DESIGNATED ROUTES

1. The following four (4) routes are designed for Units to select from when participating in the Unit Wellness Walk event for CAF Sports Day 2024. When selecting the route, it is imperative that the Team Captain considers the fitness levels of their participants and the time available to the Unit to conduct this activity.

2. Each route varies in length and can be easily modified to have Units start and finish at their Unit location, if preferred. Exact distances covered can be easily measured by employing GPS technology.

3. Each route has along it *P4 Fact Signs*.

4. Option 1: Open the Gate to Injury Prevention (Round Trip 4.4km)

1. this is an out and back route starting at the Col J.J. Parr Sports Centre, with the turnaround point at 4 Wing Gateway Park (i.e., “the Jets”).



*Potential risks:**road/lane use (intersections); sidewalk access; traffic*

5. Option 2: Sleepy Tin Town (3.8km)

 a. this is a loop route starting at the Col J.J. Parr Sports Centre, looping

through the 4 Wing Campground (i.e., “Tin Town”) before returning to Col J.J. Parr Sports Centre.

 

*Potential risks:**road/lane use (intersections); sidewalk access; uneven/adverse terrain; traffic – vehicles and other pedestrians*

6. Option 3: Phys Ed at Martineau (4.1km)

 a. this is a loop route starting at the Col J.J. Parr Sports Centre, looping

through the Martineau area, before returning to Col J.J. Parr Sports Centre.



*Potential risks:**road/lane use (intersections); sidewalk access; uneven/adverse terrain; traffic – vehicles and other pedestrians*

7. Option 4: The Nutrition Loop (2.8km)

 a. this is a loop route starting at the Col J.J. Parr Sports Centre, follows

Queensway to Tennis Court Rd, bypassing the Auto and Wood Hobby Shops before turning into Beaverlodge Rd, making your way past the All Ranks Kitchen, before returning to Col J.J. Parr Sports Centre.

 

*Potential risks:**road/lane use (intersections); no sidewalk access on Tennis Court Road; traffic*