



Seniors Recreation Council of WA (Inc.)

Present

**LiveLighter
Aged Care Games 2019
AVON**

**NORTHAM RECREATION
CENTRE
44 Peel Terrace, Northam**

7th MARCH 2019



“Be active everyday”



The LiveLighter Aged Care Games is designed to offer Seniors in care, not only in nursing homes and hostels but also those in day care and in their own homes, an opportunity to once again experience being part of a team and enjoying social interaction with others, along with an element of competition.

Seniors Recreation Council of WA conduct the LiveLighter Aged Care Games competitions, these games are held as annual events in various Regional & Metro locations and to that end SRC provides Perpetual Trophies, medals and plaques for the winning teams and participation medals for all participants.

The Champion of Champions Perpetual Trophy is presented to the team with the highest score throughout the year.

These games are held annually in Albany, Avon, Belmont, Boddington, Bunbury, Geraldton, Joondalup, Margaret River, Peel, & Rockingham.

Representatives of various care agencies have contributed to the development of this book of guidelines and event rules. We thank them for their dedicated interest and support.

These games would not be available without the magnificent Sponsorship of Healthway, Department of Local Government, Sport and Cultural Industries, .and Department of Communities.

Hugh Rogers

State President, Seniors Recreation Council of WA

Phone 9492 9771

Event Details:

Venue: Northam Recreation Centre
44 Peel Terrace
NORTHAM WA 6401

Date: Thursday 7th March 2019

Time: 10-00 am to 2-00 pm

Events on the day

- 1. Seated Hockey**
- 2. Pass Ball**
- 3. Bean Bag toss**
- 4. Skittles**
- 5. Staff event**

Timeline

- 10.00** Arrive and locate teams area
Tea & Coffee available through out games
- 10.45** Official welcome, introductions & National Anthem
- 11.00** Seated Hockey, Pass Ball & Bean Bag Toss
- 12.00** Lunch (to be provided by each agency)
- 12.30** Skittles & Staff Event
- 13.30** Results and presentations
- 14.00** Close

All events require 6 participants, Seniors in Care, from each agency. Agencies register for a small fee, teams of up to 10 members, of which 6 will play any one game. Agencies with more than 10 clients wishing to participate will need to register more than 1 team in the competition. Should a team be short of members at the event every effort will be made to make up the team number from people attending the event.

All games equipment will be provided by SRCWA at the event

1. **Hockey** – (equipment provided at the games by SRC)
6 Hockey sticks (56cm length pool noodles).
A set of 6 hockey sticks can be purchased from the SRC office
1x 6 inch ball (Ball provided at the games by SRC)
1x Zimmer frame or chair for goal
2. **Pass Ball** –
1x 6 inch ball (equipment provided at the games by SRC)
LiveLighter Healthway Goal provided by SRC
3. **Bean Bag toss** – (equipment provided at the games by SRC)
5 material bean bags –
Size 18cm long
10 cm wide
Filling— 1 cup of borlotti beans (compulsory)

Mat = white sheet with numbers imprinted –
Numbers must be as displayed below
114cm wide X 180 long
KEEP THE BORDER LINES THIN

8	7
6	5
1	4
2	3

- 4 **Skittles** – (equipment provided at the games by SRC)
Set of 10 plastic skittles
6 inch ball

5. **Staff Event**
To be advised

Equipment for the Games (provided by SRCWA at the event)

6 inch ball, available from SRC \$8.00

Pool Noodles, available from SRC \$9.00 set of 6

Skittles available from SRC \$20.00 set of 10

5 bean bags (unavailable from SRCWA)

Bean bag mat (unavailable from SRCWA)

To purchase the available equipment from above list call Dawn on 9492 9773

TROPHIES

A perpetual trophy and replica is presented to the winning team, with plaques presented to 2nd, 3rd & best dressed teams.

MEDALS

All participants will receive a participation or 1st, 2nd, or 3rd, medallion at the completion of the Games.

A presentation of 10 medals per registered team is allocated.

How the activities are played:

1. Hockey

Two rows of 6 chairs facing each other, 1mtr distance between the rows. Using 56cm length pool noodle, the teams hit the ball to their left aiming at the goal at either end of the lines.

Should the ball come out of play it is returned to the centre and play continues.

Goals: a Zimmer frame 0.5mtr from end chair in the centre.

Scoring: number of goals scored in a set time recorded.

Playing time 5 minutes.

2. Pass Ball

A team (6 people side by side) is seated passing a 6" ball up and down the lines to shoot for a goal at the end of the line. **Ball must be placed in goal to start the game** and picked up on blow of whistle. Ball to be passed between team members up & down **TWICE** then dropped into the designated goal. **Each team member must touch the ball as it passes, the ball must not be thrown, it must be passed from person to person.**

Ball must touch base of the goal either by bouncing or placing the ball. Ball may be picked up by participant or carer and returned to play.

The goal to be placed beside end chair.

Scoring: number of goals scored in a set time recorded.

Playing time 5 minutes.

3. Bean Bag Toss

Bean Bags to be tossed onto Target Mat (bags filled with content other than borlotti beans will be dis-allowed).

Distance for participants from edge of mat :-

Seated/Standing: 1.5m

Scoring: the number the bag lands on will be recorded then the bag removed before next throw.

If bean bag lands on a line, the lowest score on the squares either side of the line will be awarded. If the bean bag lands on the line and off the mat this will be deemed a no score.

4. Skittles

Teams to bowl 6" yellow ball at plastic skittles.

Skittle set-up:- back row 4, next row 3, next row 2, next row 1 (front skittle) skittles 1 width apart.

Distance for participants from front skittle –

Standing or seated: 3m

Players may only sit if they are unable to stand.

3 shots per person.

After each shot any skittles knocked down are tallied then stood up before the next roll of the ball.

5. Staff event:

One or two Staff members per agency to race against other agency staff members .

Details to be advised on the day.

FOR INFORMATION PLEASE CALL 9492 9773

Amended 20.12.2018

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Shire of Northam

