



GET SET GO GUIDE

PHYSICAL ACTIVITY DIRECTORY



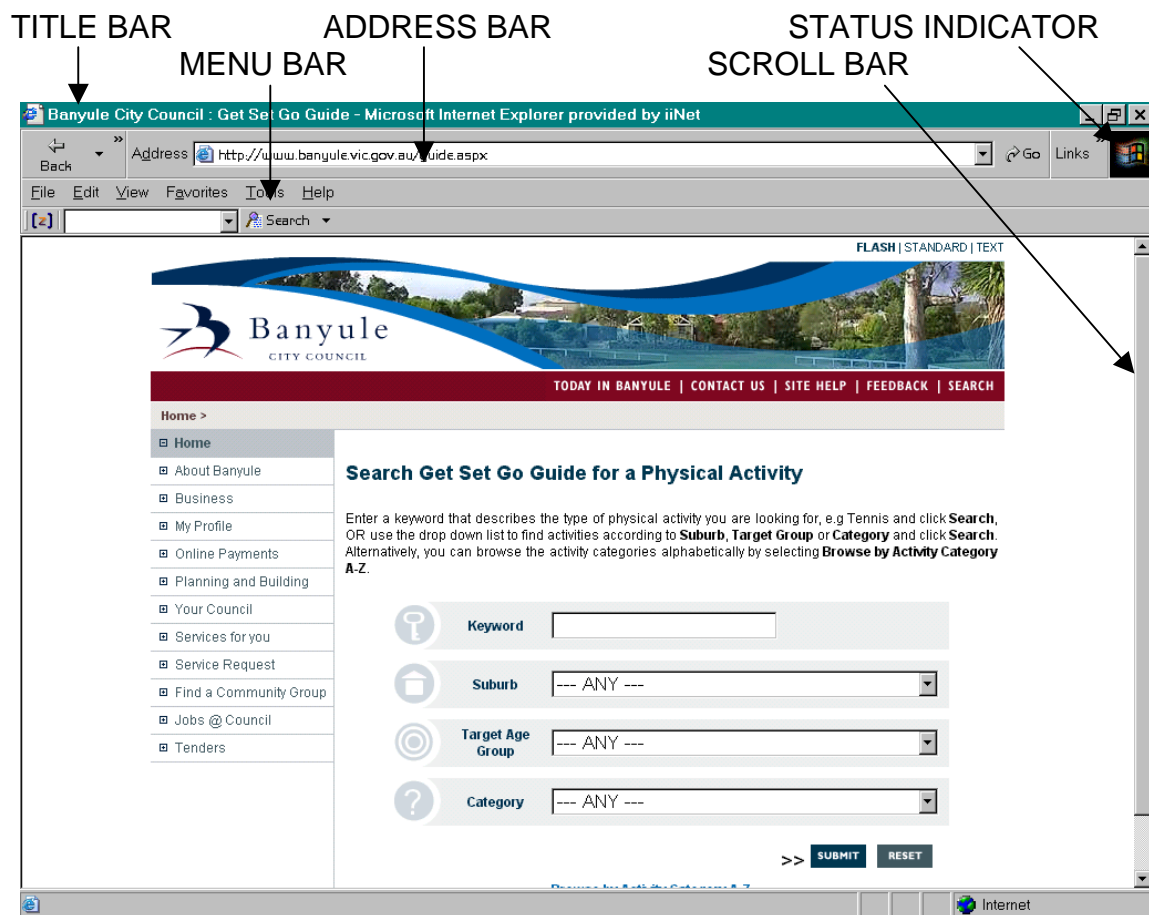
USER OPERATION MANUAL 2004

GET SET GO GUIDE – Physical Activity Directory

Introduction

Typical Internet Explorer & Web page features

The screen capture below outlines the main features of an Internet Explorer screen and a typical Web page, using the Banyule City Council website as example



TITLE BAR

- Displays the name of the web page on screen

ADDRESS BAR

- Shows the address (URL-Uniform Resource Locator) of the Web page on screen

MENU BAR

- Drop down menus offer access to a variety of options such as adding web page to Favorites

STATUS INDICATOR

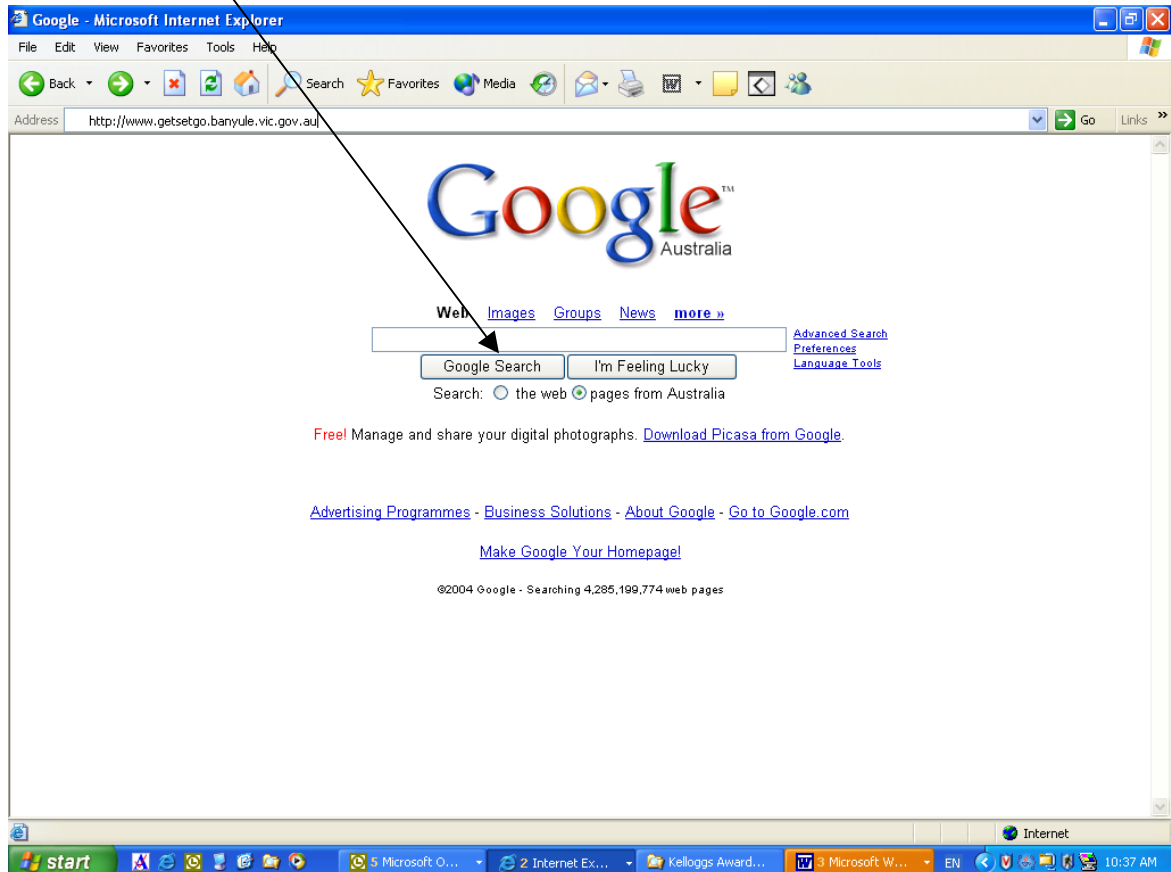
- 'spins' when a web page is being loaded (transferred from the computer that holds that page to your screen)

SCROLL BAR

- allows you to move through a web page which is bigger than the screen area

How to Find the Get Set Go Guide on the Web

- Type <http://www.getsetgo.banyule.vic.gov.au> in address line & hit <Enter>
- OR
- Type <Get Set Go Guide> in Google Search Engine & hit <Enter>



How to Find the Get Set Go Guide on the Web

From Banyule City Council website home page

- Go to Banyule City Council website <http://www.banyule.vic.gov.au>
- Click **Get Set Go Guide** button – this will take you to the **Get Set Go Guide** Introductory page



- From the Introductory Page click link **<Click here to browse Get Set Go Guide**



How to Find the Get Set Go Guide on the Web

How to find Get Set Go Guide when in Banyule City Council Website

- Go to <Services for You> menu and select <Leisure Services> heading
- Select <Get Set Go Guide> at top right hand corner
- The website will take you to <Get Set Go Guide> page
- Click on <**Browse Get Set Go Guide**> link at top of page
- Click on link <**Click here to browse the Get Set Go Guide**>

The screenshot shows a Microsoft Internet Explorer browser window displaying the Banyule City Council website. The address bar shows the URL: <http://www.banyule.vic.gov.au/Content.aspx?topicID=950>. The page title is "Banyule City Council : Get Set Go Guide".

The left-hand navigation menu is expanded to "Services for you", which includes a sub-menu for "Leisure Services".

The main content area is titled "Get Set Go Guide" and contains the following links:

- [Browse the Get Set Go Guide](#)
- [Advise Council of Alterations](#)
- [Add your activity to the Get Set Go Guide](#)
- [Get active every day - your way with Get Set Go Guide](#)
- [Banyule Nillumbik Primary Care Alliance Physical Activity Directory concept](#)
- [Note on accessibility regarding Get Set Go Guide listings](#)

Below the links, there is a prominent orange link: [Browse the Get Set Go Guide](#)

Underneath that is a blue link: [Click here to browse the Get Set Go Guide.](#)

The text below the links reads: "The Get Set Go Guide is an initiative of the Banyule Nillumbik Primary Care Alliance (BNPCA) and is a tool to assist people to get active."

Below that, it states: "The Get Set Go Guide is managed by Banyule City Council and the information is updated quarterly."

A photograph of four people (two men and two women) riding bicycles is shown at the bottom right of the page content.

The Windows taskbar at the bottom shows the Start button, several open application windows, and the system tray with the time 11:59 AM.

How to Search Get Set Go Guide for a Physical Activity

You can search the Get Set Go Guide for a physical activity according to:

- **KEYWORD**
- **SUBURB**
- **TARGET AGE GROUP**
- **CATEGORY**

Example A:

- Type <Yoga> into **KEYWORD** box - OR
- Click arrow on **CATEGORY** box and select <Yoga> from drop down menu
- Click arrow on **SUBURB** box and select <Bundoora> from drop down menu
- Click <**Submit**> button to obtain search results

The screenshot displays the Banyule City Council website's 'Get Set Go Guide' search interface. The browser window title is 'Banyule City Council : Get Set Go Guide - Microsoft Internet Explorer'. The address bar shows the URL 'http://www.banyule.vic.gov.au/Guide.aspx?TopicID=949'. The page features a navigation menu on the left with options like Home, About Banyule, Business, My Profile, Online Payments, Planning and Building, Your Council, Services for you, Service Request, Find a Community Group, Jobs @ Council, and Tenders. The main content area is titled 'Search Get Set Go Guide for a Physical Activity' and includes instructions: 'Enter a keyword that describes the type of physical activity you are looking for, e.g Tennis and click Search, OR use the drop down list to find activities according to Suburb, Target Group or Category and click Search. Alternatively, you can browse the activity categories alphabetically by selecting Browse by Activity Category A-Z.' The search form contains four fields: 'Keyword' with the text 'Yoga', 'Suburb' with a dropdown menu showing 'Bundoora', 'Target Group' with a dropdown menu showing '--- ANY ---', and 'Category' with a dropdown menu showing '--- ANY ---'. Below the form are 'SUBMIT' and 'RESET' buttons. A blue arrow points from the 'Category' dropdown menu to the 'SUBMIT' button. The page footer includes the 'start' button and a taskbar with open applications like Microsoft Outlook, Internet Explorer, Get Set Go Guide T..., and Microsoft Word...

How to Search Get Set Go Guide for a Physical Activity

Example B:

- Click arrow on **SUBURB** box and select <Bundoora> from drop down menu
- Click arrow on **TARGET AGE GROUP** box and select <Adults> from drop down menu
- Click arrow on **CATEGORY** box and select <Yoga> via drop down menu
- Click <**Submit**> button for search results

The screenshot shows a Microsoft Internet Explorer browser window displaying the Banyule City Council website. The address bar shows the URL <http://www.banyule.vic.gov.au/Guide.aspx>. The website header features the Banyule City Council logo and navigation links: TODAY IN BANYULE | CONTACT US | SITE HELP | FEEDBACK | SEARCH. A left-hand navigation menu includes links such as Home, About Banyule, Business, My Profile, Online Payments, Planning and Building, Your Council, Services for you, Service Request, Find a Community Group, Jobs @ Council, and Tenders. The main content area is titled "Search Get Set Go Guide for a Physical Activity" and contains the following instructions: "Enter a keyword that describes the type of physical activity you are looking for, e.g Tennis and click **Search**, OR use the drop down list to find activities according to **Suburb**, **Target Group** or **Category** and click **Search**. Alternatively, you can browse the activity categories alphabetically by selecting **Browse by Activity Category A-Z**." Below the instructions is a search form with four fields: "Keyword" (text input), "Suburb" (dropdown menu with "Bundoora" selected), "Target Age Group" (dropdown menu with "Adults (25-34yrs)" selected), and "Category" (dropdown menu with "Yoga" selected). At the bottom right of the form are "SUBMIT" and "RESET" buttons.

Get Set Go Guide Search results page

- To obtain full results of your Get Set Go Guide search, click on link relating to your preferred activity (underlined in blue) ie: [Contact Community Centre](#)
- If you would like to perform another search, click on underlined link [<Search again>](#) to return to the **Search Get Set Go Guide Guide for a Physical Activity** page

The screenshot shows a Microsoft Internet Explorer browser window displaying the Banyule City Council website. The address bar shows the URL <http://www.banyule.vic.gov.au/Guide.aspx>. The page features the Banyule City Council logo and a navigation menu on the left. The main content area displays the search results for 'Yoga Bundoora'. The results are shown in a list with one item: '1. [Contact Community Centre](#)'. Below the results, there is a 'Search again' link and a 'Get Set Go Guide Fact' section. The footer contains copyright information and links for 'Print Version', 'Email to a Friend', and 'Top'.

Banyule City Council
TODAY IN BANYULE | CONTACT US | SITE HELP | FEEDBACK | SEARCH

Home >
Home
About Banyule
Business
My Profile
Online Payments
Planning and Building
Your Council
Services for you
Service Request
Find a Community Group
Jobs @ Council
Tenders

Get Set Go Guide Search results

Your search returned the following results, click on the link's below to see them.

[Search again](#)

1. [Contact Community Centre](#)
Yoga
Bundoora

Displayed in groups of 20 1

[Search again](#)

Get Set Go Guide Fact

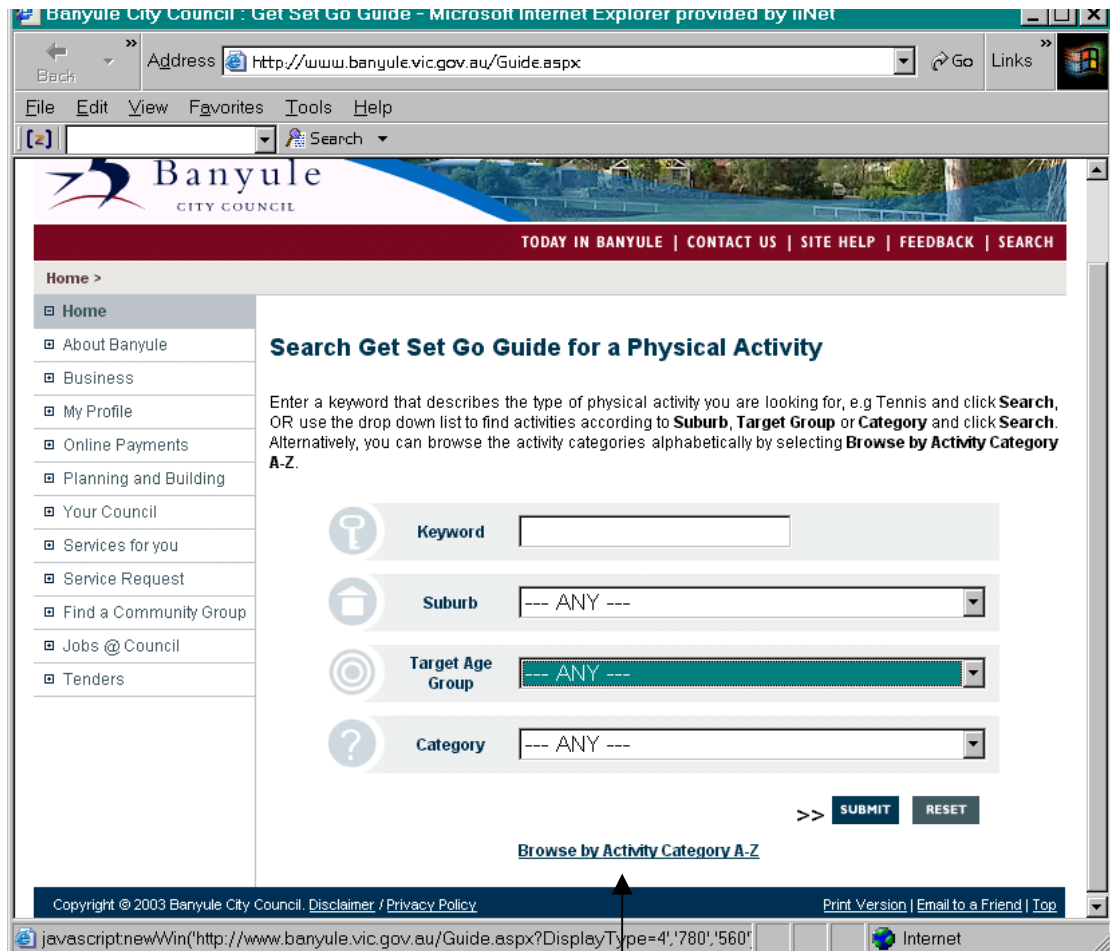
The recommended daily requirement of physical activity is 30 minutes per day. However, three 10 minute sessions per day can be just as effective. Further benefits can be achieved as the duration and intensity of the physical activity increases.

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How to Search Get Set Go Guide for a Physical Activity

Get Set Go Guide A-Z Category Page

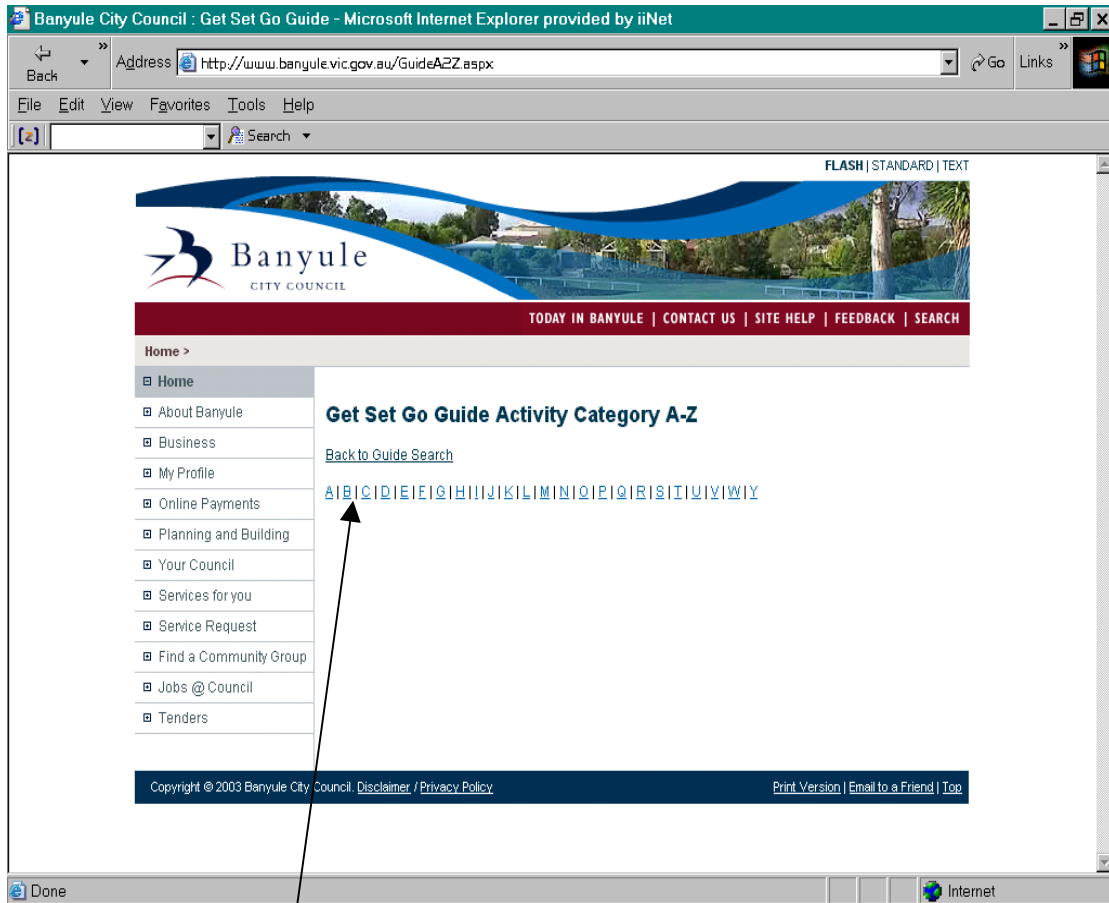
- You can also browse the Get Set Go Guide by categories A-Z



- Click on the <**Browse by Activity Category A-Z**> link to search the Get Set Go Guide Activity Index
- You will then enter the Get Set Go Guide A-Z Category Page

How to Search Get Set Go Guide for a Physical Activity

Get Set Go Guide A-Z Category Page



- Click on the letter that your preferred activity starts with and a range of choices will appear
- Then, select activity of your choice

Get Set Go Guide Final Results Page

- Once you click on the link of your preferred activity the **Get Set Go Guide Search results** page will deliver you to the final results page, which lists full details about the activity of your choice (see below for example)
- With longer records, remember to use the **Scroll Bar** to navigate to the bottom of the screen
- If you wish to perform another search, click on the **<Back to results>** link and click on the **<Search Again>** link

The screenshot shows the Banyule City Council website in Microsoft Internet Explorer. The browser address bar displays the URL: <http://www.banyule.vic.gov.au/GuideDetail.aspx?GsggID=52>. The page features the Banyule City Council logo and a navigation menu on the left. The main content area displays the details for a Yoga activity.

Navigation Menu:

- Home >
- Home
- About Banyule
- Business
- My Profile
- Online Payments
- Planning and Building
- Your Council
- Services for you
- Service Request
- Find a Community Group
- Jobs @ Council
- Tenders

Activity Details:

[Back to results](#)

Yoga

	Activity	>>	Yoga
	Organisation	>>	Contact Community Centre
	Address	>>	Bundoora Hall, Noorong Ave, Bundoora
	Name	>>	Wilma Stubbs
	Melway Ref	>>	19 K2
	Phone	>>	9467 6305
	Fax	>>	9467 6305
	Activity Description	>>	Gentle exercise, relaxation and breathing instruction
	When	>>	9.45am, Tuesday
	Dates	>>	School terms
	Target Group	>>	Adults (25-34yrs) Adults (35-44yrs) Middle Age Adults (45-54yrs) Middle Age Adults (54-65yrs) Older Adults (65+)
	Gender	>>	Both
	People with Disabilities	>>	
	Fitness Assessment	>>	N
	Exercise Level	>>	Light
	Competitive?	>>	N
	Supervision Req?	>>	N
	Cost	>>	\$1 per session entry fee; \$50: per 10 week term
	Membership	>>	All pupils must be registered members of Contact via a registration form
	Disabled Access	>>	Y
	Parking	>>	Y
	Disabled Parking	>>	Y
	Toilets	>>	Y
	Disabled Toilets	>>	Y
	Bus Station	>>	Bus nos. 568, 566, 560 (Dysons)
	Train Station	>>	Tram No. 86 RMIT - city

[Icon legend](#) Last Updated : 02.04.04

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