

# DISTRICT 5

# 2018 SENIOR OLYMPICS

## GENERAL INFORMATION

**Thursday, September 20, 2018**

**Paragould Community Center  
3404 Linwood Drive, Paragould, AR 72450**

**Registration Begins at 9:30 a.m.  
Events Begin at 10:00 a.m.**

### **AHCA/AALA DUES:**

Facility AHCA/AALA dues must be current before you can enter residents. If you are unsure of dues status, please call the Association Office at 501-374-4422.

### **THEME:**

The theme for the Olympics is "The 70's." Remember, there will be recognition for the best spirited facility and the best banner, which cannot be professionally made. MAKE IT FUN!!! Anyone interested in working on the planning committee can contact Barbara Belew at (870) 295- 3466 or [crestparkhome@sbcglobal.net](mailto:crestparkhome@sbcglobal.net).

### **LUNCH:**

Each facility will be responsible for providing their own food and supplies, or ordering from local restaurants. Facilities will be responsible for any supplies needed. Chairs and tables will be provided.

### **ENTRY FORMS AND REGISTRATION FEES:**

Entry fee is \$30.00 and must be paid by September 13, 2018. Please return all patient/patient responsible party and physician approved forms with your registration fees to:

Barbara Belew – Crestpark Marianna  
P.O. Box 386, Marianna, Arkansas 72360  
*Check should be made payable to: AHCA District 5*

### **QUESTIONS:**

Please contact Barbara Belew at (870) 295-3466  
or [crestparkhome@sbcglobal.net](mailto:crestparkhome@sbcglobal.net).

# RESIDENT ENTRY FORM

\*PLEASE COMPLETE ALL INFORMATION AND PLEASE PRINT OR TYPE LEGIBLY

Resident Name: \_\_\_\_\_

Resident Age: \_\_\_\_\_

Sex: \_\_\_ M \_\_\_ F

Please check all event competitions this resident is entering:

\_\_\_ Discus Throw                      \_\_\_ Shot-Put  
\_\_\_ Horseshoe Throw                \_\_\_ Bean Bag Toss

Wheelchair Races:

\_\_\_ Using Hands Only                \_\_\_ Using Feet Only  
\_\_\_ Using Both Hands & Feet      \_\_\_ Electric Wheelchair

**Physician Release:** The resident names above, a resident of the facility named above, is under my care and to the best of my knowledge, is capable of the required level of physical activity for the above – indicated events, and the necessary travel involved, having no medical restrictions that would prevent participation in the 2018 District 5 Senior Olympics.

**Physician Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

## **Agreement to Participate & Permission for Photograph Use:**

I agree that I want to participate in the 2018 District 5 Senior Olympics in the event competitions indicated above, holding harmless all associated with the event for accidents, injuries, and claims arising as a result of my participation. I also agree that photographs of me taken during this even may be used by my facility, the Arkansas Health Care Association, Arkansas Assisted Living Association, District 5, and/or the member facilities for purposes approved by the Associations including, but not limited to, Media Releases. I understand that if I do not want my picture taken, I need to choose not to attend and partake of these events.

**Resident Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Resident's Legally Appointed Representative/Guardian agree to the above:**

\_\_\_\_\_ **Date:** \_\_\_\_\_

# AHCA DISTRICT 5 GUIDELINES/RULES

## **ENTRY QUALIFICATIONS:**

Participants **MUST** have signed releases with all required signatures

## **AGE GROUPS:**

Women 70 years of age & younger  
Women 71 years of age & older  
Men 70 years of age & younger  
Men 71 years of age & older

## **EVENTS:**

### **Wheelchair Race**

This race is to be run over a measured distance of 50 feet. Depending on the number entered, qualifying heats and a feature race may be necessary. Entrants must be classified as non-ambulatory. Anyone participating in a wheelchair race, must compete in all other events while seated in a wheelchair.

**Categories:** Hands only, feet only, hands and feet, and electric

### **Discuss Throw**

The discus is a Frisbee. The object is to see who can throw the discus the farthest from a predetermined point. The Frisbee must stay within the predetermined sideline boundaries as well. Each entrant will be allowed 2 throws, using the best of the 2 for scoring.

### **Shot-Put**

The shot-put is a softball. The object is to see who can throw the softball the farthest from a predetermined point. The softball must stay within the predetermined sideline boundaries as well. Each entrant will be allowed 2 throws, using the best of the 2 for scoring.

### **Bean Bag Toss**

The Bean bag weighs approximately 8 ounces. The object is to determine who can toss the bean bags into a container with a diameter of approximately 18 inches wide and 6 inches deep from a distance of 15 feet. Each entrant will be allowed 3 throws.

### **Horseshoe Throw**

Regulation Indoor Rubberized 9 ounce horseshoes are used and thrown from a distance of 15 feet. Winners are determined by the best or closest tosses. Entrants will be allowed 3 throws.

### **Dance Contest**

The dance contest is open to all qualified entrants without respect to mobility aids such as wheelchairs or walkers. Entrants may dance alone or with a partner of their choosing (including staff, family, other residents, volunteers, etc.) Placement will be to the judges' discretion with awards being given in Fast dance and Slow dance.

## **AWARDS:**

Awards for 1st, 2nd, and 3rd place will be presented in each division and each age group for each event.

### **FACILITY BANNERS:**

Each facility is encouraged to enter a facility banner showing your facility spirit and support of your facility entrants in the banner contest to be judged for 1st, 2nd, and 3rd place awards. Banners must be homemade, professionally printed banners will not be judged. Banners will be carried in during the march-in, then hung up for display. Any size from 5' x 8' up to a full bedsheet size is welcome. But for larger banners, please remember you will be carrying them during the march-in.

### **SPIRIT CONTEST:**

Though not required, each facility is encouraged to dress their entrants and staff in matching facility or other t-shirts making them easily identifiable. District 5 awards a "Spirit Award" to the facility with the best overall enthusiasm and spirit including decorations, t-shirts, banners, resident and employee participation and excitement.



# **FACILITY ENTRY FORM**

Name of Facility: \_\_\_\_\_

City of Facility: \_\_\_\_\_

Facility Contact Person: \_\_\_\_\_

Facility Phone Number: \_\_\_\_\_

Entering a Banner: \_\_\_\_\_ YES \_\_\_\_\_ NO

*\*Banners must be home made. Professionally printed banners will not be considered by judges.*

Total Number of Residents Participating: \_\_\_\_\_

Total Number of People Attending  
(including residents, staff, volunteers, family members, etc.): \_\_\_\_\_

This form must be received by September 13, 2018.