



Dear Parent or Carer,

Cambuslang and Rutherglen is being transformed into a giant community-wide challenge – and you're invited! Join your child's school team and help them earn points, get active and win prizes in this fun, free, 6 week walking, cycling and wheeling game!

**The game runs from 15 September – 27 October 2021 – visit our website [beatthestreet.me/camglen](https://beatthestreet.me/camglen) to find out more.**

As a parent/carer you will know the impact the pandemic, lockdowns and restrictions have had on children's mental, physical and emotional health.

Played outdoors in the local community, Beat the Street is the perfect way to get you and your children safely off screens and out of the house, having fun and exercising together.

Being physically active improves physical and mental health and boosts our body's natural immunity to fight off viruses, including COVID-19.



Scottish Government  
Riaghaltas na h-Alba  
[gov.scot](https://gov.scot)

## On your marks ...

### Your school has given you:

- A fob for primary-aged children and a card for a parent/carer to play. (If you are a pupil at a special education needs school you will receive a card.)
- A map with Beat Box locations around your area

## Get set ...

Register on [beatthestreet.me](https://beatthestreet.me) to play, join the school team and see the leaderboards.

Your card and your child's fob/card **are not connected**. You will need to register both and every child and adult need to use their own game card/fob to collect those all-important points.



Beat the Street card



Beat the Street fob

## Go!

### Find your local Beat Box

- Get out and explore your local area, finding Beat Boxes using the online or paper map or keep your eyes peeled!
- Hover your card or fob next to the first Beat Box until it beeps and flashes
- Walk, cycle or wheel to your next Beat Box and hover the card or fob again until it beeps and flashes – you have now scored 10 points
- **Visit at least two Beat Boxes within an hour** to earn 10 points – the more you visit, the more points you earn
- You earn points as you make a journey between Beat Boxes and you can visit the same Beat Box as long as you visit another in between. Just remember no driving – we are helping kids and adults get active so please don't spoil the fun!

Good luck and enjoy discovering your area with Beat the Street!



## Be Covid safe while playing Beat the Street

- Beat the Street Beat Boxes are contactless so it's a perfect way to exercise and have fun with friends outdoors
- Don't touch cards/fobs belonging to others
- Wash your hands after playing and follow the latest advice!

Beat the Street is created by Intelligent Health, a team of physical health experts led by Dr William Bird, a GP working on the NHS frontline against COVID-19. The game has been carefully planned alongside public health advisors.

