment, and create the video.

For a detailed information of this App's possibilities visit the homepage: https://play.google.com/store/apps/details?id=cc.relive.reliveapp&hl=en_US&gl=US or see the project SPiRC Research Database in the project Results Platform.

AllTrails

AllTrails offers more than a running app or fitness activity tracker. It is built on the idea that the outside is not a place to seek, but rather a part of us all. Custom route planning helps you search for dog-friendly, kid-friendly, stroller-friendly, or wheelchair-friendly trails, and more.

For a detailed information of this App's possibilities visit the homepage: https://play.google.com/store/apps/details?id=com.alltrails.alltrails&hl=en_US&gl=US or see the project SPiRC Research Database in the project Results Platform.

Bikemap

This app deals with a leisurely ride with a city bike or e-bike, climbing MTB trails with a mountain bike, or preparing for a cycling marathon. With more than 10 million bicycle routes and trails worldwide, Bikemap has something for every cyclist.

For a detailed information of this App's possibilities visit the homepage: https://play.google.com/store/apps/details?id=com.toursprung.bikemap&hl=en_US&gl=US or see the project SPiRC Research Database in the project Results Platform.

Map My Ride

This app fits both for beginners and experienced cyclists. This app has what one needs to stay on track and motivated to hit one's goals. Within this app it is possible to get customizable Training Plans, personalized coaching tips to make riding feel easier, and an inspiring community of over 60 million athletes all supporting a shared commitment to health and fitness.

For a detailed information of this App's possibilities visit the homepage: https://play.google.com/store/apps/details?id=com.mapmyride.android2&hl=en_US&gl=US or see the project SPiRC Research Database in the project Results Platform.

Map My Walk

This app fits both for beginners and experienced runners. This app has what one needs to stay on track and motivated to hit one's goals. Within this app it is possible to get customizable Training Plans, personalized coaching tips to make running feel easier, and an inspiring community of over 60 million athletes all supporting a shared commitment to health and fitness.

For a detailed information of this App's possibilities visit the homepage: https://play.google.com/store/apps/details?id=com.mapmywalk.android2&hl=en_US&gl=US or see the project SPiRC Research Database in the project Results Platform.

Footpath

This app allows to:

- trace a map with a finger and Footpath snapping to roads and trails,
- measure distance and elevation in seconds,
- follow along with turn-by-turn voice navigation,
- mix up a routine and plan out a new running route or bike ride,
- plan a scenic road trip or multi-day hiking adventure.

Possibility to join millions of adventurers using Footpath Route Planner and pave own path.

For a detailed information of this App's possibilities visit the homepage: https://play.google.com/store/apps/details?id=com.halfmilelabs.footpath&hl=en_US&gl=US or see the project SPiRC Research Database in the project Results Platform.

Map My Run by Under Armour

This app fits both for beginners and experienced runners. This app has what one needs to stay on track and motivated to hit one's goals. Within this app it is possible to get customizable Training Plans, personalized coaching tips to make running feel easier, and an inspiring.

For a detailed information of this App's possibilities visit the homepage: https://play.google.com/store/apps/details?id=com.mapmyrun.android2&hl=en_US&gl=US or see the project SPiRC Research Database in the project Results Platform

RunMotion Coach – Running

This app offers an adaptive training plan with varied sessions to enjoy. Digital mentor RunMotion Coach creates a customized training plan and motivates to practice every day, whatever:

- Is the level: beginner, intermediate, advanced.
- Are the goals: beat personal records (5K, 10K, half-marathon, marathon), finish a race (road or trail) or wellness.
- Is the schedule: which can change every week.

For a detailed information of this App's possibilities visit the homepage:

https://play.google.com/store/apps/details?id=com.runmotion.android&hl=en_US&gl=US or see the project SPiRC Research Database in the project Results Platform.



Be Active!





ONLINE APPS USED WITHIN THE PROJECT SPIRC

DistantRace

DistantRace.com is an easy and reliable platform, which helps to participate or create own sports events, challenge friends, family or colleagues. This app allows to create a race, burn some calories, challenge oneself.

On DistantRace.com it is possible to participate in challenges and competitions at any time and any place according to everyone's options.

DistantRace synchronises results with different watches – suntos, garmin, apple. With DistantRace it is possible to gather kilometres as well.

For a detailed information of this App's possibilities visit the homepage: <https://distantrace.com/en/> or see the project SPIRC Research Database in the project Results Platform.

Project partner from Latvia had planned to do one of the two remote sport events with this app. The event was created and released. Yet, the team faced several challenges:

- Participants could not register for the race due to some technical issues that the team did not manage to solve with the app designers. Several participants, including the project team members, reported the problem. Besides, the participants that reported, had both Android and iOS mobile devices.
- The description of the app does not clearly say that the app works only with supportive other apps, for example, Nike Run or Adidas Run. This means that participants actually have to download two different apps in order to be able to participate the DistantRace's event. Several participants reported that they skipped registering for the event as soon as they were asked to download another app.

- During the Covid time, this app was free of charge. Yet, since beginning of the year 2023 it has become a charged app depending on the number of participants. For example, the Latvian partner was planning an event for 150 participants, and it cost 150 euros.

“Yes – we had internal challenge to solve and we did it. Yes – it did not go smooth as foreseen at the beginning, but we quickly reacted and found a solution. Yes – we are excited to have reached unexpectedly high number of participants,” revealed the project manager Sandija Zalupe from Latvia.

This experience clearly showed that each app, each option of any app must be examined down to a detail before the event. The project team could not foresee the technical issues until the race was released. The technical issues had to be quickly solved. The project team immediately – in the first competition day, reacted on the problem and made an urgent decision to re-organize the remote sport competition through a different app – Strava. The further experience of Strava is described below within the Strava App description.

Stay Active!

#walk15

For the first of the two remote events the Lithuanian partner chose a #walk15 app. The Lithuanian partner was more successful than the Latvians. They managed to hold the event to a full degree.

The #walk15 app allows to:

- See daily steps and weekly progress.
- Grow virtual trees and save CO2 emission.
- Participate in step challenges.
- Follow cognitive trails and walk tracks with audio guides.
- Use steps wallet offers.

The Lithuanian partner created a Step Challenge between March 2 and 29, 2023. The project manager of the Lithuanian partner Darius Kreivenas after the challenge said:

“Throughout March, the local community including our soccer community participated in the Erasmus+ Sport project "Sport Possibilities in Restriction Periods" SPIRC: FMK LITUANICA step challenge. Together with the ambassador, kayaker, Olympian Ignas Navakauskas, we walked over 14.6 million steps (~10,442 km). In our steps, we saved as much as 1,878 kg of carbon dioxide, which would enter the atmosphere when traveling by car or public transport. We were glad that 96 participants took part in the challenge.”

Also #walk15 is a charged app for group events. All payment plans are available in the app's homepage <https://www.teams.walk15.app/en>. #walk15 challenges are quite famous not only in Lithuania but also among work offices in Latvia in order to inspire and challenge office employees, especially with sedentary work, to move and participate in a healthy lifestyle

Strava

Strava makes fitness tracking social. Strava houses the entire active journey in one spot – and allows to share it with friends. Here is how:

- Record everything – runs, rides, hikes, yoga and over 30 other sport types.
- Discover anywhere – Strava Routes tool uses de-identified Strava data to intelligently recommend popular routes based on one's preferences. It is possible also build own routes.
- Build a support network – Strava's about celebrating movement. Here it is possible to find own community and cheer each other on.
- Train smarter – get data insights to understand the progress and see the improvement.
- Move safer – share the real-time location with loved ones while outdoors for an extra layer of safety.
- Sync the favourite apps and devices – Strava is compatible with thousands of them (Wear OS, Samsung, Fitbit, Garmin, etc.).
- Join and create challenges – join millions in monthly challenges to chase new goals, collect digital badges and stay accountable.
- Embrace the unfiltered – one's feed on Strava is filled with real efforts from real people. That's how people are motivated.

- Both world-class athletes and total beginners, belong in Strava.

For a detailed information of this App's possibilities visit the homepage: <https://www.strava.com/> or see the project SPIRC Research Database in the project Results Platform.

Strava eventually was used by all the project partners as the second remote sport competition with its digital segments. The Romanian partner used Strava also for the first by creating the Strava Club, by the Turkish and Latvian partners by creating Challenges.

#DON'TSTOP MOVING



Experience of the Romanian partner – Scout Society

Romanian partners started the activity on March 10 with the first 10 participants even though at the end of February several earthquakes hit also Romania. At the beginning, Scout Society was optimistic to be able to finish the activity within March. However, due to a row of earthquakes that continued to follow in Targu Jiu region in particular, schools and other public institutions were closed due to safety reasons until the very end of March. Therefore, the Romanian partners fully finished this activity in May along with the second remote sport event.

Because in the first event Scout Society managed to gather only 10 participants, they understood from the first event that they would not be successful if they promote the Strava Club only in their local community:

“So we started the promotion around the country, by continuing first remote sport event’s activity, among other NGOs, sport clubs and the second time was great in terms or number of people that joined our club (185 club members in total). The activities were implemented by 124 club members. 3 people that were the most active inside the club were awarded.”

The SPIRC club was created in Strava here: <https://www.strava.com/clubs/spirc>.

“Yes, we needed two times to learn from our own mistakes and to understand how to act and what to promote,” continued Alexandra Sfirlogea, the manager of the Romanian team, “We hope that our experience will help other organizations to create successful clubs with the first attempt.”

As the second remote sport competition, Scout Society proceeded with segments. Also created in the App Strava. Four segments were created in different places of Bucharest and went on through May 1 – May 28. Through the four segments in Bucharest Scout Society managed to gather 83 participants. In total, Scout Society involved 207 participants.

Experience of the Turkish partner – School Sport Federation of Türkiye (TOSF)

Even though Türkiye experienced a huge earthquake disaster in 6th of February, TOSF planned to implement the first remote sport activity within March as it was stated in the project's schedule. Yet, the government had cancelled all sport activities in the country until the second announcement by the government. The second announcement allowed the implementation of sport activities after disaster in the following manner: football leagues were opened on the 24th of February, while local activities were opened on the 8th of March and regional activities after 15th of March. Eventually, only after the 15th of March TOSF could begin to organize the first remote sport competition. Yet, similarly to the Latvian partners, HIS App, where the first activity was planned to go through, also had some technical problems, due to which TOSF was forced to quickly react and seek for other solutions (yet apart from the Latvian partners, TOSF had not yet begun the event). TOSF decided to implement this activity through STRAVA by starting it on the 28th of March through Strava Challenges.

“Yes, it was still possible to implement the activity within March, but in such a case the activity would last only 4 days, and since normally remote event activities are opened for no less than 2 weeks going up to a month, we decided to finish the activity in April 15 and to make the maximum benefit out of it, and involve more participants to make a bigger impact on the local community. Gathering of kilometres was so important for us in the hard times that had faced our country. This kind of an activity was to drag people out from homes – to go out and move, and hopefully start recovering both mentally and also physically. And in order to create a habit, around 3 weeks are necessary to establish it,” told the manager of TOSF team Bilal Caglayan.

Experience of the Turkish partner – School Sport Federation of Türkiye (TOSF)

TOSF created 4 Challenge groups in Strava through walking and running, the Challenges lasted until 15th of April. TOSF managed to involve in Strava Challenges 100 participants.

Note! Be careful!!! There is a possibility to create Challenge groups in Strava up to 25 participants each (Strava policy and rules). Therefore, TOSF, hoping to gather around 80 participants, created 4 groups and eventually succeeded so well that fulfilled all 4 groups.

“To say the truth, I did not expect it to be such fun. As project team member I also participated in one of the challenges and every time somebody overran me, I received a notification from Strava – Bilal, Mr / Mrs so and so just overtook you.

And, yes, it gave an inspiration to challenge with the others. Yes, I went outside more, ran more, walked more,” later reported the project manager of the TOSF Bilal Caglayan.

Since the events were held in İzmir and Ankara on beautiful and sunny days of May (May 1 – 28), in the areas most preferred by those who want to run, there was a large number of participants. And as a result of the events, it has shown once again that remote sports events can be organized in open areas using online applications without being dependent on indoor areas. The TOSF managed to involve 293 participants in segment of Ankara and 345 participants in Izmir segment. In total, TOSF involved 738 participants.

Experience of the Latvian partner – BK-95

Throughout March people from Latvia participated in a challenge “SPIRC in EU Run&Walk”. A total of 120 participants involved in the activity. Within the 5 created Strava Challenge groups a total of 9588 km was gathered and a total of 1511 hours spent in healthy physical activities either walking / hiking or running. The winner of the challenge in Latvia gathered over 600 kilometres (!!!). Some of the participants kept participating even from abroad, which these kind of events allow.

The second remote sport event in Latvia was held through online segments in Strava. Latvia created 3 segments in 3 different cities – Limbazi, Valmiera and Sigulda.

"Limbazi segment activity differed from Valmiera and Sigulda due to the fact that we made it an organized activity collaborating with the local sport school's basketball team's athletes and their coach. We wanted to see how such activity could serve as a part of control normatives that for sport schools' athletes in Latvia are mandatory," said S.Zalupe.

A plus of such segments is that within the specified date it is possible to do it as many times as wished and the best result would automatically count in the Leaderboard.

The Sport Schools association of Latvia admitted that such activities definitely can help in keeping even team sports alive during different restriction with limited access to group activities. These segments could be proposed as official competitions that could serve as official results for sport school athletes to qualify for the next training group.

Through the 3 segments Latvia managed to involve a total of 115 participants. In total, BK-95 involved 235 participants.

Experience of the Lithuanian partner – VSI Sportuokime Kartu

The second remote sport event in Lithuania was held through online segments in Strava. Lithuania created 4 segments and 2 different cities – Anykščiai and Palanga.

"Segments were very popular. In order to gather big amount of people for a such remote sport event location is most important thing," summarized D.Kreivenas.

The full description of each remote sport activity and web addresses are available in the description of the first and second remote sport competition in the Project Results platform.

Through the 4 segments Lithuania managed to involve a total of 551 participants. In total, VSI Sportuokime Kartu involved 647 participants.



TRUE STORY OF A SECOND- DARY SCHOOL'S PE TEACHER



During the period of restrictions, there were difficulties in education life as in every field. Almost 30% of the population of our country consists of continuing education students. More than 5 million of these students are secondary school students.

When we think of so many students, it is very sad that schools are closed and education is stopped during the pandemic process. Class bells did not ring, schoolyards, classrooms and gymnasiums remained empty. The schools, filled with the voices of the students, fell into a sad silence. However, each teacher had only one thought. How can I continue the lessons? At this point, the Ministry of National Education developed a program (EBA: Informatics Network in Education, <https://www.eba.gov.tr/>) and students at all levels from 1st to 12th class were able to follow their courses and topics both on the internet and on TRT television. This was quite productive for theoretical lessons. But what would we do in practical lessons? How would we engage students? This seemed like a serious problem.

We were able to solve this problem with remote online application course programs. For example, we made live broadcasts in physical education classes. Regardless of class size, we divided students into groups and enabled them to participate in these live broadcasts at certain times of the day. Of course, we did not expect it to be as productive as the lessons before the pandemic. However, it was very useful to ensure the continuity of the students in the lessons and to keep them in the education life. While doing sports exercises in live broadcasts in physical education classes, we also kept students in sports by covering theoretical subjects such as sports history, major sports organizations (such as the Olympics, world championships), successful athletes, and famous sportsmen.

Another issue that we had the most difficulty in this period was the inability to carry out school sports activities. Students could not compete against each other. Cultural and social cohesion environments no longer existed. All they could do was online classes. Everyone missed the school, the schoolyard, the classes. And now we are finally back to our normal life before the pandemic. I hope students never have to be separated from their schools again.

TRUE STORY OF A HIGH-PERFORMANCE ATHLETE

*M*y name is Fica Mariana Madalina and I am a high-performance athlete, having won over 120 medals in athletics. At the age of 5, my father took me to gymnastics where I trained for 6 years, and then I started athletics at Pandurii Targu-Jiu. In the first year of athletics, I had the best result in the country and became the National Champion in the 800-meter race.

Later, I went to study in Bucharest and became a physical therapist, but I didn't give up on sports, where I specialized in the 400-meter hurdles. Each medal reflects years of hard work, effort, discipline, choices, and sacrifices. An image that reflects a life story, with many ups and downs. They have all helped me become the person I am today.

I am an athlete who has not practiced in optimal conditions. I always have many patients before training and manage to eat very little. I am a person who has slept overnight at work and competed the next day, winning a medal at the national championship. I am a person in whom strong mental predominates and who loves competition and does it with enthusiasm.

As a competitive athlete, for me, the pandemic period was a setback in terms of physical training, as well as limiting my freedom to train specifically.

Training happened around the block (on asphalt, being quite demanding on the tendons) and at home, where I can say I had an advantage in that I could focus more on technical details to improve my mobility and muscle imbalances. As soon as the restrictions were lifted, I resumed my training and realized that I had a setback in terms of breathing capacity (since we had to train with a mask).

In conclusion, the pandemic period came with disadvantages in terms of sports performance, at least for half a year afterwards.

TRUE STORY OF A REMOTE MARATHON



On November 18, 2021, in honour of Latvia's birthday, I participated in the remote marathon "Freedom Run" organized by the "Ghetto Games" organization, which took place with the motto "Let's run together, but each separately!"

In order for as many participants as possible to take part in it, the available distances were different - 3 km, 5 km, 7 km, 10 km, 15 km, 21 km and 42 km, and everyone could choose the one that suited their abilities.

When doing the distance, you had to use a sports watch, which is able to count the distance run much more accurately than smartphone applications. You could run your chosen kilometres and record the result throughout the day. After the distance, the file had to be uploaded to the website of the organizers and then you could see your won place. If you had registered, for example, for a distance of 10 km, but while running you realized that you had enough strength to complete a longer section, then when you loaded the file of the distance you ran on the website, there was no need to re-register for a longer distance, it was done automatically after loading the file into the system. I had registered for the 10 km distance. I thought of running according to my feelings and up to 21 km, but at the 7th km I felt that my strength was over, and I "suffered" the remaining 3 km with clenched teeth.

Not only participants in Latvia, but also Latvians living abroad took part in the remote marathon. A total of 3,000 km were run in the 2020 "Freedom Run", while in 2021 - 5,905 km, so almost 2 times more. This shows that people found this type of marathon attractive, and both experienced runners and those who needed to overcome their insecurities and discover courage, daring and awareness - I can do it - were ready to participate. Speed was not the main thing this time, it was more important to get up from the sofa and run at least at a very slow pace. Overcoming laziness and self-motivation could be the best gift for yourself during the National holiday.

As each participant ran separately, there was a little lack of competitive spirit and the incentive to run faster, but participating in the marathon of Latvia's Birthday gave me a celebratory feeling of being part of something big and united.

TRUE STORY OF A KAYAKER, OLYMPIAN (ALSO THE PROJECT'S AMBASSADOR)



Ignas Navakauskas is a kayaker who participated in the Rio Olympic Games in 2016. The most successful performances of Ignas Navakauskas in the international arena were achieved in the 200 m sprint event - Universiade champion (2013, single kayak), European vice-champion (2021, double kayak), third place prize winner of the European Championships (2015 and 2016, single kayak; 2022, double kayak) and vice-champion of the World

Cup stage (2023, single kayak). He won the gold medal in the 500 m event at the World Cup stage with a crew of four (S.Maldonis, M.Maldonis, I.Navakauskas and A.Seja) in 2023 – their main goal is to qualify for the Paris Olympic Games.

Recalling the beginning of the pandemic restrictions, the kayaker said it hindered the preparation phase of the season: "It was the preparation phase. The competition was supposed to start in a few months. When government introduced strict requirements, it was banned to do sports indoor in Lithuania, and later also on outdoor sports grounds. For these reasons, I had to train at home. I brought the rowing machine home, built a mini-gym in the garage and worked up a sweat at home."

Despite intense training at home, the entire 2020 rowing season has been cancelled and no competition has taken place. "The preparation itself took place constantly, for some time I had to do sports individually. After some time, the restrictions for professional athletes were eased and we returned to the normal training process", said Ignas Navakauskas.

After returning to a more normal training process, the kayaker admitted: "I managed to keep my fitness quite good. Because my sport is quite appreciative as we row in a lake where there is no close contact."

Although the training process was almost back to the normal schedule, the competition was still not organized: "The biggest worry was the unknown situation, but I tried to adapt to the current situation. However, the coach evaluated everything objectively. The saddest thing was to hear when the coach said that there would be no competition and the 2020 season would not take place."

The season spent without competition was a big challenge for all kayakers. When asked about his inner motivation during these two seasons, Ignas Navakauskas said: "Because I have goals, a great desire to win, motivation never disappeared even during the pandemic."

"We were already preparing for the 2021 season after being vaccinated. So the preparation already went quite smoothly. Before each competition, we performed Covid tests. And only if results were negative organisers allowed me to participate", said the kayaker, remembering the first competition after a long break.

Evaluating the entire experience of the restrictions, the athlete said: "This pandemic has taught me to observe hygiene even more. I started shopping online more often. I learned and now I use the e-health platform more."

IGNAS NAVAKAUSKAS

The project SPiRC team was very happy to have world level Olympic athletes as project's ambassadors, and one of them - **Ignas Navakauskas** together with his team - **S.Maldonis, M. Maldonis** and **A.Seja**, on August 25, 2023 during the project lifetime, **qualified** for the **Olympic Games in Paris 2024** in men's K4 boat class 500m distance.



*Congratulations
Ignas!*



Go, Ignas!





SPORT POSSIBILITIES
IN RESTRICTION PERIODS

REGULATIONS FOR REMOTE SPORT COMPETITIONS

The project team designed a general template to follow for announcement of different remote sport events through a Challenge example. This template will help other organizations to adapt the template to their specific events in a creative and attractive form. The texts in **PINK** are to be changed for the exact event needs.

INTRODUCTION PART

Be active and participate in the **challenge** “#SPIRC in EU Run&Walk”! From March 7 to 31, run or walk and collect as many positive emotions and **kilometres** as possible in the **challenge** of the **Erasmus+ Sport** project “**Sport Possibilities in Restriction Periods**” using the **STRAVA** application – invites the association “**BK-95**” and the project ambassador.

HOW WILL THE CHALLENGE GO?

- ✓You need to download the **Strava** application and create a profile
- ✓You must follow **Name Surname** (of a specific person’s profile name, otherwise it is not possible to join)
- ✓An invitation to join a group **challenge** must be confirmed
- ✓When performing physical activities, you must turn on the app on your smart device (phone or watch)
- ✓Results will automatically register in the **challenge**

CONTACT

- ✓**Name Surname, e-mail, Mob.No.**
XXXXXXXX
- ✓**Name Surname, e-mail, Mob.No.**
XXXXXXXX

WHEN WILL THE **CHALLENGE** TAKE PLACE?

- ✓The **challenge** runs from **March 7 to 31** (inclusive).
- ✓During this period, the distance chosen by the participant must be **run or walked**. Accumulate as many km as possible within **25 days**. **Participants will be divided among 5 group challenges.**

WHO CAN PARTICIPATE IN THE CHALLENGE?

- ✓Inhabitants of any age and gender can participate, regardless of their physical fitness and location.

HOW TO FOLLOW THE RESULTS OF THE OTHER PARTICIPANTS?

- ✓In the **Strava** application, it will be possible to follow the results of other participants, thus promoting healthy competition with each other.

WHAT WILL I GET FOR IT?

- ✓From all the participants who have completed at least **20km**, **6** will be drawn and will win prizes.
- ✓The most active participant, who will have collected the most kilometres, will receive a special prize.
- ✓Receipt of prizes (sending out) **03.04.-07.04.2023.**

WHAT SHOULD THE PARTICIPANTS OBSERVE?

- ✓Participants participate in activities of their own free will, being aware and understanding the possible risks associated with it.
- ✓Participants take full responsibility for their health.
- ✓Organizers have the right to use photos and video materials shared by participants.
- ✓If the organizers suspect the data submitted by the participant, additional evidence may be requested.
- ✓In case of any unsportsmanlike or fraudulent activity, violation of gross rules, rude behavior, the participant may be disqualified.

Call for remote sport competitions in webpages and social media

This general Call will help organizations to post with a quality and attractiveness. It is a rather short Call not to tire potential participants and stakeholders, but inspire to finish the reading up to the end. The **texts in PINK** are to be changed or deleted for the exact event needs.

Discover ground-breaking possibilities to stay physically active in different weather conditions, rules, places and time!

Don't miss this opportunity to participate, challenge yourself and others, also learn, and drive positive emotions!

Be active and from **March 1 to March 20** with the **BK-95** and our project ambassador **Name Surname**. Take a chance to compete with and maybe defeat a **former sports professional!**

We invite you to participate in the activity "**SPiRC in EU Run and Walk - Limbazi ir 800**" **HERE** (a link to the event hidden under **HERE**). In this period of time you have to run and **walk**, accumulating as many **kilometres** as possible. It will not be a competition in which the fastest and strongest will be determined (**or will be in your case**), but an invitation to the public to engage in physical activities, doing it with pleasure and gaining positive emotions.



TRUE STORY OF A FOOTBALL SPORTS CLUB



Children of all ages play sports in the football school club Lituanica – from 4 years old to the older ones. Different age groups participate in county championships organized by LFF. The restrictions introduced in Lithuania in 2020 significantly affected the activities of our club.

"The COVID pandemic has spread around the world much faster than we all imagined. When the first cases appeared in Lithuania, children's physical activity activities and general education were the activities that were quickly banned. At first, it was unclear how long all this would last, so the first weeks all the athletes were given rest. However, the bans renewed every 1-2 weeks did not bode well, so the training process was moved to remote activities," FMK Lituanica manager Darius Kreivėnas shared his memories of the first weeks of pandemic in Lithuania. "All clubs faced problems with the organization of the training process. What can we talk about the championships – the championships held in 2020 were discontinued and no longer renewed. Our organization took a responsible view of all the requirements of the COVID pandemic and did not conduct contact training during strict restrictions. The training took place on the ZOOM platform – most of the training was devoted to coordination and endurance exercises and individual exercises with the ball. In order to diversify the training process, it was recommended to watch recordings of specially selected matches, documentaries about famous football players and participate in various Kahoot quizzes," said Darius Kreivėnas.

Preschool athletes faced the greatest difficulties, as they could not connect to remote training broadcasts on their own. FMK Lituanica coaches prepared weekly individual training plans for football players of these age groups, but it was not possible to get normal feedback.

Restriction were gradually relaxed: outdoor sports were allowed for 5, and later for 10 children while maintaining the required distance. The first outdoor contact training took place in unusual conditions – the air temperature was no more than 5 degrees. "Despite the unusual weather conditions and existing requirements, the children were happy to return to the football stadiums," recalled coach.

Recalling the resumption of contact training, FMK Lituanica coaches singled out the following problems:

- Some athletes did not return to training due to the decision of parents and guardians to protect themselves from the ongoing pandemic;
- Most athletes returned to training in poor physical condition;
- Some athletes did not return to training or returned with low motivation.

During trainings and camps, great attention was paid to hygiene – hands, inventory were disinfected and temperature of all footballers were checked.

In order to summarize the activities of FMK Lituanica during the restrictions, it can be said that after the end of the restrictions, it took a lot of time for all the athletes to return to proper sports form and for the football school to be able to run efficiently.

TRUE STORY OF A WELLNESS COACH (ALSO THE PROJECT AMBASSADOR)



Before the pandemic, I was leading group class exercises at the gym. Before the restrictions, I was doing stretching, cardio and strength group classes in the gym. I also participated in road races as an individual 10K and 21K distance runner. The Covid-19 outbreak scared me, as it did everyone else, at first. My priority was not to catch the epidemic and then to continue my life in a healthy way.

During the restrictions, I needed to continue my training. I was a trainer who exercised 5 days a week and was training to people every day. With a few equipment and my own body weight, I could do my workouts at home, but I realized that people did not know how to exercise during this period. The house I lived in was located in a 5-storey apartment. I set a daily goal for myself by going up and down stairs every day. While I was thinking about how to reach people, I realized that I can exercise anyone who wants to by broadcasting online. At first, I prepared and sent simple exercise programs to people I knew. They then asked questions about exactly how to do the moves. I also tried to reach as many people as I could through live broadcasts from my social media accounts (especially Instagram) online.

My target audience was very different. There were those who exercised regularly, and there were those who had never exercised in their lives. In the pandemic, the number of people who understood the importance of sports and movement had increased. For this reason, I broadcast online 3 days a week, in the morning and evening, and 2 times these days, within a program.

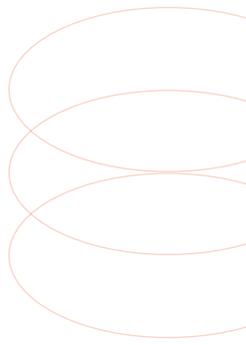
Morning exercises were at a light pace for beginners. The evening exercise group consisted of people with a previous sports background. The reason I did it 3 days a week was because the content of each exercise was different. I was exercising in three different systems as Strength-Cardio-Stretching.

At the end of the exercise, I was getting the comments and shaping the next exercise according to the feedback. After a while, I realized that people want to learn about proper nutrition along with exercise. For this, I talked to a dietitian, and I made programs on how balanced and quality nutrition should be, with mutual questions and answers in chat mode on zoom and Instagram. As a result, I spent the pandemic process by exercising, getting exercise and learning how to diet right, despite the restrictions.

I have observed that people find it risky to go to the gym after restrictions are lifted. I continued group lecture exercises in open spaces, and online broadcasts continued as well. I continued to exercise at the same time with people close me and with people far away through online posts. After the Covid restrictions finished, my classes in the gym and in the open areas continued. What was important to me was being able to touch people and improve their quality of life. I think I've accomplished that too. I am currently leading a running group of 150 people in Izmir and we can exercise freely in any area we find. We explore our city and many other cities by running. The one who cannot run then he can walk and the movement continues.



TRUE STORY OF A HIGH- PERFORMA NCE ATHLETE



Adela Dumitrescu is a high-performance athlete and has been practicing athletics since September 15, 2007. A. Dumitrescu says:

"I enrolled in the Sports High School by myself and was accepted without having done any prior training. I did not believe that I could still do athletics at the age of 15, I thought it was like gymnastics, which requires starting at the age of 3-4.

I had been practicing athletics at the Sports High School Club for 4 years, then I moved to Pandurii in my second year of college. Since 2019, I have been active at a club in Bucharest, namely ACS Sportul Feroviar, and for about 6 months now, I am also activating at CSM Caransebeş Club.

From the perspective of restrictions, the pandemic did not affect me because even before the pandemic, everything was the same for me, since I was only leaving the house for training and shopping. However, it did affect me in terms of competitions because many competitions were cancelled and my income was limited to zero.

At first, I took a break from training and waited for things to calm down a bit. Then, I started to train around my block for a while, and to slowly go to the stadium, parks, fields, forests, etc. There are many athletes who have a rather different lifestyle than mine, and it was certainly much more difficult for them during the pandemic period."

Move!

TRUE STORY OF A SPORT SCHOOL OF 600 ATHLETES



Supporting during the pandemic was a real challenge for all those involved in sport – young sportsmen and their families, trainers, sports organisations and others in and through sport – which means, firstly, taking up the situation and, secondly, adapting to it.

Getting out of the regular football or volleyball area, basketball grass, hallway runways and outdoor training, in nature in a variety of weather conditions, demanded creative athletic solutions from trainers, determination, patience and motivation from young athletes, running the driver's duties several times a week and caring for cold, tired athletes with warm tea and a steaming soup plate on the parental side, ensuring a training environment that meets epidemiological requirements, planning group flows from the management of sport organisations.

Given that, initially during the pandemic, any organized workouts and athletic activities were banned in Latvia, the courtyards of young athletes' houses and nearby grasslands were turned into basketball, football and volleyball squares, stadiums and gyms. Everything that was not considered fit for sport until then now was appropriate as sports equipment: worn-out tractor tires, wooden sticks and branches, even stones. There was no sneaking about the sparring partners, either a neighbouring dog capable of bringing the discarded tree or the garage walls from which the ball bounces. On the other hand, moms and dads, sisters and brothers, grandparents polished their video operator skills to capture these strange outdoor workouts in photo or video format and deducted them from the coach in a remote training.

The actual topic was issue of the quality of sport training and the maintenance and development of athletic physical characteristics training outside of the infrastructure needed for the specific type of sport. Pandemics showed that in virtually all sports outdoor training was possible to maintain physical form and possibly even develop at least some of the physical characteristics, capabilities and skills needed in the particular type of sport. During the winter period of the pandemics, training groups of various sports – basketball, football, light athletics, sprint canoe and sailing, replaced their sports footwear, balls, spears and boats by skis, skates and sticks, becoming great skiers, skaters and hockey players training on snowy forest trails and skating rinks. For several athletes it was the first time on skis or skates, so much fun and satisfaction at acquiring skills in winter sports. In the spring, the beach volleyball's sand fields became a training site for classical volleyball athletes. The basketball players used outdoor basketball and exercise squares. Athletes returned to the runways of the stadium, to the shot put and spear-throwing sectors and to the long jump pits. The kayakers, canoeists and sailors could again board the boats and split the waves in the lake, river and sea.

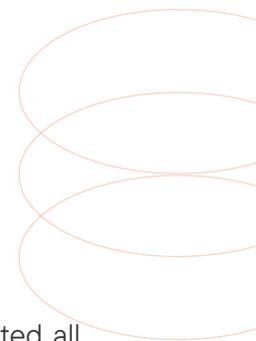
Weather-suited clothing was an important factor in training outside. Training in heat or frost, wind and rain was a fundamental challenge for an adult athlete, even more for a young man and a child. For young athletes, accustomed to indoor training, it is a valuable experience and an opportunity to feel and understand their body, its reactions to heat or cold, to recognize the signals of the body, preventing it from overheating or freezing to maintain health. Also a serious challenge for athletes was changing of the workout environment. For example, basketball, volleyball players or athletes accustomed to running on a flat gym floor or hallway runways had to change and adjust their running techniques and be very careful not to get ankle, knee or other injuries while running rough forest trails.

During the pandemic in the sports field digital technologies experienced a convincing victory. Of course, technology has been widely and purposefully used in sport until then, but during the pandemic, almost every sport's training, using mobile applications or "gadgets", counted the number of kilometres, time, measured the heart rate, respiration rate and other parameters.

Motivation is one of the key words for sporting in pandemic conditions. This time showed that children and young people in different sports are tired of the regular conditions – sporting outside their usual sporting environment and spaces – understanding that it is not for a short time but will continue for a long time enough. In order to maintain motivation, popular athletes in a particular sport can be invited to help them encourage children and young people to continue training and to overcome these difficult moments together. Learning other sports or including their elements in the training process also helps to maintain motivation. For example, volleyball player becomes a hockey player, a football player becomes a kayaker, a basketball player as a jumper and many other combinations that can make it interesting and exciting for children and young people during the pandemics.

It is important to give young athletes the feeling, understanding and motivation that sports and movement should be continued regardless of external conditions. You have to learn to overcome the "I don't want" and "I can't" states. Every sport is an opportunity to get to know yourself, your strengths and weaknesses. Sports and exercise have always been, are and will be the key to preserving a person's physical and mental health and overcoming any pandemic and restriction periods.

CONCLUSIONS AND SUGGESTIONS



Having gone through the organization of the remote events from A to Z and having consulted all used apps' Help Services, the project SPiRC team has come to the following conclusions that will also help other organizations in their own events:

1. There are hundreds of different sport and physical activity apps, but actually just a small amount of them will fit to organizational and / or personal needs.
2. Before choosing an app for a remote sport competition, check if it suits on both Android and iOS.
3. Note that potential stakeholders and participants might not like to download, register and use a new app. First of all everyone wants to stay by tested values and not spend time for downloading new and take up phone's memory.
4. It is better to choose an app that will be compatible to as many devices as possible (e.g. different brand smart watches).
5. Carefully choose the sport – running, cycling, walking, etc., you plan to use.

Because the project team mostly used Strava App, below are some suggestions and conclusions experienced by the project team. They will help others to organize remote sport events through Strava. The project team used Strava for three different events:

- Challenges
- Clubs
- Segments

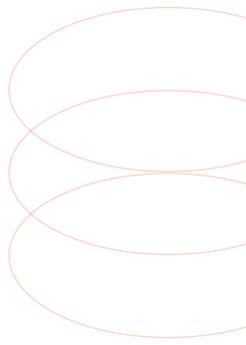
Challenges

1. It is possible to create Challenges for a limited number of participants – up to 25.
2. One person can participate in not more than 3 Challenges. After the limit is up, the person has to become a subscriber, which is a charged option monthly.
3. In order to involve participants in a Challenge, participants must follow the creator of the Challenge. Otherwise, it is impossible to invite a participant into the Challenge.
4. It is possible to create Challenges only on mobile devices.

Clubs

1. It is possible to create Strava Clubs for an unlimited amount of members. However, be careful! Only the first 100 participants will appear in the Leaderboard. And if an organizer is making an event, for example, with a lottery for those participants that pass a definite threshold margin of activities / time / kilometres, then it is necessary to the result of all participants. So, Clubs better suit for a regular competition with award of the first participants.
2. The list of Club results for the first 100 participants is available only in computers. Mobile devices show only the first 10 participants, plus 2 participants above, and 2 participants below the competing participant, if he or she has not achieved the first ten. And this is also a value added, because, if the participants are above 100, and if the organizer records a very small activity result with a specific purpose to be the last one (seeing only 2 participants above and 1 or 0 below), it is possible to see the total number of participants.
3. It is possible to chat within Clubs with other participants and give common Club messages.

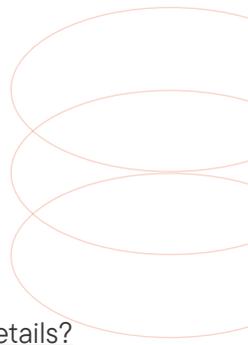
CONCLUSIONS AND SUGGESTIONS



Segments

1. Check the Privacy Controls. Sometimes participants register with a limited access to their activities. However, in a competition organizers will be willing to see proofs of the activities done. Therefore, it is advisable that the participants choose “Everyone” in their privacy settings at least for the visibility of activities.
2. Check Activity setting, and the Map Visibility in particular:
 - “Hide Entire Map” must be switched off. Otherwise, the participant will not be visible in the Segment Leaderboard.
 - “Hide Start Point” line must be all in an orange colour. If a part of it is grey, the participant will not be visible in the Segment Leaderboard.
 - “Hide End Point” line must be all in an orange colour. If a part of it is grey, the participant will not be visible in the Segment Leaderboard.
3. Make sure the participants choose the correct sport. For example, if the segment is created for Running, but if a participant does it with a Cycling mode, the participant will not be visible in the Segment Leaderboard.
4. If the map has been fully or partly hidden during the activity, it can be edited after the activity and then the participant will appear in the Leaderboard.
5. If a wrong sport has been chosen for the activity, it can be edited after the activity and then the participant will appear in the Leaderboard.
6. Mark longer and more complicated segments in the nature in order to help the participants do it right.

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