

Incredible Chase – Rules

SAMPLE

General Guidelines:

- Teams will be made up of 4 members maximum. (3 members are acceptable but one member will need to repeat location activities to ensure fairness. Groups of 2 will be paired up with another group of 2).
- Teams are encouraged to come up with an official team name and can decide if they would like to dress up. Make it fun and creative!
- Be safe! (Obey traffic rules, know your physical limits, wear appropriate clothing and comfortable shoes, etc.)

Process for the event:

1. Teams will meet (LOCATION) any time between (Time Frame) on (Date)
2. The Wellness committee representative will review the rules, give teams their “clue sheet” and record their start time.
3. Team members will determine the locations they have to go to by solving the clues they are given. You can start with any of the locations in any order that you choose.
4. The locations will be marked with an identifier and a Wellness Committee member will be at each location to inform you of the activity that you must complete.
5. Your clue sheet must be initialed by the Wellness Committee member once your team completes the task at each location. (All team members must go to each location together and each member must complete the task.)
6. Once all locations have been visited and all tasks have been completed, the team must quickly return to the courtyard and stand on the blue mat to have their end time recorded.
7. All tasks should be completed within an hour or less.
8. Prizes will be rewarded to teams with the best spirit, fastest time, runners up as well as 4 individual draws at the end of the race.
9. Bring your water bottle! In order to help save the environment, the Wellness committee will be providing jugs of waters, so bring your water bottle to fill up.

Workplace Wellness Committee
(Slogan or logo)