

Activity Guidelines

Be sure you have the right equipment such as shoes, water, weights, music, first aid kit if needed, and instructions for the activity you are participating in.

****** As a reminder, these activities must be held at an official Family Campers and RV'ers Chapter, District, State/Provincial, Regional, International Campout or indoor meeting with at least two persons (any age) participating.**

Hiking/Walking/Jogging/Running - any route of at least one-half mile for which members can walk, hike, jog or run at any time during the course of the campout.

Each participant will be awarded a merchandise certificate as follows:

.5 - 3.4 miles - 50-cents	17.5 - 22.4 miles - \$2.50
3.5 - 7.4 miles - \$1.00	22.5 - 27.4 miles - \$3.00
7.5 - 11.4 miles - \$1.50	27.5 - 40.4 miles - \$4.00
11.5 - 17.4 miles - \$2.00	40.5 miles and up - \$5.00

Golf (at an official golf course) - Based on number of mile(s) actually walked on the course (not while on a golf cart)

- Convert yardage (as printed on the official course scorecard) to miles:

5,280 ft /3 ft per yard = 1,760 yards in a mile, then

No. of yards for the course/1,760 per mile = reportable mileage.

Example: Say course is 5,000 yards/1,760 = 2.84 walking miles = \$0.50

Each participant will be awarded a merchandise certificate same as Hiking/Walking/Jogging/Running

Biking - any route of at least one-half mile for which members can bike at any time during the course of the campout. This would also include self-propelling wheelchairs (non-motorized).

Each biker will be awarded a merchandise certificate as follows:

.5 - 5.4 miles - 50-cents	29.5 - 39.4 miles - \$2.50
5.5 - 10.4 miles - \$1.00	39.5 - 49.4 miles - \$3.00
10.5 - 19.4 miles - \$1.50	49.5 - 99.4 miles - \$4.00
19.5 - 29.4 miles - \$2.00	99.5 miles and up - \$5.00

Bowling - any single bowling session of a full 10 frames.

Each participant of the bowling session will be awarded a 50-cent merchandise certificate.

Disc (Frisbee) Golf or Miniature Golf - any single Disc Golfing session.

Each participant of the Disc Golf or Miniature Golf session will be awarded a 50-cent merchandise certificate.

Canoeing, Kayaking, Rafting, Paddling or Open Water Swimming - any route of at least one mile for which members can participate by riding in and/or helping to steer or row a raft or canoe or swim on a marked water course.

Each participant of any of these activities will be awarded a merchandise certificate as follows:

1-4 miles - 50-cents	20-24 miles - \$2.50
5-9 miles - \$1.00	25-35 miles - \$3.00
10-14 miles - \$1.50	36-50 miles - \$4.00
15-19 miles - \$2.00	51 miles and up - \$5.00

Leisure Swimming - Swimming at either an indoor or outdoor pool at a campground or local YMCA or comparable facility as a leisurely fun activity.

Each participant will be awarded a 50-cent merchandise certificate for each session of at least one half hour duration. Session must include a constant movement such as actual swimming, treading water or water aerobics. Lounging at poolside does NOT count.

Free Standing Aerobics, Zumba or Yoga - any routine of aerobic exercise or yoga positions that is at least 15 minutes in duration. No bars, chairs or other equipment of assistance (other than a floor mat or weights) should be used.

Each participant will be awarded a merchandise certificate as follows:

15-30 minutes - 50-cents	61-90 minutes - \$2.00
31-45 minutes - \$1.00	91 minutes and up - \$2.50
46-60 minutes - \$1.50	

Chair or assisted aerobics, Zumba or Pilates (a chair, bar, stretch band or some type of equipment is used for participation)

Any routine of aerobic exercises, Zumba or Pilates while using some type of assistive device and is at least 15 minutes in duration.

Each participant will be awarded a merchandise certificate as follows:

15-30 minutes - 50-cents	61-90 minutes - \$2.00
31-45 minutes - \$1.00	91 minutes and up - \$2.50
46-60 minutes - \$1.50	

Dancing (line, square, freestyle, ballroom, etc.) - Any type or style of dance of at least 15 minutes in duration.

Each participant will be awarded a merchandise certificate as follows:

15-30 minutes - 50-cents	61-90 minutes - \$2.00
31-45 minutes - \$1.00	91 minutes and up - \$2.50
46-60 minutes - \$1.50	

Skiing and/or Snowboarding

Each participant will be awarded a merchandise certificate as follows:

For each 90 minutes of skiing and/or snowboarding time a participant will be awarded a 50-cent merchandise certificate.

Volleyball

A participant will be awarded a merchandise certificate as follows:

15-30 minutes - 50-cents	61-90 minutes - \$2.00
31-45 minutes - \$1.00	91 minutes and up - \$2.50
46-60 minutes - \$1.50	

Litter Pickup - A designated area (strip of roadway, city/county park, etc.) in which cleaning and/or beautifying the area is involved.

Each participant will be awarded a merchandise certificate for each mile equivalent to the Hiking/Walking/Jogging/Running miles.

Shoebox Skating and Ice Rink Skating

Each participant will be awarded a 50-cent merchandise certificate for each session of at least one half hour duration.

Geocaching - An outdoor treasure hunting game.

Each participant will be awarded a merchandise certificate with the same values as The Hiking/Walking/Jogging/Running miles actually walked to/from the geocaching spot.

Please contact the International Campers Actively Moving Program Director if you feel an activity that is not listed above might be considered a qualifying activity.