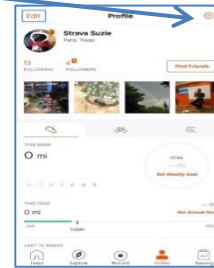1. Download the Strava App onto your device (or you can access on strava.com)
2. Log in to your existing account or create an account if you do not already have one. (You do not need to sign up to be a member or do a free trial, you can skip this as the basic account is free).
3. Select Profile (orange person at the bottom) and go to ==*settings*== in the top right hand corner

4. Select privacy controls. Ensure group activities setting is on ==*followers only*==
5. Select ==**Profile**==
6. Select ==**Find Friends**==
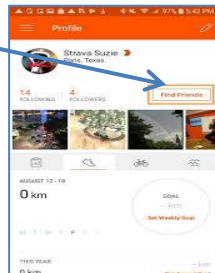
7. Search ==**alder PE**==
8. Select ==**follow**==
9. Now select ==**explore**==
10. Select ==**find club**==
11. Depending on the activity you wish to take part in (you can join both), search for:
    - Alder walk, jog or run
    - Or Alder Cycling
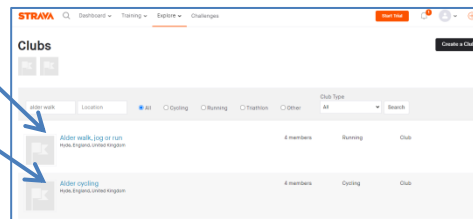
12. Select ==**join club**==
13. The request will then be sent to the PE department who will accept you. Once accepted, your activities will automatically be added to the relevant leaderboards. Please note that you must select the correct activity for it to go on the leaderboard.
    - For the **cycling group** you must select ==*ride*== as your chosen sport.
    - For the **Walk, jog or run** group you must select ==*run*== as your chosen sport.
    - You can edit each activity after you have completed it.
14. To view the leaderboards select ==*profile*==, scroll down to clubs and select relevant club, scroll down and select leaderboard.

Uploading activities manually

You can add an activity to Strava even if you didn't record it with a GPS device by creating a manual activity. This is a great way to keep track of your training even if you aren't able to record with a GPS device. Simply enter ==*time*== and ==*distance*== for an activity (like a ride, run, hike, walk, etc).

 On the website
1. select the ==+== icon in the upper right-hand corner.
2. Select ==**Add manual entry**== from the drop-down list.
3. Select your sport, enter the other required fields, and click Create or Save.

 On Android devices
1. select the ==+== icon on the bottom right of your feed
2. select ==**Manual Activity.**==
3. Select your sport, enter the other required fields, and click Create or Save.

 On iOS devices
1. select the ==+== icon in the upper left-hand corner
2. select ==**Manual Activity**==
3. Select your sport, enter the other required fields, and click Create or Save.