



Fitness Court Challenge Frequently Asked Questions

Most information can be found on our website: [Join the MVP Fitness Court Challenge! \(mvphealthcare.com\)](https://mvphealthcare.com)

- 1. I registered on the website, am I all set for September 19?** Almost! There is a two-step registration process.
 - **Step 1 is the website registration.**
 - **Step 2 is completed in your confirmation email arriving from workwelllivewell@mvphealthcare.com.** In this email, there will be a link to finish your registration and select a check in time. Partners should make sure they select the same check in time!
- 2. Can I choose an exact start time?** We won't be registering exact times, but we have narrowed it down so participants don't have to arrive too early if they have a later start time. **Be sure you check your email to confirm your registration and select 1 of 2 check in times:**
 - **The 3:30-4:00pm check in time** is reserved for heats 4:00-4:20pm, 4:20-4:40pm, and 4:40- 5pm.
 - **The 4:30-5:00pm check in time** is reserved for heats 5:00-5:20pm. 5:20-5:40pm. 5:40-6:00pm.
- 3. I tried to reserve my check in time in my confirmation email, but it said the form was closed.** Chances are the time slot you chose was full. Go back into your confirmation email and try selecting the other time slot. If you still have problems, please reach out to workwelllivewell@mvphealthcare.com.
- 4. Do my partner and I register together or individually?** All participants should register individually. There is a space in the registration form to type in your partner's name for our records, but this does not count as your partner's registration. Please send your partner to our website [Join the MVP Fitness Court Challenge! \(mvphealthcare.com\)](https://mvphealthcare.com) to register. You will both have to confirm registration and choose a check in time in the confirmation email you receive.



5. **What if I can't perform an exercise due to pain or disability?** Our amazing Fitness Court instructors are highly trained and can modify exercises to accommodate all fitness levels. They will give you options that are safe and comfortable for you to perform.
6. **What if I need to switch my registration time?** Please reach out to workwellivewell@mvphealthcare.com and we will try to accommodate your requests if there are openings available.
7. **Do I need to bring my own mat?** If you prefer your own mat, please feel free to bring it. However, MVP is providing mats and disinfecting wipes to clean equipment each round.
8. **Will water be available onsite?** We encourage participants to bring their own water bottle for filling at fountains, but we will have water available.
9. **Will there be bathroom facilities on site?** Yes, all locations have restrooms and/or porta-potties nearby.
10. **What if my partner or I can't make it the day of the event?** Please show up anyway! We can pair you with another partner or an MVP staff member.
11. **When will the results be posted?** Scoring will take place in real time, as the competitor's hand in their score cards.
12. **What if there is a tie for highest scoring team?** In the event of a tie, one team member from each team will compete in 30-second burpee challenge! The team member with the most burpees wins! If one team isn't present for the challenge, it is considered a forfeit, and the present team is automatically crowned the winner!
13. **What if it rains the day of the event?** We have a rain date scheduled for **Thursday, September 26**. We will have updates on our website and reach out to participants via email if we must switch dates. You will NOT have to re-register; your check-in time will remain the same.