

This event is
FREE
to join

POWERLYMPICS

Every 4 years, the Olympics and the Paralympics inspire us all. It's a time when we marvel at the effort, passion and drive of people from across the globe. It gives us the opportunity to celebrate the achievements of others. Best of all, it brings people together.

Like our Olympic athletes, our residents are inspiring. Each day, they overcome incredible obstacles with humility, courage and a smile. We think our residents are superhumans.

In August 2021, we're launching THE POWERLYMPICS.

Over 4 weeks, residents will have the opportunity to compete for their home in 4 power-based disciplines:

- Cycling
- Rowing
- Long Jump
- Weightlifting



HOW IT WORKS



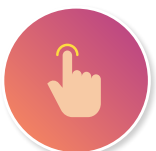
01. Gather Your Team

Each home is encouraged to get as many residents as they can competing in the games. We've included some resources to fire up that competitive spirit.



02. Choose Your Team Name

Residents will be competing individually in each event. However, we will have a medal tally and prizes will be awarded to the top 3 teams. We encourage you to empower your residents to choose their team's name. Here are some examples - Bundanoon Braveheart's, Albion Park Jets & Queanbeyan Comets.



03. Choose Your Events

Residents are encouraged to compete in each discipline - however they can only choose one "class". We've created a Google Doc Spreadsheet where you can sign up all of your competitors.



04. Purchase Your Equipment

If you're a partner of Guide Healthcare, we've purchased all of the equipment for you. If you're not, here's the equipment you'll need:

- **Rowing Machine** (Click [here](#) to purchase)
- **Cycle Ergometer** ([Option 1](#) (our recommendation), [Option 2](#) (cheaper))
- **Parallel Bars** (Click [here](#) to purchase)
- **Kettlebells** (4/6/8/10 KG) (Click [here](#) to purchase)
1x 4kg, 6kg, 8kg or 10kg Kettlebell (at least 1 - you don't need every weight)
- **Height Adjustable Step** (Click [here](#) to purchase)



05. Start Training

The POWERLYMPICS will officially launch on the 24th August 2021. However, now is the time to start training!



06. The Opening Ceremony

It wouldn't be the POWERLYMPICS without an opening ceremony. We'll be coordinating the event via Zoom and we encourage all teams to join. If you sign up now, we'll even send you a team flag for your flag bearer.



07. Competition Time

Each competitor will have 3 weeks to register their best result in their chosen events. Scores will need to upload into the Google Docs Spreadsheet. We've created a leader board page on our website where competitors can see the top 10 results in each event. This will be updated daily.



08. The POWERLYMPICS Finals

In the last week of the games, we'll be running 4 days of competition which will be live streamed. The top competitors from each home will have a chance to take home a medal in their chosen events. We'll be supplying the medals!



09. The Closing Ceremony

On Friday 24th September, the Games will come to a close. We'll be coordinating the event via zoom and we encourage all teams to join. We'll be crowning the individual POWERLYMPICS champions for 2021 as well as the medal tally winners.

THE EVENTS

We have included 4 different disciplines the POWERLYMPICS 2021:



CYCLING



ROWING



LONG JUMP



WEIGHT-LIFTING

Each discipline will have 2 different "classes" of competition:

- Cycling - Class 1 - Upper Limb / Class 2 - Lower Limb (300m)
- Rowing - Class 1 - Speed (25 stroke) / Class 2 - Endurance (Distance in 90 seconds)
- Long Jump - Class 1 - Upper Limb Support (Parallel Bars/Rails) / Class 2 - No Upper Limb Support
- Weightlifting - Class 1 - 4-6kg Kettlebell Division / Class 2 - 8-10kg Kettlebell Division (30 seconds of Deadlifts)

Residents are encouraged to compete in all disciplines. However, residents can only choose 1 class to compete in for each discipline.

Disclaimer: Guide Healthcare recommends that all that the training programs and events included in the POWERLYMPICS are supervised by a qualified allied health professional (Physiotherapist / Occupational Therapist / Exercise Physiologist). It is the responsibility of the staff at each residential aged care facility to ensure that each resident understands that when participating in any exercise or exercise program, there is the possibility of injury. If a resident chooses to engage in the POWERLYMPICS, they agree to do so at their own risk, are voluntarily participating in these activities, assume all risk of injury to themselves, and agree to release and discharge Guide Healthcare from any and all claims or causes of action, known or unknown, arising out of participating in the POWERLYMPICS. Guide Healthcare does not take any responsibility for any loss, damage, or injury which may result from participating in the POWERLYMPICS.