

Terms & conditions are given below:

Rules

- **Qualification round:** To get entry/ qualify for this activity, participant has to cover at least **50 km** (*cycling for work*) and send screenshot along with selfie to the Program. Also, the activity may be shared on social media platform with hashtag as **#PedalforWorkGoa**.
- **Rewards:** Once the entry is confirmed the participant will get Entry Kit as a participation gift and also qualify for next round: (*Participants will get jerseys/ bib shorts*).

Tasks (Yearly upto February 2023)

- **Bronze :** to participate in bronze, participant should complete **200 kms** cycling for work.
- **Silver:** to participate in Silver, participant should complete **400 kms** cycling for work.
- **Gold:** to participate in Gold, participant should complete **1000 kms** cycling for work.

Tracking/ Data Checking

- Participant has to track their activity on any tracking app and HO has to certify their activity.
- For state level participation HOs certification along with selfie and tracking data in a **below attached format is compulsory**.

Prizes/ Award

- Prizes/ awards will be given in **each category**. Values of the prizes will depend on the category.
- Daily/ Monthly basis the respective **Health officer will congratulate staff** who visited work by cycle. Also provision of small gift will be kept depending on the budget approval. (Small gift with branding will be awarded).
- Final Annual Prizes will be awarded through **lucky draw**.
- Annual prizes will be given during state function on **World Health Day 2023**.

FORMAT

Name of the participant: _____ Health Centre: _____

Total Kms covered: _____

Sr.no	Date of the activity	Kms travelled	From _____ to _____	Screenshot		