

The Strava logo, featuring the word "STRAVA" in a bold, white, sans-serif font.

# SETUP & USER GUIDE (APPLE IOS)

# **DISCLAIMER**

**THE STRAVA APPLICATION WAS CREATED FOR ATHLETES AND PEOPLE WHO TAKE SPORT SERIOUSLY.**

**IF THAT IS NOT YOU DO NOT BE DETERRED BY THE JARGON & LANGUAGE USED IN THIS GUIDE!**

**ALL ACTIVITIES UNDERTAKEN ARE AT YOUR OWN RISK!**

**RIPON TOGETHER TAKES NO RESPONSIBILITY FOR ANY ACCIDENTS OR DAMAGE CAUSED WHILST UNDERTAKING ANY ACTIVITIES.**

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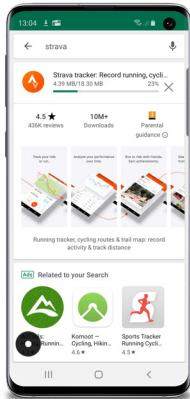
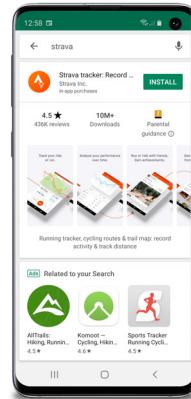
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# INSTALLING STRAVA

ANDROID

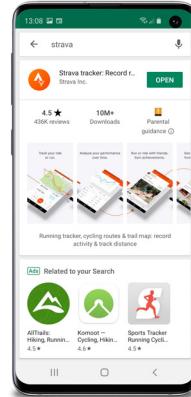
## STEP 1

Open the Google Play Store app  
& type STRAVA into the search box.



## STEP 2

Tap 'INSTALL' and wait for the app to install.  
(Phone will Ping when app installed)



## STEP 3

Tap open button and wait for the app to open.  
(You have successfully installed STRAVA)

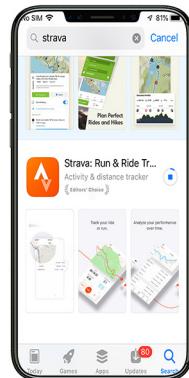
# INSTALLING STRAVA

APPLE IOS



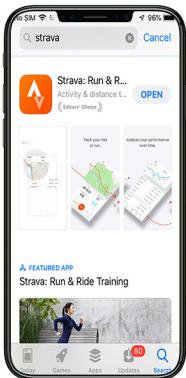
## STEP 1

Open the Apple App Store app  
& type STRAVA into the search box.



## STEP 2

Tap 'INSTALL' and wait for the app to install.  
(Phone will Ping when app installed)



## STEP 3

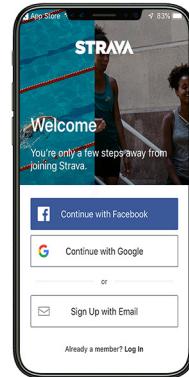
Tap open button and wait for the app to open.  
(You have successfully installed STRAVA)

# CREATING AN ACCOUNT

APPLE IOS

## STEP 1

Open the STRAVA app and tap the 'SIGN UP WITH EMAIL' button.



## STEP 2

Enter your email address and a custom password & tap the 'AGREE & SIGN UP' Button.

## STEP 3

Enter your first and last names in the boxes provided.



# CREATING AN ACCOUNT

APPLE IOS



## STEP 4

Tap the birthdate field & enter your date of birth using the provided wheels.

## STEP 5

Tap 'OK' to return back to the menu again and follow the same process to submit your gender.



## STEP 6

Tap the 'CONTINUE' button to proceed to next menu.

(You have successfully created an account)

# TERMS AND CONDITIONS

APPLE IOS

## STEP 1

STRAVA will prompt you to request permission to contact you.

Tap either 'YES' Or 'NO' to allow or deny the app permission to contact you.

(Tapping Yes Results in a lot of spam emails and your data may be used in STRAVA marketing)



## STEP 2

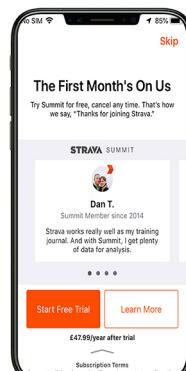
The app will now present you with the STRAVA community standards.

Read the terms & conditions and tap the 'CONTINUE' button to proceed.

## STEP 3

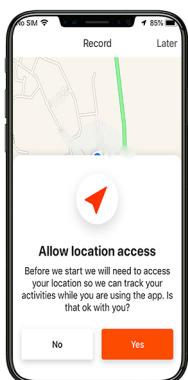
You will now be prompted to ask if you would like to try STRAVA Summit (Premium Version) for a month.

Tap the 'SKIP' button in the top right corner



# TERMS & CONDITIONS

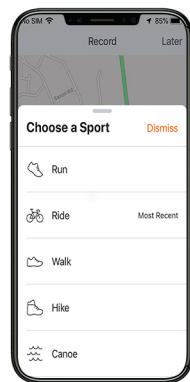
APPLE IOS



## STEP 4

You will now be asked if you allow location access as STRAVA requires GPS data to record activities.

Tap the 'YES' Button



## STEP 5

Select 'RIDE' from the list.



## STEP 6

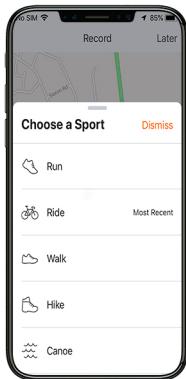
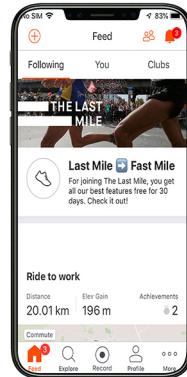
You are now ready to record your first activity.

# RECORDING YOUR ACTIVITY

APPLE IOS

## STEP 1

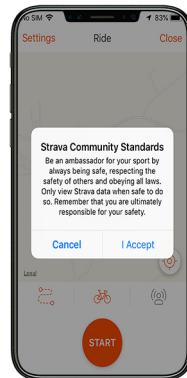
Tap the 'RECORD' button in the bottom centre of the screen.



## STEP 2

You can change the discipline by selecting your activity from the list.

**ENSURE THAT 'RIDE'  
IS SELECTED**

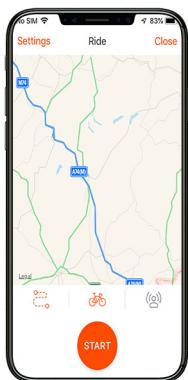


## STEP 3

Tap 'I AGREE' on the message that appears.

# RECORDING YOUR ACTIVITY

APPLE IOS



## STEP 4

Tap the 'START' button to start the activity.

(It is advisable to ride at least 500m from your home address before tapping start as the app can be used to track you to your house)



## STEP 5

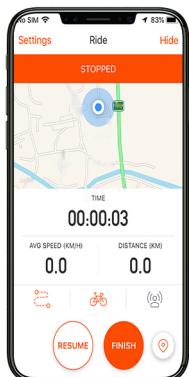
You are now recording your activity

# PAUSING YOUR ACTIVITY

APPLE IOS

## STEP 1

Open the STRAVA app & press the 'STOP' button.  
(This will pause your activity )



## STEP 2

Tap 'RESUME' button to continue recording your activity.

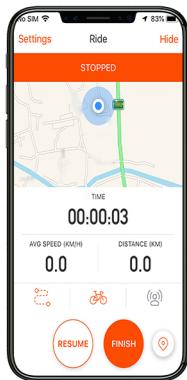


## STEP 3

Your ride will now resume

# FINISHING YOUR ACTIVITY

APPLE IOS

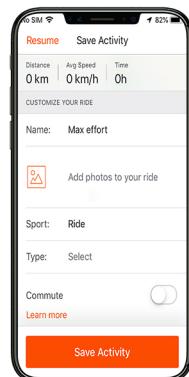


## STEP 1

When you finish your activity tap the 'FINISH' button.

## STEP 2

Give your activity a name, add a description & set your privacy controls so that everyone can see your activity.



## STEP 3

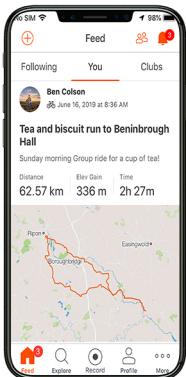
Tap 'SAVE ACTIVITY' button and activity will be automatically uploaded to your profile & any groups you may have joined.

# GIVING KUDOS

APPLE IOS

## STEP 1

To give someone Kudos for their activity  
tap the thumbs up icon.

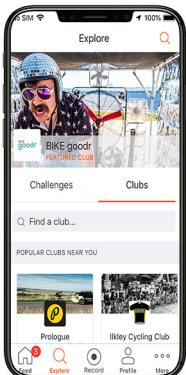


## STEP 2

You have given Kudos.

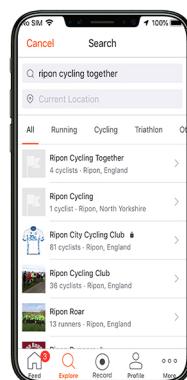
# JOINING A CLUB

APPLE IOS



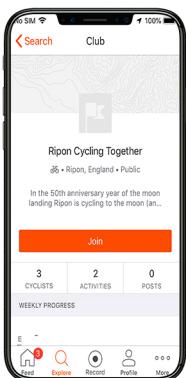
## STEP 1

Tap the 'MAGNIFYING GLASS ICON' in the bottom menu bar and tap 'CLUBS' to open the clubs section of the app.



## STEP 2

Search for 'RIPON CYCLING TOGETHER'



## STEP 3

Tap the results & tap the 'REQUEST TO JOIN' button.

You have now joined a club!



## RIPON TOGETHER

Booklet Designed by Ben Colson Designs

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