



Louisiana Nursing Home Olympics 2019

Rules & 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.

Louisiana Nursing Home 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 Trivia

Competitors in Socrates' Trivia 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 is 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, Math, Science, and Trivia.

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.