



Post Covid Inter-Care Home and Supported Living Summer Olympics 2022- Competitors Guide

This is your opportunity to host your very own Olympic Games Event on any day between **Monday 13 June** and **Friday 24 July** to fight deconditioning, promote activity and compete against other providers!

The day can be filled with activities and events of your choice, for residents, families, and staff to participate in. However, we have included a list of suggested set events to spark your imagination, and this will be your chance to compete with other providers in these events to rise up our overall medal table! The provider with most medals overall will be presented with our prestigious trophy, as well as overall gold, silver, and bronze medals to celebrate your achievements

Remember You Have to Be In It to Win It!



Medal Table Events

- Distance race – (Most steps walked by a resident in a day using a pedometer)
- Balloon Volleyball- (Longest number of passes in a rally between two residents)
- Hoopla – (most rings scored from 1 metre away in 1 minute)
- Toss the beanbag in the bucket or target- (Most beanbags thrown into bucket/target from 1 metre away in 1 minute)
- Chair basketball - (most goals scored in 2 minutes)
- Paper plates discuss throw - (Longest distance thrown in metres)
- Ping pong straw blow – (Longest distance blown in metres)

- Catch the beanbag or ball- (Highest number of catches by resident thrown from 1 metre away in 1 minute)

Our overall 1st placed provider in the medal table will be our first holder of the prestigious annual trophy, as well as a gold medal. 2nd and 3rd place providers in the medal table will receive a silver and bronze medal, and there will be smaller medals for all those staff and residents in the top 3 services. All services who take part will receive a certificate for competing. Keep your eyes peeled for prizes for winners!

How to Get Involved

- 1- Choose your day throughout the summer... the games will run from **Mon 13 June** and close on **Fri 24 July**
- 2- Register your date and team name to- sam.varo@nhs.net
- 3- Next start training... Limber up and Get in Shape!
- 4- Plan your day- Spark the excitement busy making decorations such as banners/flags/bunting. Consider a team mascot, an Olympic torch, a podium?
- 5- Is there anyone that you can involve such as a local school or a sports personality?
- 6- Do you have any sports men/women in your organisation, celebrate and tell their stories?
- 7- Plan your games or races – Get creative with wacky wheelchair races, zimmer frame races, egg and spoon, dressing up, obstacle races, carpet bowls... Anything goes!
- 8- Consider a creative way of ensuring all participants maintain hydrated throughout

We want this to be a fun way to promote health and wellbeing following what has been a dreadful couple of years, and we very much look forward to joining you at your events. We will be sharing a weekly update showing how providers have been taking part, including top tips and videos on how you can get moving.

So, remember to keep us updated with your results from the medal events, and send plenty of photos of your progress!

Getting in Shape

City of York Council through their [Live Well York Programme](#) have a wide range of tips, videos and ideas you can try with your residents. North Yorkshire County Council also have lots of information on their [website](#) including local fitness initiatives and centres. Remember, exercise is an essential factor in weight management and shown to be beneficial in reducing pain, maintaining bone and muscle strength, and even improving skin health. In addition, it can improve self-esteem, mood, sleep

quality and energy levels, as well as reducing the risks of stress, depression, and dementia... Ultimately resulting in an overall healthier and happy life.



For Any Questions, Registration and Sharing Updates and Scores Contact:
sam.varo@nhs.net