



2024 Louisiana Nursing Home Olympics Regional Coordinators Informational Packet

This packet is a helpful resource for regional coordinators when planning the Regional Nursing Home Olympics. If you have questions, contact Renee Bethel at 225.927.5642 or at rbethel@lnha.org. Click [here](#) to find all of the items on our web page.

Index of this informational packet

- Pages 1 - 6: Rules, guidelines and awards order form process
- Page 7: Registration and Waiver form
- Page 8: **Template** Press Release for Nursing Facility

Linked online and not in this packet:

- Socrates Test Key
- Socrates Test
- Certificate of Participation (a fillable form)

Rules and Guidelines

Participants

To be eligible to participate, you must be an LNHA member. There are four competition categories for each event: residents age 54 and under, one male and one female, and residents age 55 and older, one male and one female. Socrates' Trivia, however, only has one category. To compete, all registrations and waivers must be completed according to official guidelines. **The care of the participant is the responsibility of the resident's facility. Sufficient staff members must be provided to insure their well-being.**

Events & Competitors

Each facility will select only one male and one female in each age group for the following events: Softball (age 54 and under and age 55 and older), bean bag toss (age 54 and under and age 55 and older), horseshoes (age 54 and under and age 55 and older), Frisbee (age 54 and under and age 55 and older), wheelchair race - propelled by feet only or combination (age 54 and under and age 55 and older), and wheelchair race - propelled by hands only (age 54 and under and age 55 and older) (no motors). Socrates' Trivia has only one competitor from each facility. An entrant is allowed to compete in no more than two events, with the exception of the Socrates' Trivia competition, which, because of time limitations, allows competitors to compete only in this event.

Regional Olympics

A Regional event is a single event open for all LNHA member homes in a region. Regional officials should be contacted as soon as possible with the names and waivers for your contestants. There will be no state competition.

Locations

Regional competition will be announced by each region. Regional sites will be air-conditioned with ample parking and convenient facilities for comfort and safety.

Waivers

Each form will contain the information necessary for a) medical waiver, b) registration information (be sure to specify the particular event(s)), and c) publicity release. These forms must be completed by the deadline set by the regional officials. No one will be allowed to participate in any competition without the completed waiver. **All nursing home residents attending regional events must have a signed waiver.** We encourage everyone to attend and support their team and region with cheers, applause and hugs. Facility banners, t-shirts and themes are encouraged to promote the color and pageantry of the event.

Fees and Costs

Materials needed for Louisiana Nursing Home Olympics are inexpensive. Each region is responsible for producing its own event and will determine the appropriate charge for participating facilities.

Medical Assistance

A LPN or registered nurse must accompany the competing residents for each facility. **The well-being of the resident is the responsibility of the facility they represent.** Please bring sufficient staff to care for your residents.

Food

Be sure to bring ample food and drink for your residents and staff. Although regional competitions may have sandwiches and drinks for sale, refreshments are limited.

Olympic Events

Shot Put (softball throw)

This event is divided into four categories: 54 and under, male and female and 55 and older, male and female. The shot put is a regulation softball, officially described as a “Red” or “Blue” dot brand. The object is to throw the ball the farthest distance, and any type throw is accepted. Contestants will stand at the designated line and the length of the throw will be measured from the starting line to the first touch down of the ball. Only one throw is allowed (no warm ups). Two mis-throws are possible, but only if the ball strikes an object above the floor (ceiling, lights, etc.) or if it is accidentally thrown outside the marked area. The marked area is a 90 degree angle. If space is limited the lane must be at least 30 feet wide. The judges will have the final say in determining mis-throws.

Bean Bag Toss

This event is divided into four categories: 54 and under, male and female and 55 and older, male and female. Contestants in the Bean Bag Toss will attempt to throw as many of five bean bags as possible into a container set 15 feet from the throwing line. The participant may not cross that line. The target is 14 1/2 inch in diameter, 18 1/2 inch deep container. (To order, call Bancroft Paper at 1.800.738.2726. Ask for Rubbermaid container #2947 from LaGasse Bros.) It should be weighted so it will not tip over when struck by a bean bag (a brick works well). A barrier will be three feet behind the target to prevent distractions and improve depth perception. The final weight of the bean bag should be 8 ounces and must have a dimension of 4 x 8 inches. (Filling material is designated as dried beans.) In the event of a tie, the tied competitors will re-throw all five bags until the contest is decided.

Horseshoes

This event is divided into four categories: 54 and under, male and female and 55 and older, male and female. The horseshoe competition is also a game of accuracy. In this event, rubber-coated horseshoes are pitched toward a stake at a distance of 15 feet. The stake should be brightly colored for visibility, and firmly attached as to not tip or “walk” when hit by the horseshoes. A backdrop (preferably a 4x4 foot sheet of plywood) should be placed behind the stake far enough away so it does not interfere with scoring. This will screen out distractions and improve depth perception. Contestants will have no warm-up throws. Mis-throws will not be allowed.

Scoring

- 20 pts:** “Ringer” - Completely around the stake
- 10 pts:** “Leaner” - One side of the shoe off the floor, elevated by the stake
- 5 pts:** “Bulls Eye” - Shoe touches inside of 2 foot circle around stake
- 2 pts:** “Scorer” - Shoe touches inside of 4 foot circle around stake

Discus Throw (Frisbee)

This event is divided into 4 categories: 54 and younger, male and female and 55 and older, male and female categories. The “discus” is a regulation Frisbee, described as 9 1/2 inches in diameter and approximately 141 grams in weight. An official throw is based on the first touch down in a throw toward pre-set markers. Throws that begin forward, and exit the marked lanes will be marked for distance at the point the Frisbee left the inbounds area. Two throws are allowed with one mis-throw if not in the proper direction, as determined by the judges. The object is to see how far the Frisbee can be thrown by the contestant. Frisbee “fetchers” must be warned not to catch the Frisbee before it hits the ground. They should also remain quiet and still while the entrant is throwing, so they do not distract the thrower.

Chariot Races (wheelchairs)

This event is divided into two categories with separate events for 54 and younger, male and female and 55 and older, male and female in each category.

Wheelchairs propelled by hands only

All entrants must be identified as non-ambulatory, and must be required to use the chair much more than 50% of the time. The race course shall consist of individual lanes which are 5 feet wide and 50 feet long. Racers must keep one wheel of the wheelchair inside the 5 foot wide lane for the entire 50 feet of the race. A coasting lane shall be provided at the finish line. Individuals assisting the Olympians cannot push or touch the wheelchair when the race is started. A starting pistol may be used if available. Spectators should not be allowed to enter the coasting lane, as this may interfere with the finish of the race.

Wheelchairs propelled by feet only or a combination

Olympians competing with one arm and one foot will compete in this category. Those using two hands should compete in the propelled by hands only category. (No motors will be allowed.)

Socrates Test

Competitors in Socrates’ Test cannot compete in the athletic events because of time restrictions. A study guide will be provided prior to the event and a percentage of the questions on the test will come from the study guide. A classroom setting is provided, with volunteers to assist each contestant, if needed. Contestants will have one hour to complete the test.

The volunteer should not to be associated with the contestant’s facility in any way. The volunteer is to assist only in reading the questions. The test will be comprised of the following categories: Business, Geography, History, Literature, Math and Science.

Olympians’ Oath

We are the Olympians of the Louisiana Nursing Home Association, ready to compete as best we can. Our very presence here challenges us to realize that we are all winners. Winning here means that we have answered the challenge of our friends who have pushed us to excel. Forward Ever! Backwards Never!

Banners

Each nursing facility competing in the Louisiana Nursing Home Olympics should produce an individual banner for their facility. For competition, banners must be made entirely by the residents with assistance from the nursing facility staff. Each banner may be no larger than six feet across (including the pole) and three feet in depth.

Preliminary Information

- Read the rules and guidelines provided by LNHA.
- Choose date and time for the event and select an appropriate location
- Set a deadline for return of your registrations
- Communicate event details to regional facilities providing suggestions of how to prepare and what to bring (example: refreshments and decorations). Encourage each facility to provide a creative theme and incorporate it into their decorations, banner and t-shirts. Share the rules and guidelines document as provided by LNHA.
- If required, LNHA provides a Certificate of Insurance.
- Alert the local press of your upcoming event and encourage them to write an article about it. There is a sample press release (see **page 9**) for you to use as a template if desired. Be sure to let the press know several weeks ahead of time and remind them two weeks prior.

Registration

- Check registrations for compliance with rules – each facility can enter one person per event
- Make event rosters
- Make packets for each participating facility including:
 1. Roster of participants and events for specific facility
 2. Certification of Participation for each participant (Click [here](#) to download the fillable form to customize each certificate.)
 3. Assigned athletic numbers and pins
 4. Participation ribbons
- On event date have one representative from each facility come to the registration table. At that time, mark anyone off the roster who was registered, but is not able to participate.

Equipment Needed

- Tables, chairs, bleachers
- Refreshments
- Decorations: balloons, helium, signs for the events and facilities
- Clipboards and pencils
- Masking tape and measuring tape
- Bean bags and containers
- Softballs, horseshoes and Frisbees
- Horseshoe board
- Stopwatches
- Socrates Trivia Test and key
- Backdrops

Opening Ceremonies

- Music
- Parade of Athletes
- Welcome
- Presentation of Colors (Boy Scouts of America, VFW, Armed Forces Honor Guard or ROTC)
- National Anthem and Invocation
- Torch Run
- Proclamation
- Throwing of Game Ball

Events

Make sure everything is set up before participants begin to arrive

A. Softball Throw

1. Tape the starting line
2. Tape measure with "0" at the end in the field
3. Clipboards and pencils
4. Softballs

B. Bean Bag Toss

1. Tape the starting line
2. Backdrop
3. Container and bean bags
4. Clipboards and pencils

C. Frisbee Throw

1. Tape the starting line
2. Tape measure with "0" at the end in the field
3. Clipboards and pencils
4. Frisbees

D. Wheelchair Races

1. Tape the lanes
2. Stopwatches
3. Clipboards and pencils

E. Socrates Test

1. Tests and Key
2. Pencils for all participants
3. Calculators

Volunteers and Judges

A. Confirm there are enough volunteers and judges to run the events

B. Set a meeting time to fully explain all the rules to the volunteers. Explain that the residents take the Olympics seriously, so it is important to adhere to the rules.

C. Softball Throw

1. Coordinator (Administrator)
2. Tape measurer
3. Participant line up and ball holder
4. Ball fetchers

D. Bean Bag Toss

1. Coordinator (Administrator)
2. Participant line up and bag holder
3. Bag fetchers

E. Frisbee Throw

1. Coordinator (Administrator)
2. Tape measurer
3. Participant line up and Frisbee holder
4. Frisbee fetchers

F. Wheelchair Races

1. Coordinator (Administrator)
2. Timers (one for every lane)
3. Participant line ups
4. Starter

G. Socrates Test

1. Coordinator (Administrator)
2. Readers if needed
3. Scorers

H. Horseshoes

1. Coordinator (Administrator)
2. Participant line up and horseshoes holder
3. Horseshoe fetchers

Awards Ceremony

- To order athletic numbers, medals and ribbons for your event, complete the online order form [here](#). Please note that each order will incur a \$17.10 charge for USPS flat-rate shipping. After you complete this form and an LNHA staff member reviews it, an invoice will be sent to the email address provided. Please pay the invoice by check. Sending the invoice may take several days so please monitor your inbox. If you have any questions, contact Renee Bethel at rbethel@lnha.org or at 225.927.5642.
- Select local politicians, celebrities, well-known community figures to award the medals and ribbons.
- If desired, select a photographer. If you take photos and have signed photo release forms, we encourage you to post it to your facility Facebook page. For a possibility of LNHA to share the post, email kmiller@LNHA.org the direct link of your post.

Horseshoe Board

Materials

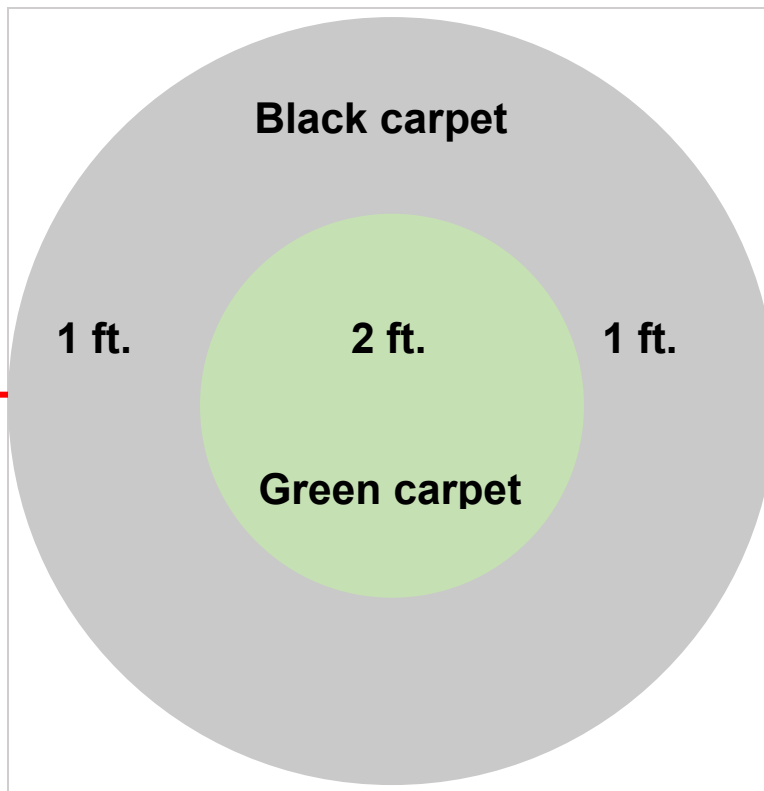
- 1 - 1/2 inch plywood 4 foot square
- 4x4 foot carpet
- 2x1 foot carpet
- 1 - 3/4 inch flange
- 1 - 3/4 inch pipe, 18 inches long with nipple thread on one end
- 1 - 3/4 inch rubber cap on top

The four foot carpet should be 4 inches longer and wider to wrap around the edge and stapled on the bottom. Using contrast colors, bright green and black for the 5 and 10 point areas is suggested.

Residents with limited vision are able to differentiate their points scored. Also cover the pole with freezer or cloth tape to keep the pole from being so slick.

4" to turn under and staple

**Cut and
hinge if
needed
for transport**



Louisiana Nursing Home Olympics Registration and Waiver

Complete a separate form for each event each resident enters. A resident may enter no more than two events, with the exception of Socrates Test, which is too time-consuming for multiple entries. Please print or type.

Last Name	First Name	Middle Initial
Age	Sex: Male or Female	Facility Name
LNHA Region	Medicare eligibility number	Other insurance policy and number
Name of closest family member	Street address	City
State	Zip	Phone

Check event

<input type="checkbox"/> Spectator	<input type="checkbox"/> Beanbag toss	<input type="checkbox"/> Shot Put	<input type="checkbox"/> Discus Throw	<input type="checkbox"/> Socrates Test	<input type="checkbox"/> Horseshoes	<input type="checkbox"/> Chariot Race (propelled by feet only)	<input type="checkbox"/> Chariot Race (propelled by hands only)	<input type="checkbox"/> Chariot Race (propelled by hand/feet combination)
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_____ has been examined by me and in my professional opinion is physically able to participate in the event(s) circled above.

Print Doctor's Name	Doctor's Signature	Date
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I, _____, wish to participate in the Louisiana Nursing Home Olympics.

I hereby release _____, its owners and/or stockholders, the Louisiana Nursing Home Association and their officers, agents and employees of liability arising out of such participation. I also understand that photo and possibly motion pictures will be taken to document this event. I release the right to use those likenesses in that standard, honorable fashion. I further acknowledge that I have read the above release and understand its contents.

Date	Resident (or curator) signature	Responsible party signature
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FOR IMMEDIATE RELEASE

CONTACT:
JENNIFER PETERS
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SHREVEPORT-AREA SENIORS TO COMPETE AT LOUISIANA NURSING HOME OLYMPICS

(Shreveport, LA – September 29, 2024) Hundreds of Shreveport-area seniors are abuzz preparing for the Louisiana Nursing Home Olympics to be held Friday, September 30, 2024, at the Bossier Civic Center.

The Region 6 Louisiana Nursing Home Olympics will host a series of athletic, Olympic-style events that have been adapted to the abilities of nursing facility residents. Since its inception in 1983 by the Louisiana Nursing Home Association (LNHA), this event has provided an arena for seniors to remain physically active, to socialize with peers, to compete and experience the excitement of winning.

The events include a Socrates trivia test, shot put and discus throw, bean bag toss, horseshoes and a chariot (wheelchair) race. Additionally, a spirit award is given to the facility that shows the most team support, a banner award will be presented to the facility displaying the most impressive banner theme, and a table award is also presented to the best table.

For more information on LNHA, visit the website at www.lnha.org.

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ABOUT GARDEN PARK

Garden Park Nursing and Rehabilitation Center is a 2017 Silver National Quality Award recipient. Providing quality care for more than 150 residents each day, Garden Park is proud to be part of the Central Management Company nursing facilities and home health agencies. Founded in 1987, Garden Park offers services ranging from short-term rehabilitation therapy to skilled nursing care. Our goal is to provide compassionate and comprehensive care in a loving and safe environment. For more information on our facility, visit our website at www.gardenparknursingandrehab.com.

ABOUT LNHA

The Louisiana Nursing Home Association (LNHA) is a nonprofit organization representing nearly 250 member nursing facilities and assisted living facilities that care for more than 25,000 of Louisiana's elderly and disabled individuals each day. On behalf of its members, LNHA advocates for providing quality care and nurturing environments to Louisiana's frail and elderly. For more information about LNHA, visit our website at www.lnha.org.

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