

Rules for Quebec childcare centers - 2022

The Energy Cubes Challenge is a friendly competition during which kids have to move as much as possible both at daycare and at home. It is open to all childcare centers interested in participating in a dynamic and unifying initiative as part of the Grand défi Pierre Lavoie's activities.

1 - Dates of the Energy Cubes Challenge

The 2020 Energy Cubes Challenge will be held from **May 2nd, 8:00 a.m. to May 23rd, 2022, 5:00 p.m.**

2 - Steps for participating in the challenge

- Each childcare centre that wishes to participate in the Energy Cubes challenge must appoint a Challenge Leader who will ensure that the challenge steps are completed properly.
- Challenge Leaders must first register their institution on Planet Cube at planetecube.com/en.
- Upon registering their childcare centre on Planet Cube, Challenge Leaders must indicate the number of participants on their tally sheet. This number represents the total number of **kids at the childcare centre**.
* **Do not include staff members.**
- Prior to the challenge kick-off date, Challenge Leaders must distribute participation tools to participants (see Section 5 for more details).
- Each week, Challenge Leaders must enter on Planet Cube the total number of Energy Cubes collected at the childcare centre as well as those collected at home by kids, staff members and their relatives.
- Challenge Leaders will have until **May 24th, 2022, 6:00 p.m.** to record all collected Energy Cubes by their childcare centre on Planet Cube.

3 - Participants

- All childcare centre's kids.
- All staff members (including daycare centre administrators, educators, childcare workers, clerical staff, special ed staff, etc).
- All immediate family members of registered kids (parents, grandparents, siblings), as well as immediate family members of the childcare centre staff (spouse and children) are invited to get moving. * **For the Energy Cubes collected by relatives to be eligible, the activity must be performed with the participating child or staff member.**
- Unfortunately, friends, members of one's extended family (uncle, aunt, godfather, godmother, etc), coaches and members of the kid's sports team and any other people **cannot contribute to collect Energy Cubes**. They are, however, welcome to move to encourage children in their challenge.

4 - Activities that count for collecting energy cubes

1 Energy Cube = 15 minutes of continuous physical activity

- **All activities requiring some physical exercise are allowed.** *Examples include playground time, going for a walk, soccer, basketball, jump rope, skateboarding, run bikes, biking, swimming, diving, relay racing, hiking, skating, playing ball, gymnastics, playing Frisbee, badminton, football, hockey, track and field, tchouk-ball, golf, judo, skiing, curling, horseback riding and active video games such as Kinect and Wii Fit games.*
***Non-eligible activities: passive video games, card games, board games, pool, fishing, ATVing, mini-golf, etc. Basically, any activity in which you don't get much exercise.**
- **To collect as many Energy Cubes as possible, kids have to be active both at daycare and at home.**
 - All physical activities performed during regular daycare hours are eligible.

5 - Available tools

Registered childcare centres will receive free logbooks for all participants. All necessary tools to take on the challenge are available in the "Toolbox" section of energycubes.ca or on Planet Cube, PDF or Excel file.

- Logbook (one per kid)
- Group Leader tally sheet (one per group)
- Challenge Leader tally sheet (one per daycare)
- Instructions sheet (one per educator and one per parent, if need be)
- The Cubeculator

6 - Calculating Energy Cubes

- **One Energy Cube corresponds to 15 minutes of continuous physical activity.**
Example 1: If a child gets 3 five-minute walks in a day, he would not earn an Energy Cube because the 15 minutes of activity was not continuous.
Example 2: If an activity lasts 50 minutes and includes 25 kids, you can't count it as follows: (50 minutes x 25 kids) / 15 minutes = 83 Cubes. Instead, the calculation should be 3 Cubes (for 45 minutes of continuous activity per kid) x 25 kids = 75 cubes.
- **An Energy Cube can only be earned once.**
Example 1: If Lisa and Anthony go to the same childcare centre and ride bikes together for 45 minutes, they each collect 3 Energy Cubes. Lisa can't tally Anthony's Energy Cubes in her logbook, since he will add them to his own logbook.
Example 2: If parents goes on a 30-minute bike ride with their son and daughter, they must choose which one they will give their 2 Cubes to—they can't give 2 Cubes to both of them. They could, however, choose to give 1 Cube to their daughter and 1 to their son.
- **Kids collect 1 additional Energy Cube for each person in their immediate family that joins in the physical activity with them—for each 15-minute period of physical activity.**
Example: A kid rides a bike with his sister, mother and father for 30 minutes. In this scenario, four people are participating (1 kid + 3 family members):
$$4 \times 2 \text{ time } 15\text{-minute periods (30 minutes)} = 8 \text{ Energy Cubes.}$$
- **Grand-parents of students registered to the Energy Cubes Challenge can give them collected Energy Cubes without being with their grandchild at the time.** An Energy Cube can be given only once.
Example: A grandmother collected 2 Energy Cubes while being at her aquafit program (30 minutes of physical activity). She can give 2 Cubes to her grandchild Antoine, or give the first Cube to Antoine and the second Cube to her granddaughter Anne-Sophie.

7 -Cubes compilation suggestions:

- Energy Cubes collected at home:
 - 1) Energy Cubes earned outside daycare hours—at home or at a karate class, for example—must be recorded in the logbook and have a parent signing Cubes entry to validate them.
- Energy Cubes collected at the childcare centre:
 - 1) Energy Cubes collected at the childcare centre are recorded weekly through both the *Group Leader* and the *Challenge Leader tally sheets*. When the entire childcare centre (or the most part of it) performs an activity, collected Cubes of this activity should be recorded through the *Challenge Leader* tally sheet. Furthermore, if an activity is performed by a group, the collected Cubes should be recorded through the *Group Leader* tally sheet.
 - 2) *Group Leaders* gather all kids' logbooks weekly and sums the Cubes earned at home for the group. He then passes on that total to the *Challenge Leader*.
 - 3) The *Challenge Leader* then gathers all *Group Leaders'* tally sheets and logs in weekly the childcare centre total (from both home and daycare) on the Planet Cube website.

The Challenge Leader is allowed to ask for resources or help to count Energy Cubes. Parents can give a hand. You can also contact us for many effective tips that can simplify the weekly Cube counting.

8 - Overall average number of Energy Cubes per kid

- Calculating the average number of Energy Cubes contributes to a common base for all participating childcare centres, regardless of their size, which makes the Challenge even-handed.

$$\text{Average number of Energy Cubes per kid} = \frac{\text{Total number of Cubes collected by the childcare centre}}{\text{Total number of kids at the childcare centre}}$$




- The total number of Cubes collected by the childcare centre equals all the Energy Cubes collected during the Energy Cubes Challenge by the kids, staff members and their relatives.

9 - Prizes available

- A Mini-Cube Tour visit: touring daycare centres and bringing an exceptional interactive experience to students. Learn the basics of healthy eating at the Eat Better workshop, and join the peloton in the exciting Get More Active workshop.
- A giant Cube: a giant Cube filled with over \$500 worth of equipment encouraging physical activity and promoting motor skill development in children.

10 - Winning childcare centres draw

- The draw for the giant Cube is based on daycares' average number of Energy Cubes collected. At the end of the Challenge, each daycare gets a number of chances for the draw, depending on its average number of Energy Cubes per kid :

Average number of energy cubes per student	Ranking	Number of entries in the draw
200 to 299 energy cubes	 Bronze cube	1 chance
300 to 449 energy cubes	 Silver cube	2 chances
450+ energy cubes	 Gold cube	3 chances

- Winning childcare centres will be drawn at random in June and will be announced **in July**.
- One winning childcare centre for each of the 17 administrative regions (province of Quebec) will be drawn at random. Regional winners will receive the exclusive giant Cube.
- To be named winners, childcare centres must have been honest in their Energy Cube calculations. The Grand défi Pierre Lavoie reserves the right to contact daycares in order to validate information and results.

You can find plenty of additional information on

cubesenergie.com/en or planetecube.com/en.

You can also get in touch with the Energy Cubes Challenge contact person at

cubesenergie@legdpl.com .

