



Bike to work. Rules of the game

The competition period is from the 7th – 27th of May 2025.

The main goal of this project is to encourage as many people as possible to choose an active way to transport to and from work. By doing that we hope to encourage people to live a healthier more environmentally friendly lifestyle.

The rules are simple

Who can participate?

Everyone can participate in this project as long as they choose a physically active transportation to and from work. People can for example choose to bike, walk, run, rollerblade or skateboard. Those who use public transportation can also participate by registering the distance they walk between the transportation and the workplace.

Number of days

Every participant can register any 15 days within the three-week period. It does not matter what 15 days, whether it is the weekend, holidays or weekdays. This is done so that it is fair for both shift workers and daytime workers.

What should the number of employees be at each workplace?

Every employee who is on payroll at the start of the project should be counted in the total number. If some employees are on a leave of absence at the time they can be subtracted from the total number.

No changes can be made on the number of employees after the 15th of May except for if the people working for Bike to work request it.

What activity can one register into the system as a part of this project?

Even though each participant registers the distance they travel (km) to and from work in the system, the distance is not what counts in the workplace competition. The number of days each participant uses an active transportation to and from work is what matters.

Participants can register the following:

- Active transportation to and from work.
- All work related travel to and from meetings that otherwise would have been done in a car.



What activity can one not register into the system as a part of this project?

The main goal of this project is to influence how people travel to and from work. Even though the following are great ways to stay active, it is not in accordance to the goal of this project.

Therefore one can not register:

- Exercise during lunchbreak at work, no matter if it is biking, walking or other activity.
- Biking or other activity after you come home from work.
- If employees bike or walk to get between places within the workplace.

We trust in the honesty of participants.

There are two categories in this competition

1. **Workplace competition** where you compete for the most participation days (the proportion of participation days to the number of people working in the workplace)
2. **Kilometre competition** where teams of max 10 participants compete against each other on the total distance travelled in the 13 day period.

In the workplace competition there are 8 categories depending on the number of employees in the workplace. The categories are:

3-9 employees, 10-19 employees, 20-39 employees. 40-69 employees, 70-129 employees, 130-399 employees, 400-799 employees and 800 and more employees.

In the kilometre competition there is only one category and is this part of the competition optional.

To register for the kilometre competition you need to mark “já, við tökum þáttí kílómetrakeppninni” when you sign up your team. It is also possible to sign up after the team has already signed up, and then it needs to be the team leader (liðstjóri) who does that. The minimum number of participants in one team is 3 and the maximum is 10.

When it comes to the use of electrical bicycles in the kilometre competition the following applies:

- If you use the motor you should multiply the distance travelled by 0,75.
- If you do not use the motor you can register a 100% of the distance travelled.

NOTE: E-bikes and e-scooters are an environmentally friendly means of transport and are valid in Bike to work. The rule is that you must multiply the kilometers with 0.75 and enter that number into the system.

Example: 3 km traveled on e.g. e-scooter. $3 \times 0.75 = \underline{2.25 \text{ km}}$

**Team leader (liðstjóri)**

One person can register and be team leader for more than one team. It is also possible to sign the whole workplace all in one team.

The social security number (kennitala) of the workplace

There are many workplaces that share the same kennitala, for example within the same municipalities. When this is the case it is important that each workplace borrows another kennitala (for example from one employee)

Same workplace, different location

Workplaces that are in more than one location, and more than one town can choose to compete as a whole, or as number of different workplaces.

Safety first

Each participant is responsible for their own safety. We encourage everyone to be careful, use helmets and other protection and ofcourse follow the traffic rules and respect other pedestrians.

Lets use active transportation

Bike – Walk – Run – Take the bus



You can find more information at www.hjoladivinnuna.is