Strava Parental Help – Safe Settings

Dear Parents/Carers,

RE: BGS PE Strava community group.

I have sent an email to all students at BGS this week in relation to the creation of a Strava BGS PE club. Staying fit and healthy is key to maximising our physical, social and mental health and using our daily exercise time to get out into the fresh air. We want to try and share the amazing activities and exercises that our school community is doing and support our school ethos, **BELONG-GROW-SUCCEED**.

The club itself is private and only those accepted into the club can be part of it. However the app is external, therefore it is very important to make sure you are happy with their [terms and conditions](#) before registering. Strava’s services are recommended for those aged 13 and above.

The app itself is a great way to share walks, runs, cycle rides and many other forms of activity but like all social media we expect our staff and students to use it safely. Below is a 5 step guide on the setting up of privacy settings to keep all members of the club community safe.

1. **Download and join Strava**

2. **Click the profile tab- then click settings in the top right corner**
3. **Scroll down to Privacy Controls**

4. **Change Profile page / Activities/Group activities to followers and Flybys to No One**
5. **Go to explore and clubs before searching BGS PE and send a request to join.**

Once I receive your request I will email you via your school Gmail account to verify your identity.

Once you have created the account it is vital that we continue to use the social media platform safely. If you choose to follow others please ensure that you think carefully about who, what you are posting and the pictures you use. The purpose of our use of the app is to see what activity you are doing and therefore pictures other than the gps tracker are fairly irrelevant.

Finally adding a privacy zone is a great way to protect your home location (if you are using the gps function of the app). Use the following steps to set a minimum 800m zone.

Stay safe
Mr Swann