



POWERLYMPICS

DETAIL ON THE EVENTS

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.

Cycling – Class 1 and Class 2

Equipment:

You will need a stationary cycle machine which can measure distance.

Set Up:

Class 1 – Upper Limb

The stationary cycle machine should be placed on a table, preferably up against a wall or on a non-slip surface. The competitor can choose to either sit on a chair or stand when competing.

Class 2 – Lower Limb

The stationary cycle machine should be placed on the floor preferably up against a wall or on a non-slip surface. The competitor will need to sit on a chair when competing.

How to Compete:

Competitors should cycle continuously until they reach 300m – You will need to keep an eye on the distance. This is a time trial event, so the score is how long it takes for the competitor to reach 300m. Times should then be uploaded onto the Google Docs Spreadsheet.



Rowing – Class 1 - Speed

Equipment:

You will need a rowing machine and a chair/wheelchair

Set Up:

The chair or wheelchair will need to be placed over the rowing machine's seat – most residents will not be able to sit on the rowing machine seat as it is very low (if they can – great!). You may need to assist the resident to hold onto the rowing machine handle.

How to Compete:

Competitors need to complete 25 rowing strokes as quickly as they can. A row only counts if the residents extends their arms forward as far as they can, and pulls the handle towards them as far as they can. A POWERLYMPICS official will need to be on hand to observe effective strokes. This is a time trial event, so the score is how long it takes for the competitor to complete 25 strokes. Times should then be uploaded onto the Google Docs Spreadsheet.



Rowing - Class 2 - Endurance

Equipment:

You will need a rowing machine and a chair/wheelchair



Set Up:

The chair or wheelchair will need to be placed over the rowing machine's seat – most residents will not be able to sit on the rowing machine seat as it is very low (if they can – great!). You may need to assist the resident to hold onto the rowing machine handle.

How to Compete:

Competitors need to row continuously for 90 seconds. A row only counts if the competitor extends their arms forward as far as they can, and pulls the handle towards them as far as they can. A POWERLYMPICS official will need to be on hand to observe effective strokes. This is a repetition event, so the score is how many strokes the competitor can complete in 90 seconds.

Distance will be calculated using: $10\text{metres}^* \times \text{number of strokes} \times \text{resistance level}$ (ie. Level 8 would be 0.8). * 1 stroke = 10metres.

The distance should then be uploaded onto the Google Docs Spreadsheet.

Long Jump - Class 1 - Upper Limb Support

Equipment:

You will need a set of parallel bars or a fixed hand rail. Consider using a pelican belt/walking belt as appropriate.



Set Up:

The competitor will stand in the parallel bars holding onto the rails. Alternatively, the competitor can stand at a fixed rail, holding onto one side and with a member of staff on the other side for support. A line should be drawn where competitors can position the front of their shoes. Competitors can either jump with their feet together or with a split stance.

How to Compete:

Competitors should hold onto the bars/rail with their feet positioned at the jump line as above. Each jump needs to be taken from a stand-still position. Competitors can then attempt to jump forwards as far as they can. This is a distance event – so a measurement should then be taken from the jump line to the heel of the resident's foot which is closest to the jump line (ie. the back foot). The distance should then be uploaded onto the Google Docs Spreadsheet.

Long Jump - Class 2 - No Upper Limb Support

Equipment:

We suggest completing this event in parallel bars or next to a fixed rail. Consider using a pelican belt/walking belt as appropriate.



Set Up:

A line should be drawn where competitors can position the front of their shoes. Competitors can either jump with their feet together or with a split stance.

How to Compete:

Each jump needs to be taken from a stand-still position. Competitors can then attempt to jump forwards as far as they can. This is a distance event – so a measurement should be taken from the jump line to the heel of the resident's foot which is closest to the jump line (ie. the back foot). The distance should then be uploaded onto the Google Docs Spreadsheet.

Weight Lifting - Class 1 - 4-6kg Kettlebell Deadlift Division & Class 2 - 8-10kg Kettlebell Deadlift Division

Equipment:

You will need a 4kg, 6kg, 8kg, or 10kg kettlebell. Consider placing a chair behind the competitor. Consider using a pelican belt/walking belt as appropriate.



Set Up:

The kettlebell should be placed on the floor in front of the competitor. The weight of kettlebell should be chosen by the allied health clinician depending on the abilities of the resident. There are no penalties for using a lower weight. The POWERLYMPICS official will need a stopwatch. Consider placing a chair behind the competitor. The competitor may hold onto the handle of the kettlebell but cannot lift the kettlebell off of the ground until the official says "GO". The competitor then has 30 seconds to complete as many deadlifts as they can. A deadlift only counts if the resident stands up as tall as they can, and lowers the kettlebell to touch the floor. A POWERLYMPICS official will need to be on hand to observe effective lifts.

How to Compete:

The competitor may hold onto the handle of the kettlebell but cannot lift the kettlebell off the ground until the official says "GO". The competitor then has 30 seconds to complete as many deadlifts as they can. A deadlift only counts if the resident stands up as tall as they can, and lowers the kettlebell to touch the floor. A POWERLYMPICS official will need to be on hand to observe effective lifts. The score is the number of repetitions that the competitor completes in 30 seconds. The score should then be uploaded onto the Google Docs Spreadsheet.

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.