SWIM STAY AT HOME CHALLENGE

New Mexico Senior Olympics, Inc.

You are invited to participate in a free virtual event to encourage seniors to be active during the Covid-19 Stay at Home Health Order. NMSO offers fourteen (14) individual sport activities, all modified to participate from home. Participants must complete and agree to the LIABILITY WAIVER prior to getting started. Stay at Home Challenge participants will submit results monthly and be entered in a drawing for $100 Gift Card. Consult a physician before starting any physical fitness exercise.

SWIM Monthly Challenge Instructions

GO THE DISTANCE!

• Challenge will run four months: September – December 2020
• Participants will swim 20 laps in one month, or as many as you are able
• Make your own log sheet or use a calendar to keep track of your accomplishments then turn in your results monthly
• Challenge will be to increase the number of laps each month by 10
• For safety, be sure to warm up before and cool down after your swim. Check out this website for suggested warm ups: https://www.swimming.org/justswim/guide-stretching-warming/
• This Challenge is voluntary

HOW to Get Started and report RESULTS

❖ Sign up and agree to the Liability Waiver at www.nmseniorolympics.org
❖ Participate and log your scores or times for one full month
❖ Each month submit challenge results virtually via our website at www.nmseniorolympics.org
❖ OR submit results via email, fax, phone, or text - deadline is the 5th of each month by noon
❖ Results must include name, sport, gender, age, county, month, times and/or scores
*Results are public and will be posted on our website
❖ All challenges are based on the honor system
❖ Check NMSO website monthly for results and Gift Card Winner Announcement
❖ Repeat the following month

Remember - warm up, have fun, be safe, stay hydrated, wear sunscreen and proper attire!