

Olympic Bingo Guidelines

February 5 – March 16



With the initial thrill of New Year's Resolutions behind us and the eager anticipation for a fitness challenge, it is time to introduce the winter 2018 incentive program – Olympic Bingo!

The concept is simple – each participant will receive an Olympic Bingo card kept in a binder at the Wellness Centre main desk. The bingo card squares will contain various events from the upcoming winter Olympics. Each day the Wellness Centre staff will randomly select an Olympic event and post it at the main desk. If the posted event appears on your bingo card, you must then complete the associated workout before stamping that square on your card.

For the duration of the challenge, you will continue to mark off squares on your card aiming for specific patterns that are outlined below. The patterns will determine whether you've achieved bronze, silver, or gold status. You will be placed into a draw with all other participants who have achieved the same podium level and a winner from each will be drawn on Monday, March 19th.

- 🏅 In order to qualify for a bingo stamp you must complete the daily workout **ON THE DAY** the event is drawn & posted.
- 🏅 If there is two of the same event on your card, the workout only counts towards **ONE SQUARE**
- 🏅 The Wellness Centre Staff will be **RANDOMLY** incorporating 'square of your choice' and 'double workout' days to give you more opportunities to qualify.
- 🏅 Those who qualify for podium placements will be put into a draw with others who achieved the same level of success. This means there are **THREE GRAND PRIZES** to be won!
- 🏅 The draw will take place on Monday, March 19

Bronze Status – There are three ways in which you can achieve bronze status. They each involve marking off 8 squares. You can aim for either a square surrounding the free space, an x over the entirety of the card, or a diamond where the points hit the midline of each side of the bingo square. See patterns below;



Silver Status – There are two ways in which you can achieve silver status. They each involve marking off 16 squares. You can aim for either completing all squares around the perimeter of your card, or all four squares in each corner of your card. See patterns below;



Gold Status – There is only one way to achieve gold status on your bingo card – a complete blackout. That's right. Every square marked off.



SIGN UP NOW!



We hope to see everyone participate!

