



Tallaght University Hospital  
Ospidéal Ollscoile Thamhlachta  
An Academic Partner of Trinity College Dublin



## Join the dots for Kidney Health Participant Guide

### How do I get started?

- Get together in a Team of 1-10 people and decide to do a walk, run or cycle on World Kidney Day, Thursday March 13th.
- All team members\* must set up their individual account on the Active Travel Logger to log their distance.
- If you have taken part in previous “Active logger” challenge, you can use that account.
- Register using: [Active travel Logger Account](#) or this QR code
- If your organisation is not listed as a participating organisation simply select '**Other Participating Organisations**' as your organisation and you will be able to join the challenge.



\*If you don't have access to a PC, tablet or smart phone, don't worry – your Team Captain can log on your behalf

### I have registered on the Active Travel Logger. What is next?

Once you're logged in, you will see a dashboard where you can do lots of things.

- The first thing you'll need to do is 'Join a Challenge'.
- Click on “Join the Dots for Kidney Health” to join.
- If you're going to be the Team Captain, then you can click 'Create a new team'.
- If you're going to be a Team Member, you can click 'Join a team'.
- For help check out the step by step video tutorials on: [www.stepchallenge.ie](http://www.stepchallenge.ie) for more assistance.

### **How do I create a team?**

- By clicking on 'Create a new team' you will be automatically assigned the Team Captain role.
- Choose your Team Name in the box provided.
- You can now invite people to your team under 'Manage Members'.
- You can send an invite to other members who already have a registered account on the Active Travel Logger or by sending them a URL invite.

### **How do I track my steps or distance travelled?**

There are many ways for you to track your steps or distance for our challenge

- Download an app onto your phone
- Use a smart activity tracking device such as a watch or the distance display on your exercise bike.
- Use a pedometer
- Do a designated route that you already know the distance of.

Remember, whether you decide on a run, walk or a cycle, log the distance in steps on the activity tracker. 1km equates to 1400 steps

### **How do I log my activity?**

To have your distance added to the cumulative distance simply:

- Sign into our Active Travel Logger account.
- Go to 'My Dashboard' and then 'Log My Activity'.
- Input your distance as a total number of steps for the March 13<sup>th</sup> (1km = 1400 steps) World Kidney Day.
- If your team have a number of activities over the day you can add the additional distance covered throughout the day. We'll be updating everyone throughout the day on the total distance covered.
- Also one person can log for a group, for example, if 10 people walk 5km the team captain can log for everyone by logging 50km (50 x 1400 = 70,000 steps)
- You can log those Thursday evening walks/runs/cycles to the system on Friday 14<sup>th</sup> morning, our final cumulative tally will be shared on Friday at 11am.

Don't forget to tag #WorldKidneyDay and #JoinTheDotsforKidneyHealth so that we can collectively raise awareness of the importance of kidney health.