

CARIFIN HEALTH & FITNESS CLUB



FUN FITNESS & FRIENDSHIP

Procedures

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Preface

From its inception in 1991, the CariFin Health and Fitness Club has sought to bring financial institutions together through its many projects, promoting physical fitness among all.

The Club's Urban Challenge and Cross Country Run and Family Day is comprised of a series of events designed to ignite that natural spirit of competition we all possess. It helps to encourage a more active lifestyle through responsibility for one's health.

The CariFin Health and Fitness Club through its foresight have brought employers and their employees of various financial institutions into an environment of camaraderie to foster bonds and promote physical fitness.

As the voice of Lupus, CariFin is able to use this medium to raise funds for the Lupus Society of Trinidad and Tobago. This support enables us to assist the foundation in raising awareness, and improving the quality of the lives of those afflicted with a disease that many know little of.

Over the years, CariFin has increased the number of events and as a result each organization has been encouraged to rise to the occasion. CariFin games have evolved into a platform or publishing company where we are able to honor and recognize the participation and level of success our teams and individuals. The Torch Run

Carifin Events

The Torch Run

The first event of the CariFin Games begins with the **Torch Run Relay**. Having started in 2002, this event kicks off CariFin Games. This event provides each team with the opportunity to show their commitment and support to the games. Each participating institution head is invited to the start of the Torch Relay for the traditional photo opportunity with the rest of the leaders from the participating CariFin Games institutions. The photo op is taken with the backdrop of the 25th anniversary banner with the leaders holding the Torch.

At the end of the photo op the governor of the Central Bank would lead the Torch Relay along with the rest of the leaders of the financial sector and CBTT staff on the 1st leg.

Each participating team will be assigned a predetermined location or leg based on where their institution is located. For instance central Bank legs

CariFin Torch relay is about bringing that light or brightness to the financial services sector to encourage that whole movement towards

The Urban Challenge

The 'Urban Challenge' consist of 3 of the warm – up events which takes place in Port of Spain before we head to Sevilla Golf course where many of the questions still left to be answered would be answered, like the best runners and walkers in the 4 – part series. The 1 Lap Savannah is the 1st competitive event of the Games and is a single Lap around the Queen's Park Savannah. This event is usually held at the Queen's Park Savannah and has been a benchmark for speed and fitness within the City. It is one of three warm up events meant to stroke the competitive fires of the participating organizations. This establishes the positioning of all other events and usually spans a distance of 2:28 miles. (The Urban challenge includes the 1 Lap savannah, the Green Mile and Chancellor Challenge.)

The Green Mile

The next Urban Challenge is the One Lap Green Mile. This takes place around the Savannah as well. The top time achieved in this event is 5.37 minutes; other participants of varied levels of fitness have finished in approximately 18 minutes. However, the question remains...who can beat this time.

The Chancellor Challenge

The Chancellor Challenge. The race is judged via two main categories, Running or Walking. This is an opportunity for you to discover if you have the strength, stamina and speed to make it to the top of the Chancellor Hill. The points keep racking up for your respective organizations as you complete each challenge.

Fitness Aerobics Burnout

CariFin has a unique fitness burnout. Though it began in 2014 it has introduced a sense of balance and has added variety to this packed itinerary. It is meant to challenge the avid runner or walker by encouraging them to go outside his or her normal routine and do something new, different and fun.

All Fours Competition

No one can accuse CariFin of having all work and no play. Yes, there is serious competition out there for those who would not consider themselves to be very athletic. This is an opportunity for any individual, regardless of their level of fitness, to score points for your respective organization.

Cricket / Football

7-a-side wind-ball cricket



Teams can include staff and spouses. Pelting is permitted at any speed, LBW rules do not apply, bowlers can only bowl three overs and wetting the ball is permitted.

7-a-side small goal



Five players per team and the games will consist of two (2) 10-minute halves. Two (2) substitutions are allowed per team.

CariFin Cross Country & Family Day

FAMILY is the focus of the day. Where other events targets the employee, this event centres around each member of the family. It begins with an opening ceremony and a meeting of the teams. All events accommodate children 19 years of age and under.

- ✚ Adult Novelty/Kids Park Activities
- ✚ Warm up and Kids Race (Age groups: 5-7, 8-11, 12-15, 16-18)
- ✚ Walking Race (2.2 km)
- ✚ Fun Run
- ✚ Female Cross Country Race
- ✚ Male and Female Cross Country Race
- ✚ The Dance Off
- ✚ Ms CariFin

CariFin Boat Cruise

Relax those tired, aching muscles on the Boat Ride...wait...did we say relax. No... here you will have the opportunity to dance the night away. Experience a true HAPPY HOUR when the DJ sounds off the call. There will also be a CariFin Trivia for some amazing prizes... Do you have the answers? Security available for all vehicles.

Part proceeds goes to the Voice of Lupus Foundation.

Prize Distribution

On the Final Night, Prizes will be distributed and the ultimate winner declared. Who shall take home the GRAND PRIZE...WHO WILL BE THE ONE?