

IDRETTSHELT

The Idrettshelt (ee-dretts-hellt) Sports Hero Medal rewards Sons of Norway members for living an active lifestyle. Once a member has earned the bronze, silver, gold and enamel medals in any of the main sports medal categories, they may move on to become an Idrettshelt, or Sports Hero. Here's how to earn this medal:

INSTRUCTIONS

1. Find your age group and sports category.
2. Each time you participate in your sport, log the date and distance in miles or points on this record card.
3. Have someone initial your record card showing your efforts.
4. When your record card is complete, submit it to your lodge Sports Director and they will order your medals from the Sons of Norway online store.

DO NOT SEND RECORD CARDS TO SONS OF NORWAY HEADQUARTERS

All strenuous sports activities should not be attempted without consulting your doctor first.

Participation in the Sports Medal Program may involve the risk of injury. The Participant (or their legal representative) agrees that he / she understands and voluntarily accepts this risk and agrees that Sons of Norway will not be liable for any injury, including and without limitation, personal, bodily, or mental injury, economic loss, etc.

HOW OFTEN CAN YOU EARN A PIN?

You can earn more than one pin each year, but they must be earned in consecutive order. You must first earn the bronze pin, next the silver, then the gold, the enamel, then the idrettshelt.

YOU MUST START AT ZERO EVERY TIME YOU BEGIN EARNING POINTS FOR YOUR NEXT PIN.



**SONS of
NORWAY**

www.sonsofnorway.com

NAME: _____

ADDRESS : _____

DISTRICT/LODGE: _____

MEMBER #: _____

BIRTH DATE: _____

I have completed the requirements for the Idrettshelt pin and wish to be considered for an award for ___(year)___

Signature of Participant

Signature of Lodge Sports Director

Date of completion: _____

List of previous pins earned: _____

IDRETTSHELT

Sports Medal Program



REQUIREMENTS FOR IDRETTSHETT

miles			miles	
Age	Gang	Sykkel	Age	Svømme
0-14	780	800	0-7	120
15-39	1200	1200	8-14	300
40-54	1020	1000	15-39	460
55-69	840	700	40-54	380
70+	720	240	55-69	320
			70+	240

points		Km	
Age	Idrett	Age	Ski
0-7	1800	0-8	200
8-10	2000	8-10	400
11-13	3960	11-13	600
14-40	7200	14-40	1000
41-55	6600	40-55	850
56-70	4800	56-70	600
71+	3960	71+	300

Date	Category	Miles/Km/ Points	Initials
Subtotal			

Date	Category	Miles/Km/ Points	Initials
Subtotal			

Date	Category	Miles/Km/ Points	Initials
Subtotal			

Date	Category	Miles/Km/ Points	Initials
Total of all miles/Km/points			