

# **Guidelines for NORDIC WALKING**

## **Sports Activity I./ III./ V.**

### **Contact**

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1. **The aim** of this course is to teach students the proper form of Nordic walking, activity that involves a number of muscle groups and in the same time improves fitness and agility.
2. **Registration process:** Students are obliged to register for Sports Activities (e.g.:1) via AIS 2. The next step is to register for Outdoor activities (eventually: Blokovaná výučba/Outdoor activities) in the schedule. Subsequently – register for the particular Nordic walking event via **Register for examination**. The deadline to complete the registration is 12 00 PM one day before the event.
3. **Equipment requirements:**
  - o hiking poles
  - o proper shoes for the activity
  - o rain cover, extra layers in a plastic bag,
  - o cash
  - o health insurance card
  - o water, food

The Nordic walking trails are subject to change depending on the weather conditions or restrictions in the hiking areas. Registered students will be notified by email (check your UPJS mail account) of the exact time and meeting point.

4. **Completion requirements:** A student has to register for at least **two Nordic-walking events and one additional activity** (hiking, cycling, sport climbing) to acquire the credits.
5. **Additional information:** A student is responsible for the transportation costs to the meeting point or starting point.

The minimum number of students registered for the Nordic walking event is 10, otherwise the event will be cancelled. (check your UPJS mail account for updates).

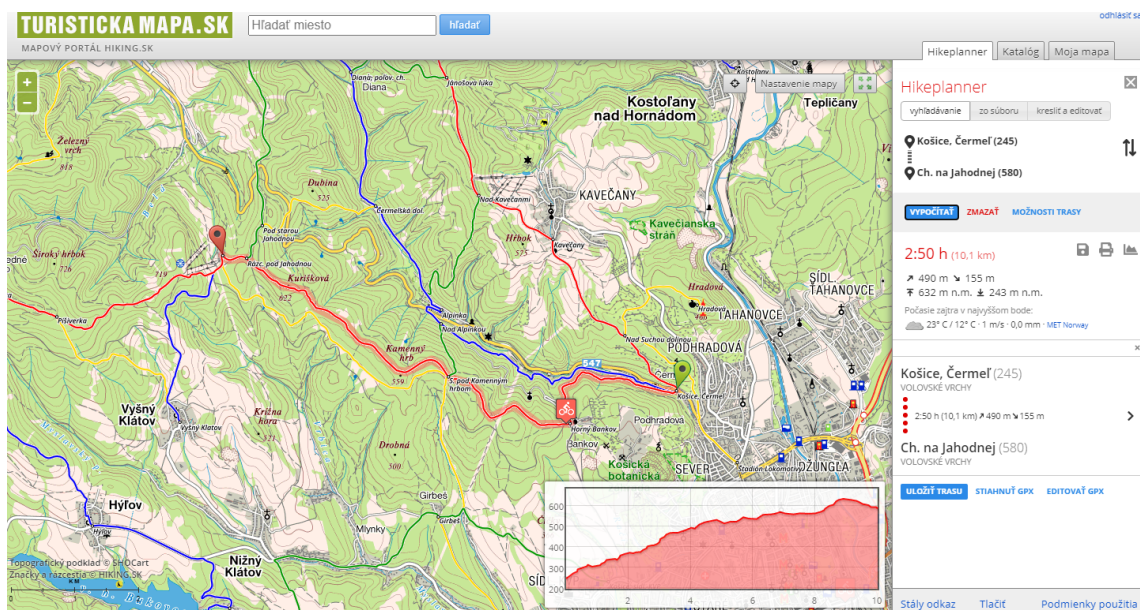
In the case of unfavourable weather forecast, the event may be cancelled (check your UPJS mail account for updates).

Students are recommended to be insured for the day of the Nordic walking event. The UPJS does not take responsibility for medical expenses related to hiking injuries.

### **Tour 1 9.10.2020**

Difficulty: medium

Meeting point: Košice, bus stop Čermel'  
 Starting point: Košice, bus stop Čermel'  
 Via Bankov  
 Finish Jahodná



## Tour 2 24.10.2020

Difficulty: medium  
 Meeting point: Košice, bus stop Čermel'  
 Starting point: Košice, bus stop Čermel'  
 Finish Kysak

