



## INTRODUCTION TO COVID DOJO

Healthy UL aims to support the university community to improve overall health and wellbeing.

Covid 19 has given us all time for pause and to consider what do we really want for our life and this planet. **COVID DOJO** aims to shift your perspective about the pandemic. You can complete **COVID DOJO** safely whether there are restrictions in place or not.

**COVID DOJO** takes its inspiration from CODER DOJO, which implemented a belt system drawn from martial arts. There are different levels to **COVID DOJO** and for each level you must complete a series of tasks/challenges. These activities are linked to the six themes of Healthy UL – Healthy Environments, Addictive Behaviours, Mental Health, Sexual Health and Wellbeing, Healthy Eating and Physical Activity.

To take part in **COVID DOJO** you must first register with Healthy UL.

Send your name and indicate whether you are an undergraduate student, a postgraduate student or a member of staff to [HealthyUL@ul.ie](mailto:HealthyUL@ul.ie)

You can register to participate individually, or in groups. You will need to indicate your team- mates in your email if you are registering as a group.

You will receive confirmation that you have successfully registered via an introductory email.

**COVID DOJO** is starting in January 2021. Participants will work in teams of four to complete the different tasks (though you may not be completing the challenges in the same place or even at the same time).

Don't worry if you register on your own initially. You will be randomly assigned to a group that corresponds to your university status (undergraduate, postgraduate or staff).

For each belt, one of the team members will be the Level Lead. The Lead will be responsible for logging and registering the completion of each task. At each level, the Lead rotates so every member of the team will be a Lead at some stage. Each team can progress at their own pace.

As you progress through the levels, the tasks get progressively more challenging. On completion of a Level each team member will receive a coloured 'belt'. In addition to the **COVID DOJO** belt there will be spot prizes and goodie bags up for grabs throughout the year.

If for any reason you are not in a position to complete a particular task please get in touch with Healthy UL and an alternative task/challenge will be agreed with you. Our email address is HealthyUL @ul.ie

**COVID DOJO** doesn't promise to change your life or the pandemic. If you complete the tasks associated with the levels you should feel better, more in control and see that small changes can make a big difference. Hopefully you will also have some fun.

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