2021 Virtual Winter Games
At-Home Competition Events

Choose your activities. You can choose to do all the events or just your favorites!

Snowshoeing – 100 meter

Set up: Measure 100 meters (or 328 feet). If you are unable to use a measuring device, you can measure by taking about 120 large steps.

What to submit: The time it takes you to snowshoe 100 meters from start to finish. Your time will be submitted in minutes and seconds using the format Minute:Minute: Second:Second.

Nordic Skiing (Cross Country) – 100 meter

Set up: Measure 100 meters (or 328 feet). If you are unable to use a measuring device, you can measure by taking about 120 large steps.

What to submit: The time it takes you to ski 100 meters from start to finish. Your time will be submitted in minutes and seconds using the format Minute:Minute:Second:Second.

15-Minute Walk

Set up: You can walk outside or inside your home.

What to submit: The number of days during the competition period - January 4 to January 25 - you complete a 15-minute walk.

30-Minute Walk

Set up: You can walk outside or inside your home.

What to submit: The number of days during the competition period - January 4 to January 25 - you complete a 30-minute walk.

Safety Information

Regular physical activity is vital for good physical, social and emotional health. While there is a risk of injury with any type of physical activity, the benefits of staying active far outweigh the risks.

You can reduce your risk of exercise injury by:

• Wearing the right shoes
• Using the correct equipment
• Drinking lots of water – stay hydrated
• Warming up and stretching properly
• Be aware of your surroundings - exercise in a safe and level area clear of any obstacles or items

Stop exercising immediately and seek medical help if you experience symptoms such as:

• Discomfort or pain
• Chest pain or other pain that could indicate a heart attack, including pain in the neck and jaw, pain traveling down the arm or pain between the shoulder blades
• Extreme breathlessness
• A very rapid or irregular heartbeat during exercise

Keeping athletes safe from the cold

• Be aware of current and forecasted weather before going outside
• Wear layers to make it easy to remove or add clothing as conditions and exertion levels change

***Be sure to practice social distancing while exercising.**