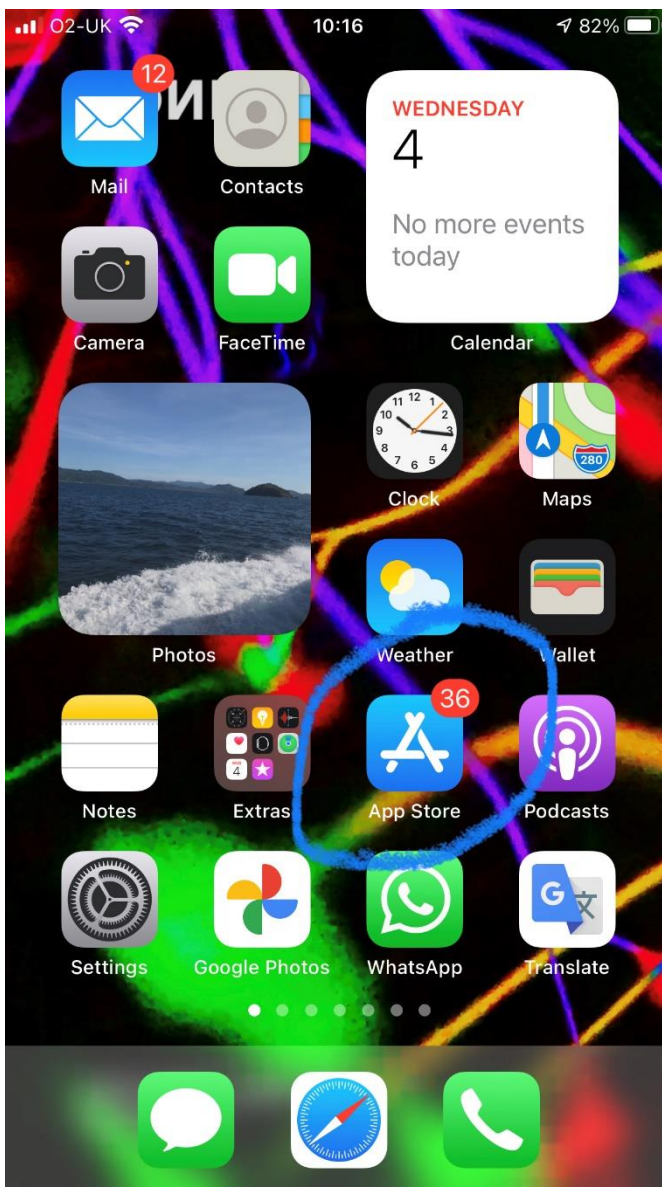


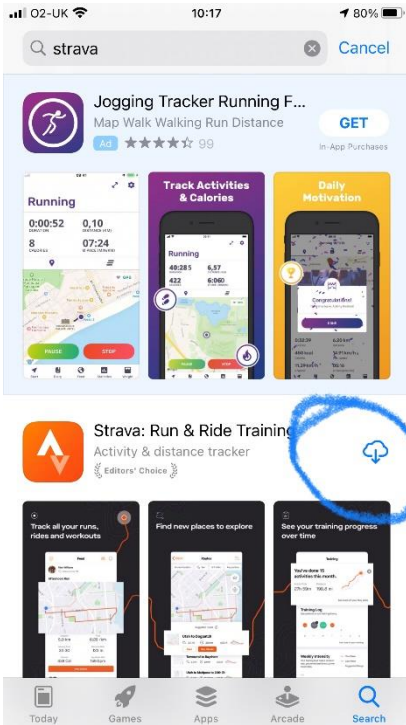


Strava App Guide

Here at the Sport and Wellbeing team we want to continue our promise of providing an active lifestyle and healthy wellbeing to the University of Southampton community. That is why we have set up a club on the app Strava. Strava is a great tool for this winter, it allows you track your walking, running and riding, share experiences and connect with other likeminded individuals. We hope that by creating the Team Southampton club we get more people active and engaging in a positive mindset. The first part of this how to guide will be on downloading and getting set up on the app, with the second half on how to join the Team Southampton club.



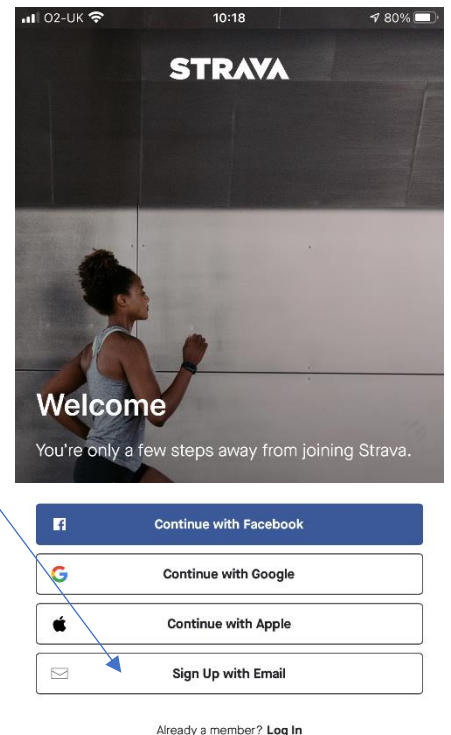
In order to download Strava, first go to your phones' app store. For androids this is Google Play and for iPhones this is the App Store (see screenshot). Click on this to proceed to the next steps.



Next type in the search bar at the top 'Strava'. It should be the first app to come up. Then click the download button

When the app has finished downloading, open it up. You will then be greeted by this screen.

You can sign up via two different ways. The first way is with an email address and the second is via facebook. Firstly, we will go through how to sign up via email. Click the bottom button that says 'Sign up with Email'





Signing up via email

O2-UK 10:20 79%

[Back](#)

Sign up with email

Email

Password

Passwords must contain at least 8 characters.

By signing up you are agreeing to our [Terms of Service](#).
View our [Privacy Policy](#).

Agree and Sign Up

You will then be taken to this screen. Simply type in your email and a password. Keep these safe as you will need both of these to log in in future.

O2-UK 10:20 79%

Create your profile

The profile is the home of your activities and how friends find you on Strava. It's public by default, but you can change that at any time in your Privacy Controls.

First name

Last name

Birthdate ?

Gender ?

Male

Female

Other

Continue

Next you will need to complete a few details. These include your name, birthday, gender and marketing preferences.

After this you will be taken to the main screen and you will have finished signing up.

O2-UK 10:21 79%

[+](#) **Feed** [👤](#) [🔔](#)

Following You Clubs

Getting Started

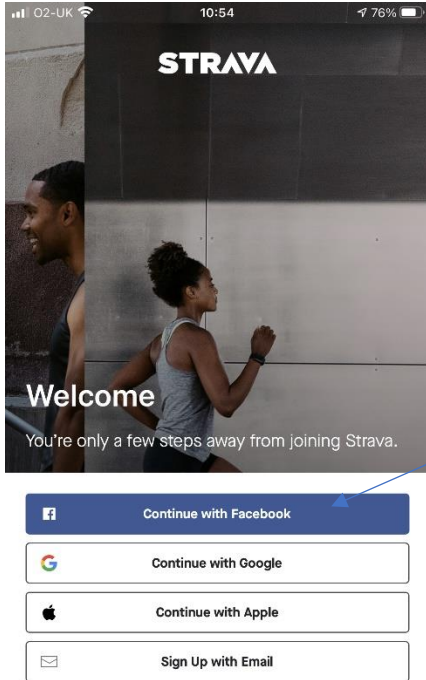
To get you started, we've detailed a few steps on how to get the most from Strava.

- Connect a GPS watch or computer
- Record using this app
- See what your friends are doing
- Subscribe to Strava
- Learn more about privacy on Strava

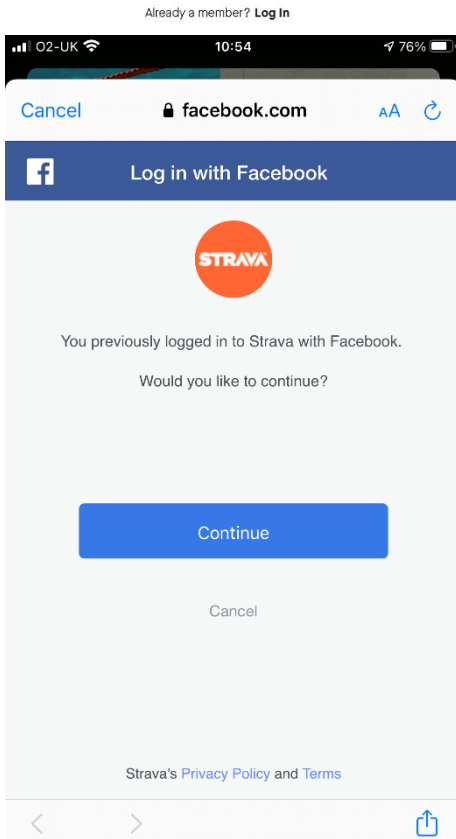
Home **Explore** **Garment** **Profile** **Training**



Signing up via Facebook

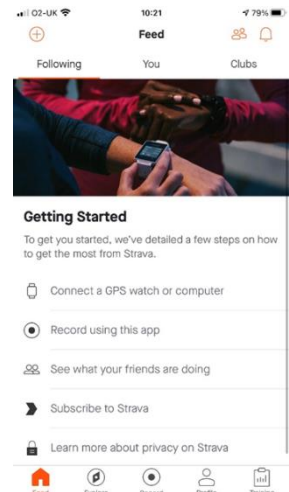


If you wish to sign up via Facebook then the method is a bit different. One of the advantages of doing it this well is you can connect with friends you have on Facebook. To start this process click 'Continue with Facebook'.



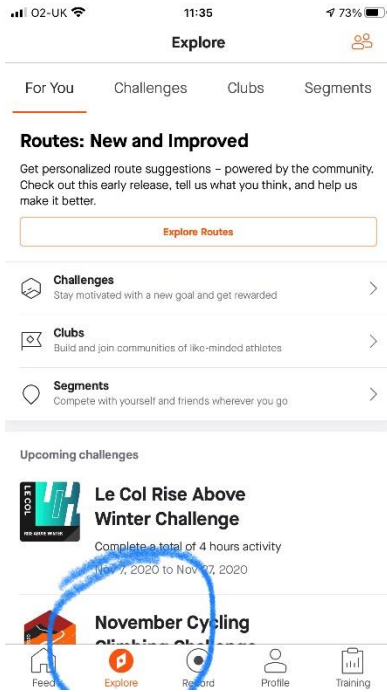
It will then ask you to log in with your Facebook email/username and password. After this it will ask you link the account (like the screenshot). Press continue

You will then be directed to the home screen





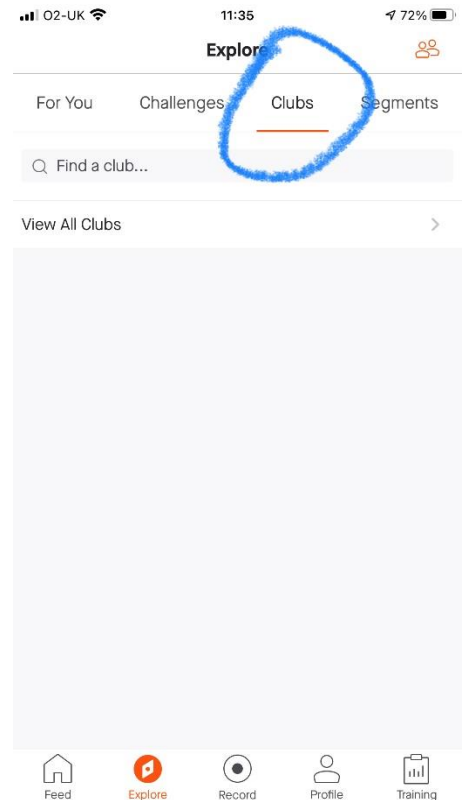
Joining a Club

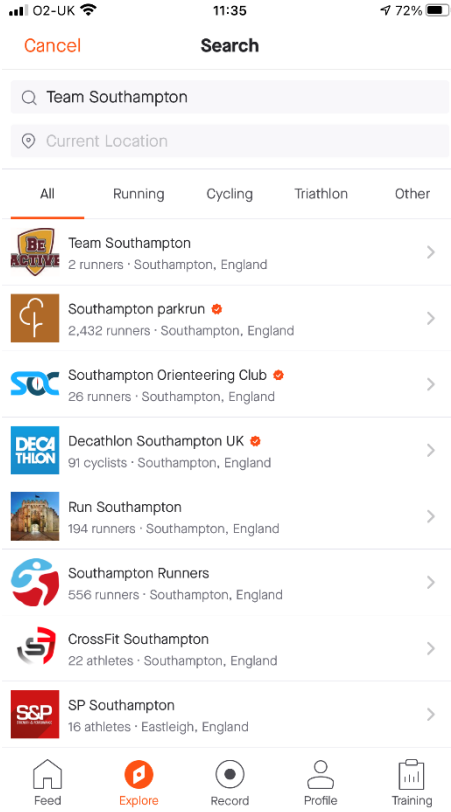


In order to join the Team Southampton club, first click on 'Explore' at the bottom of the page

You will then be taken to this screen.

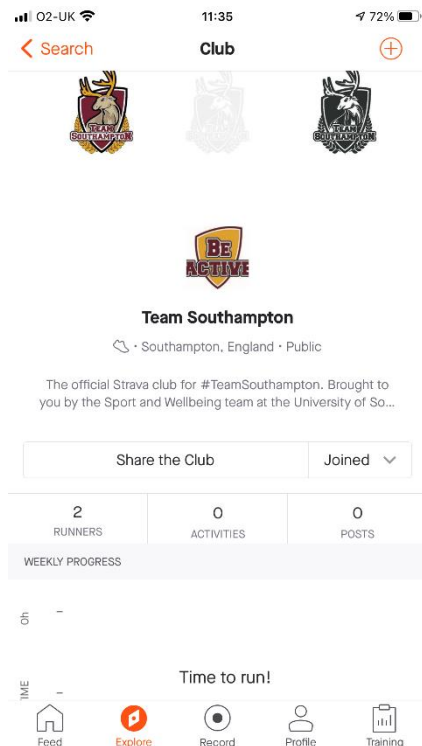
Click on clubs at the top





Then in the search bar at the top search for our club – Team Southampton.

It should be the first that appears. Click on this.



You will then be taken to our club page and can join it here.

as we update this more and more, you will see other people’s sessions, posts and leader boards.