



SIEMENS

Dear Colleagues,

The Siemens Sport and Recreation Center and the Regional Office for Erlangen/Nuremberg cordially invite you, as Siemens employees, to participate in a Sports Badge initiative that's true to the motto:

Move together. Discover new things. Take part and earn the German Sports Badge!

After a joy- and successful 2023 we plan to keep up the good work. Together we want to work on our endurance, strength, speed and coordination, discover new sporting disciplines outdoors and have lots of fun along the way. We are very pleased that Ralf Thomas, CFO and Member of the Managing Board of Siemens AG as well as Siemens Spokesperson for the Metropolitan Region of Nuremberg, will support our German Sports Badge initiative.



Details in a nutshell:

- ✓ All employees of **Siemens AG, Siemens Mobility, Siemens Healthineers and Siemens Energy** can participate in the activities and training. Family and friends are warmly invited to take part in these activities, too! Additionally we are happy to invite any refugees from Ukraine you are in contact with and who want to take part.
- ✓ Regardless of gender, anyone over the age of six can seek to earn the German Sports Badge – even if they are not a member of a sports club.
- ✓ You take the challenge by completing the requirements for one discipline from each of the four categories of endurance, strength, speed and coordination. Depending on your performance relative to your age group, the Sports Badge can be awarded in bronze, silver or gold.
- ✓ Are you a team player? We offer a team Sport Badge for groups of four. In this case, each team player takes on one of the four categories: endurance, strength, speed or coordination.
- ✓ In the run-up to the initiative, we're offering the possibility to work out together in person to get in shape for the Sports Badge, every Thursday from 5:30 – 7:00 pm, starting mid Mai. Additionally we provide, training videos with instruction for the specific disciplines on Yammer.
- ✓ Employees with disabilities can also earn the German Sports Badge – based on the Conditions established by the German Disabled Sports Association (DBS) and the German Olympic Sports Federation (DOSB) and the corresponding Guidelines ([↗ link available in German only](#)).



Choose one discipline from each category

1. Endurance:

running 3 km,
swimming, Nordic walking 7.5 km
(where appropriate)

2. Strength:

medicine ball, shot put,
stone put, standing long jump

3. Speed:

running 50/100 m,
swimming 25 m

4. Coordination:

long jump, high jump,
Schleuderball, jump rope

Register now!



If you'd like to take part, [please register.](#)

You can find all further information, news and videos in our [Yammer group.](#)

Do have questions regarding the German Sports Badge? [Click here to see FAQs.](#)

Dates

Preperations for the Sports Badge

Starting mid of May, we offer trainingsessions every Thursday from 5:30pm – 7:00pm for you to train towards the best results possible. Additionally instruction-video for each discipline can be found on [Yammer.](#)

Examination of the swimming performance for the German Sports Badge

Starting April until June, you can get your validation for the swimming disciplines every Sunday from 8.00 am – 9:00 am at the Hannah-Stockbauer-Halle in Erlangen.

Examination of the athletic performance for the German Sports Badge

From Mai to September you can get your validation for the following athletic disciplines: running, jumping and throwing. The examination will take place every second Wednesday from 5:30pm – 7:00pm at the Siemens Sportscentre in Erlangen.

Additional Dates for Biking and and Nordic Walking disciplines

You can complete the Biking disciplines (200 m, 10 km and 20 km) and the Nordic Walking disciplines (5 km and 7.5 km) on specific dates in June and July.

You will receive all further information and detailed dates via mail, after signing up.

Closing ceremony

Our Sportsparty will take place on the 29th of June 2023. There will be an exciting programm and plenty of this to do with special events. New information on the party will be shared in our Yammer-Group or via Mail.

Do you have any questions on the event or the German Sports Badge?

Feel free to contact our Health Promotion Team in from Erlangen:

Dr. Michael Bebenek, David Wagner, Julia Sauerhammer, Adam Heron

sportzentrum.hr@siemens.com

Siemens AG
Regionalreferat Erlangen/Nurnberg
Leitung Michael Sigmund
Siemenspromenade 3
91058 Erlangen

Siemens AG
Sport- und Freizeitanlage Erlangen
Leitung Dr. Michael Bebenek
Komotauer Str. 2–4
91052 Erlangen

