



**STEP UP  
TO END POLIO**  
In commemoration of  
**WORLD POLIO DAY  
OCTOBER 24**



**Come join us in our 8-week Steps Challenge:**

- A) 500,000 Steps
- B) 1,000,000 Steps
- C) 1,500,000 Steps

**Make a DONATION to participate !**

**Every child in the world deserves to be vaccinated against polio. Help us by contributing generously to The Rotary Foundation's Polio Plus Fund.**

**Organised by the Rotary District 3310 PolioPlus subcommittee**

**Webpage: <http://www.rotarydistrict3310.org.my/stepupendpolio>**

**Contact email: [stepuptoendpolio@gmail.com](mailto:stepuptoendpolio@gmail.com)**

**#stepupendpolio #stepup #endpolio  
#endpoliobrunei #endpoliomalaysia #endpoliosingapore**

**REGISTER NOW**



## 8-Week Steps Challenge

21 August to 16 October 2022

1. Register your participation via google form <https://forms.gle/i7pSrkJwSPKeEMis6>
2. Sign in to myrotary.org and donate USD50 or more per category to PolioPlus Fund, The Rotary Foundation
3. Screenshot your donation proof to your respective PolioPlus regional chair and email to [StepUpEndPolio@gmail.com](mailto:StepUpEndPolio@gmail.com)
4. Download **Step Up to End Polio App** from Apple Store or Google Play in your mobile device
5. Setup your Profile in the Step Up to End Polio app
6. Enjoy your Steps Challenge

### Rules and Regulations

1. You may register for multiple challenge categories.
2. You can only win in one of the categories.
3. All participants must be at least 18 years of age.
4. Allow 3 days' turnaround time from our receipt of your PolioPlus Fund donation proof to start your Steps Challenge.

### Indemnity and Permission

All participants agree to release the organisers of Step Up to End Polio from any and all claims for damages or injuries sustained while participating in this event or any related activity, and give permission for organisers to use any photograph, video, film, audio or any recording device and likeness for any and all purposes.



### Health Advisory

You are strongly encouraged to exercise discretion when embarking on higher intensity physical activities. Please ensure you are in good fitness condition before attempting any challenge. If you have an existing heart condition or any other illness and/or injury, please consult a doctor prior to your participation.

### Donation to PolioPlus Fund (Steps Challenge Participants)

For donations to the PolioPlus Fund, kindly do it after signing in through your membership in MyRotary.org, or seek the assistance of your Club President or Club Foundation Chair. This is to ensure yourself and the club receive the foundation recognition.

**Donations to PolioPlus Fund are to be fulfilled by 16 October 2022.**

Thank you for your generous support!