



PASSPORT TO WINTER FUN

PROGRAM GUIDE



UPPER VALLEY TRAILS ALLIANCE

THANK YOU FOR JOINING IN THE WINTER FUN!

We are so excited for you to take this journey with us! The Upper Valley Trails Alliance is dedicated to promoting healthy lifestyles and connecting people to nature. We created the Passport to Winter Fun program to encourage kids to remain physically active outdoors throughout the winter season. As a self-motivated program, Passport not only relies on student participation but the encouragement of adult leadership also. We would like to personally thank you for reaching out, getting your kids involved and making the Passport to Winter Fun such a success! We could not do it without you!

This packet will serve as a guide to the Passport to Winter Fun Program and can answer all of your questions! We provide instructions for incentive prize redemption, important deadlines and more!

For more complicated inquiries please don't hesitate to ask! You can reach us at passport@uvtrails.org

Thank You again for participating in the program! Here's to a great winter of fun filled adventures!

All the Best,



Kaitie Eddington

KAITIE EDDINGTON

Program Manager





PASSPORT TO WINTER FUN

HOW IT WORKS



2018 Passport Front Flap 1704

Please fill out this form and turn it in before beginning your passport.

Your Name: _____

Age: _____ Male Female

Your School: _____

Parent or Guardian's Email: _____

Your Teacher: _____

In the last 7 days, how many days were you physically active for at least one hour?
 0 1 2 3 4 5 6 7

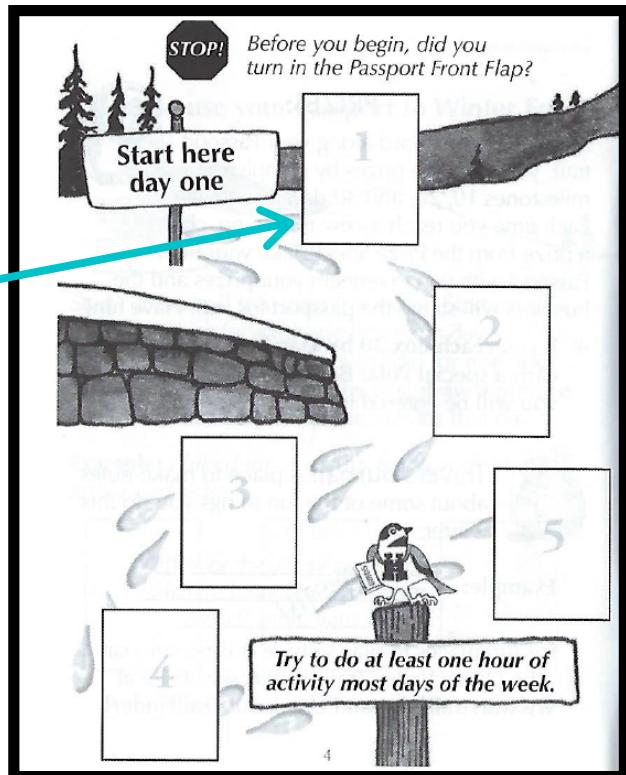
Did you do any of the activities with your family?
 Yes No

Please complete this form and place in your school's drop box **or** mail it to:
 Upper Valley Trails Alliance, Passport to Winter Fun
 PO Box 1215, Norwich, VT 05055

OVER ➔

1. Students will fill out the Passport Front Flap with their information.
 2. Once completed, students will cut out the Front Flap page, return it to us through the mail and can officially start the program!
 3. When we receive the flaps, we will log them as official participants!
- *Please take time to read the *Dear Parent or Guardian* letter on Page 1 in the Passport ***

4. Students will log their 60 minutes of physical activity in these boxes to track their progress. Some examples can be seen on Page 2 of the Passport.



1704 2018 Passport Back Flap

Grand Prize Raffle Entry Form

Your Name: _____

Age: _____ Male Female

Your School: _____

Your Teacher: _____

In the last 7 days, how many days were you physically active for at least one hour?
 0 1 2 3 4 5 6 7

Did you do any of the activities with your family? Yes No

Did the Passport to Winter Fun change your physical activity this winter?
 Yes, I was a lot more active
 Yes, I was a little bit more active
 No, there was no change

How much of your Passport activity did you do outside?
 Most of my activity was outside
 Half of my activity was outside, half inside
 Most of my activity was inside

How many activity boxes did you fill in? (1-30) # _____

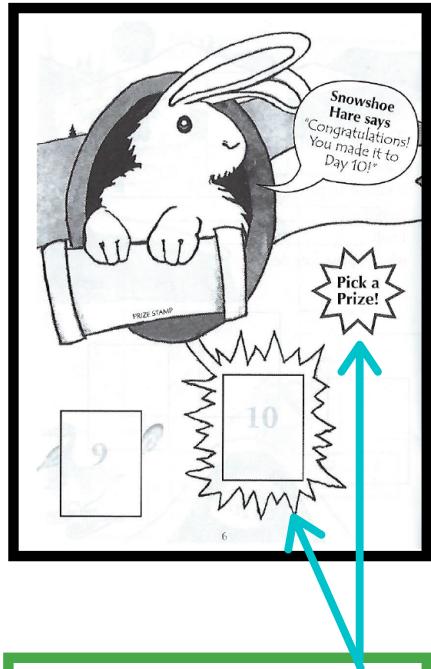
My Signature: _____

Parent/Guardian Signature: _____

OVER ➔

5. When the participants complete 30 Days of physical activity, they qualify to enter the Grand Prize Raffle! They must fill out the *Grand Prize Raffle Entry Form* in the back of the Passport to qualify.
6. Once completed, students will cut out the Back Flap and mail it to the Upper Valley Trails Alliance. Once received, their name is entered into the raffle and they have completed the Passport to Winter Fun!

INCENTIVE PRIZES



Every 10 Days of physical activity, the participants reach a milestone and qualify for an Incentive Prize listed on the prize sheet! (3 Prizes Total)

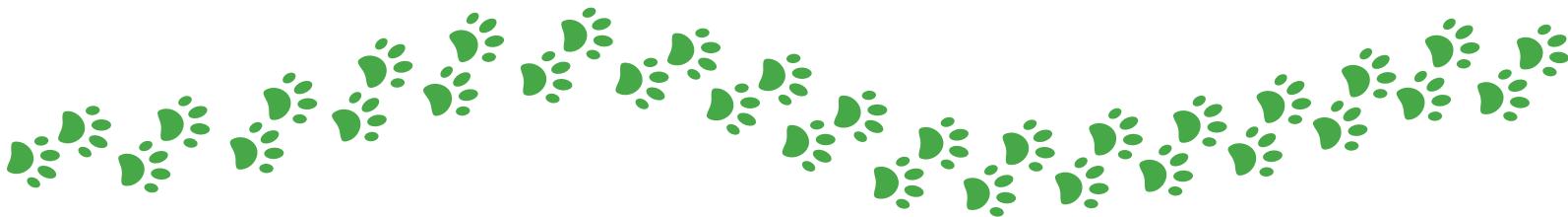
Participants will take their Passport to the business of their choosing, present their completed days and get a stamp/initials from an employee.

Once they reach Day 30, they become a Polar Bear Achiever and are eligible for the Grand Prize Raffle! All Polar Bear Achievers will receive a UVTA PB Achiever Prize and can redeem their last incentive prize!

Thanks to the generosity of local businesses and partners of the Upper Valley Trails Alliance, we have a great selection of incentive prizes for passport participants! The complete list can be found inside the passport on the prize sheet insert.

Incentive Prize Rules

- Participants MUST have passport present to redeem a prize - No Exceptions!
- All Incentive prizes must be used by March 31st.
- Please abide by any special requests listed on the prize sheet (some have requested passport participants redeem during specific times, please read the fine print carefully).



PASSPORT TO WINTER FUN

TIMELINE



While the Passport to Winter Fun program runs January - March, UVTA will reach out in April to collect remaining Back Flaps, distributing prizes and promote upcoming outdoor events.

Below is a month to month timeline of what to expect.

JANUARY

- PASSPORT PROGRAM BEGINS
- PARTICIPANTS MAY BEGIN ONCE THEY RECEIVE THEIR PASSPORT

FEBRUARY

- FRONT FLAPS DUE - CHECK DEADLINE ON UVTA WEBSITE
- STUDENTS REDEEM INCENTIVE PRIZES AND WORK THROUGH THEIR PASSPORT.

MARCH

- BACK FLAPS DUE - CHECK DEADLINE ON UVTA WEBSITE
- ALL INCENTIVE PRIZES MUST BE REDEEMED BY MARCH 31ST.

APRIL

- PRIZE DISTRIBUTION FOR POLAR BEAR ACHIEVERS AND GRAND PRIZE WINNERS.

Prize distribution can be done through the mail or in-person. We will coordinate with you on in-person pick up or mail delivery when we receive the returned Back Flap from your participants.

Please mail Front/Back Flaps to:

Passport to Winter Fun
P.O. Box 1215
Norwich, VT 05055

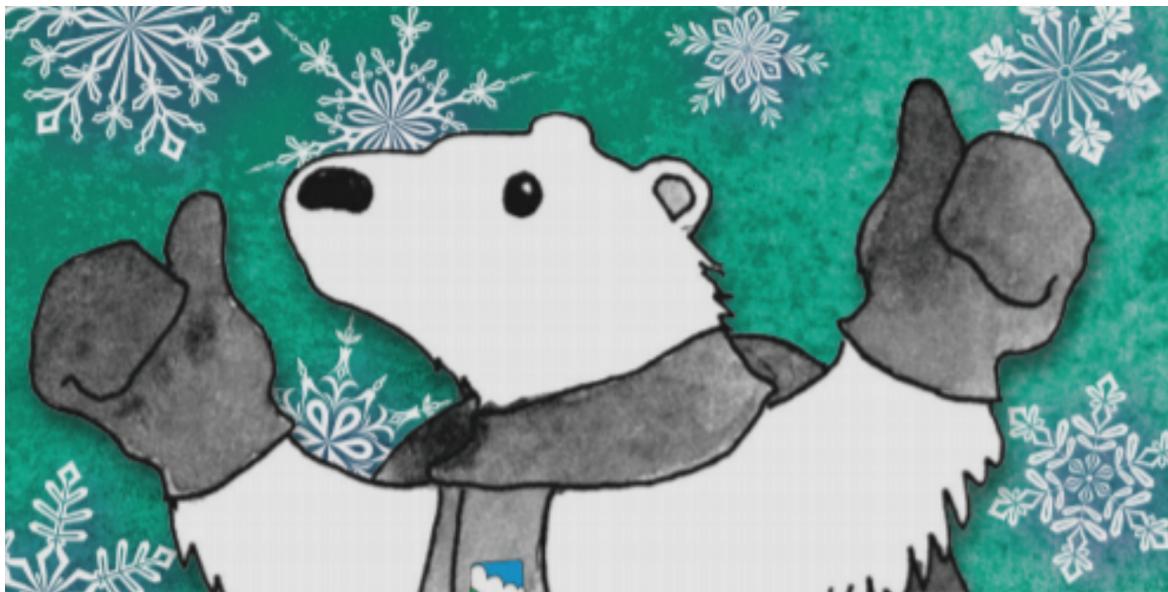




PASSPORT TO WINTER FUN

STAYING IN TOUCH





Winter Fun Weekly!

There are loads of fun, family oriented events planned in winter throughout the Upper Valley, many of which meet the requirements for a physical activity and can be used in the passport!

We will be sending our Winter Fun Weekly newsletter through email promoting events and suggesting different winter activities! Be sure to check your email and enjoy the wonderful winter adventures the Upper Valley has to offer!

We will also be posting updates through our Facebook Page (@uvtapassport) and our Instagram Account (@uvtrails).

Tag us in your photos and posts or include #uvtapassport to be featured!



PASSPORT TO WINTER FUN

COMMONLY ASKED QUESTIONS



Commonly Asked Questions

- **If I do more than one hour of activity, can I fill in two boxes?** No, each box corresponds to one day. It is great if you do more than one hour of activity, but it still only counts as one box.
- **Does Playstation count?** No. We want you to be moving your body and engaging multiple muscle groups. This includes games like JustDance or Dance Dance Revolution. We want to eliminate screen time.
- **Do I have to do 1 hour at one time, or can I split it up?** You can split it up! Just as long as it adds up to 1 hour by the end of the day.
- **Do I get to pick one of the Grand Prizes?** No, this is a raffle! All the names of Polar Bear Achievers will go into a bucket and we will randomly choose the Grand Prize winners.
- **When does the program end?** March 31st. All back flaps must be mailed back to UVTA to qualify for the grand prize raffle. We also need the final numbers so that we can order the Polar Bear Achiever prizes.

Please email **passport@uvtrails.org** for any questions regarding the Passport to Winter Fun!