



**The
2018 Go for
Gold
countdown
to success**

**1 ALL ABOUT THE 2018
GO FOR GOLD
CHALLENGE**

2 PLAN, DO STUDY, ACT

**3 COUNTDOWN TO
SUCCESS TIMELINE**

**4 YOUR PLANNING
CHECKLIST**

5 KNOW YOUR FRIENDS

**6 PLANNING FOR
ENJOYMENT AND
SAFETY**

7 REGISTRATION FORM

**8 FIVE GO FOR GOLD
2018 IDEAS FOR
ACTION**

**9 THE BIG IDEA –
THE BIG 10**

**10 PAST THE POST,
LET US KNOW**

**11 MUST DO MORE OF
THAT, WHAT NEXT**

11 USEFUL WEBSITES

**11 CERTIFICATE OF
PARTICIPATION**

2012 Our beginnings

Initiated in 2012 following the London Olympic Games and the 2014 Commonwealth Games held in Glasgow, the Go for Gold Challenge was introduced to inspire those in the residential care sector in Scotland, to become involved in a number of physical activity challenges.

Purpose

The purpose of the Go for Gold 2018 Challenge is each year, to encourage residents, staff, families and friends to increase their physical activity through a week – long programme of challenge activities and events in residential care homes across Scotland.

2018 timescale

This year, Monday 4th – Sunday 10th June has been chosen as the 2018 Go for Gold Challenge week and Thursday 7th June is the “Big 10” challenge day. This resource provides you with some ideas to assist you to plan for your own Go for Gold Challenge

“The Big 10”

This year we want to record the total amount of activity participation during the 2018 Go for Gold Challenge. To do this we want you to accumulate your Big 10’s throughout the day. Each individual 10 minute bout of activity will contribute to a whole Scotland- wide total to demonstrate just how active those in the residential care sector can be

Making your choice

There is no one way to take up this year’s challenge. We have provided some ideas and choices, and your challenge can be as big or as small as you want, you get to choose!

Good luck and stay in touch

This is our 7th annual Go for Gold Challenge and we hope you will have a great time. After your Go for Gold events and activities, we would like you to stay in touch to let us know what you, your residents, colleagues and partners have achieved.

www.capa.scot



All about
the 2018
Go for Gold
challenge





**The 2018
Go for Gold
challenge –
Plan Do
Study Act**

The Plan Do Study Act Cycle is a way of working that can be used to support your Go for Gold planning, and will also assist you with a model for year on year learning and improvement.

Plan, Do, Study, Act Stages	Go for Gold Activity	Key elements
Plan	Get set. Getting into shape.	Involving everyone. Choose your challenge. List the resources you need. Time to practice.
Do	Your Go for Gold Challenge events and activities. The Big 10.	Record your Big 10 participation. Celebrate your successes and achievements. Share you successes.
Study	Past the post. How well did we do?	Looking at how successful you were, what went well (and didn't)? How can we improve next time?
Act	What next? Must do more of that.	What interested and inspired people experiencing care and others? What can be continued throughout the following year?



This year, we have identified the Go for Gold Challenge Week as the 1st week in June to give everyone a focus and a feeling of being part of something big across Scotland. However, you may of course choose to hold your event and activities at any time. The following timeline may assist your planning.

The 2018 Go for Gold countdown to success timeline

This is the time when you can look ahead and begin thinking about your Go for Gold Challenge including discussions with residents, families and friends as well as all staff and community partners. The planning list we have provided, may help you with some ideas and your 'to do list'.

February-April
2018 'Get set'
with planning
time

May-June
2018 'Getting
in shape'
practice
time

All sports participants, dancers and athletes want to prepare thoroughly for their events and your residents are no different. This is the time when having selected your challenge(s) you can set time aside for practice and to ensure familiarity with activities, building up skills and confidence, so come the big day, everyone is ready.

You may choose to hold your challenge event on one day, or if you have chosen to be involved in different challenges, you can spread them out over the week to involve as many people as possible.

4-10 June
- The 2018
Go for Gold
challenge
week

7 June
- BIG 10

Individual 10 minute bout of activity will contribute to a whole Scotland-wide total

This is when we want you to review your challenges, record your stories and successes. You can then send us your summaries and your "Big 10" totals to the Care Inspectorate.

Monday 11
June onwards
- 'Past the post'
How well did
we do?

After your Go for Gold 2018 Challenge events and activities, consider what you have learned and what people enjoyed? Are there activities and interests that can now be incorporated into the everyday life of your care, either through extending your regular group activities or by supported one to one activity?

What next?
- 'Must do
more of
that'



**The 2018
Go for Gold
challenge –
your planning
checklist**

Step	Action	Timescale	Responsibility
Involve everyone in your planning			
Choose your Go for Gold 2018 challenge			
List the resources and help you need			
Get in touch with local friends and partners			
Preparation – get into shape			
Any equipment needed?			
Decide what to record and how			
Promotion – tell everyone about your plans			
Capture and record all your successes			
Celebrate and share your successes			
Must do more of that – what next?			



**The 2018
Go for Gold
challenge –
know your
friends**

Think about how some of these people and organisations in your community could assist you with ideas, resources and further inspiration for your Go for Gold 2018 Challenge activities.

Who can help	What might be offered	Your action
Physical activity and sports development officers	Advice on planning, equipment	
Local sport clubs, dance and activity organisations	Help with challenges, activity ideas and training, personalities and performers to present prizes	
Schools, FE Colleges and youth groups	Assistance with support, scoring and demonstrations	
Walking groups	Help with route planning and walk leaders	
Volunteering groups	Participant support and extra pairs of hands	
Occupational therapists, physiotherapists and nurses	Guidance on appropriate challenges, safety and risk	
Families and friends	Support, encouragement and as participants	
Local business and industry	Sponsorship for medals and prizes, extra hands	
Local and social media, radio and newspapers, sports and activity associations	Publicity, promotion and celebrities	



**Go for Gold
2018 challenge
planning for
enjoyment and
safety**

We are keeping our advice on safety simple. The Ideas for Action we have suggested will be enjoyable to organise and fun for participants, and you will have your own health and safety policies and procedures in place (for example for external visits and welcoming visitors). However, taking part in Go for Gold may raise additional questions.

For all your Challenge activities, ensure you check to avoid the potential for over-exertion and over enthusiasm, build in plenty rests, pit stops and time outs and ensure that there are plenty of fluids available.

Safety points to consider – this is not an exhaustive list

Activity challenge	Safety points to consider
Games challenge	<ul style="list-style-type: none"> Size of venue and space(s). Access for example, wheelchairs, toilets and facilities. Flooring, lighting, heating and ventilation. Equipment clean and in good working order. A range of activities for participants of different abilities. Enough people (for example, volunteers) to support everyone.
Walk with me	<ul style="list-style-type: none"> Advance route planning and pre-walk (including safe surfaces and steps). Weather forecast for example, windy conditions. Mobile phone for emergencies. Support in case of untoward event, so group or individuals are not left unattended. 'Pit stops' to rest and take in the view. Check condition of walking aids (including wheelchairs) Have the right clothing and footwear.
Dance with me	<ul style="list-style-type: none"> Size of venue and space(s). Access for example, wheelchairs, toilets and facilities. Safe flooring, lighting, heating and ventilation. Music with a range of tempo for the less energetic and slower dances. Access to a quiet area for those who may require time out.
Other challenges	<ul style="list-style-type: none"> Size of venue and space(s). Access for example, wheelchairs, toilets and facilities. Safe flooring, lighting, heating and ventilation. Equipment for signs of wear. Activities are within capabilities of participants, (use activities that people can do and activities they can't).



**Go for Gold
2018 challenge
– registration
form**

If you would like to register with us and let us know that you intend to take part in the Go for Gold 2018 challenge.

Named contact:

Organisation:

Contact details (telephone/email address/postal address):

Date of event(s):

Name of or type of challenge(s):

Please send to **chelsea.bell@careinspectorate.com**

Go for Gold 2018 challenge - ideas for action: the 'Dance with Me Challenge'

Our imagination has been captured by Strictly Come Dancing which has inspired people to take to the dance floor. Dance with Me provides an opportunity to enjoy a dance with just one person, with a group or better still, to go to the ball!

The diversity of dance

Scotland has its own tradition of dancing including Highland and Ceilidh

But the choice is endless from Ballroom, Flamenco, Irish, Jazz, Old Time, Barn Dance, Country and folk

Host your own "Strictly" or turn your lounge into a Disco night club or Boogie Bar.

Dance through time

Those now in their 90's would have first danced to music in the 1930s and 1940's to Big Bands sounds e.g. Benny Goodman, Glenn Miller, Louis Armstrong, George Gershwin and Cole Porter.

Those now in their 80's would have first danced to the music of the 1940s and 1950s including the nostalgia of World War II and the original crooners and rock and rollers e.g. Bing Crosby, Frank Sinatra, Tommy Dorsey, Glenn Miller, Vera Lynn and Johnny Ray.

Those now in their 70's would have first danced in the 1950s and 1960s as the original teenagers! e.g. Rock around the Clock – Bill Haley and the Comets, Hound Dog – Elvis Presley, Move it – Cliff Richard, The Twist with Chubby Checker and Twist and Shout – The Beatles.

Dance themes

Use a famous dance record to inspire your event eg, "Dance till the end of Time, Dancing Queen, Saturday Night Fever, Dancing in the Dark, I Could Have Danced All Night, Dancing In The Moonlight, Dancing On Ice,

Plan an event involving a mixture of iconic dances eg Charleston, Jitterbug, Tango, Twist, Madison, Cha cha cha, Locomotion and Boogie

Use dance musicals as your inspiration

Dance School Musical – using songs about school days.

Take Me To The Show – movies, TV, theatre, such as Guys and Dolls, 42nd Street, an American in Paris, Fame, West Side Story, Grease, Cabaret, Singing in the Rain and of course Mama Mia!

Go for Gold 2018 challenge - ideas for action: Triathlon - the 'Functional Three Challenge'

The triathlon is an athletic event based on three separate challenges, those of swimming, running and cycling. You may not be able to include all those but the following are ideas that you could include in your triathlon. Some of these are to be found in the Take the Balance Challenge Programme.

Sit to stand challenge

How many sit to stands or chair rises, can you perform in 30 seconds?

Distance walk – the 400 yard Challenge

Distance walk – the 6 minute walk challenge

One legged balance challenge

Can you balance on each leg for 30 seconds

Heel raises

Static cycle challenge

If you are unsure about which challenges would be appropriate for people experiencing care, seek advice from a physiotherapist. To ensure success, choose challenges that people can do, not ones they can't.

Active and Independent Living Improvement Programme
<http://www.knowledge.scot.nhs.uk/ahpcommunity.aspx>

Go for Gold 2018 challenge - ideas for action: The Pentathlon – the ‘Open Challenge’

You may find that after talking to your residents, the previous ideas for action are not sufficiently motivating or interesting, or you may have limited resources and facilities.

The Pentathlon (taking part in five different events) is also a well recognised Olympic sporting event, so you can plan your challenge event around five different activities of the person experiencing care’s choosing.

These ideas may also be more appropriate for residents with mobility limitations and these can also be used to challenge movement, co-ordination and manual dexterity. They may have the advantage of being more familiar as activities they have already taken part in for many years.

Individual challenges

Keep it up

A paired activity - a resident working with a member of staff or younger visitor from a local school – count the total time or number of hits required to keep a balloon in the air or a ball balanced on a racket.

The “Fastest Folder” (timed test to fold (50?) paper serviettes) or Paper cup stacking (total number (or height) of paper cups that can be included in a wall).

The housework “chore” challenge?

Pegging clothes on a line

Matching socks

Rolling napkins, folding towels

Wool winding

Table top games

Jenga.

Giant noughts and crosses,

Table top skittles

Draughts, Tiddly Winks, dominoes

Ludo, Snakes and Ladders

Matching pairs eg, playing cards, socks

Giant “Four in a Row”

Team/group collaborative activities

Parachute activities:

Seated circle challenges for example,
passing a ball

Seated relay races

Go for Gold 2018 challenge - ideas for action: the 'Games Challenge'

People of all ages enjoy individual and team games and sporting activities. You can organise your own challenge event or join in with other care homes and organisations.

Accessible games activities

New Age Curling
Boccia, Boules, skittles and quoits
Target/crazy golf, Beanbag toss
Table top games
Using the Wii
Floor basketball

Sporty? - Make a 'come back' to ...

Revisit your 'Sporting Memories' and find a way for residents to make a come back in an activity they used to enjoy.
Re-invent your school sports day.

Organise a visit to (or from) a local sports club and arrange introductions for residents to local activities.

The main event

A Go for Gold Games event where you can be part of a competition with other care homes in your neighbourhood.

Organising a competition with other local care homes can provide a great day out and provide opportunities to involve local schools, colleges and sports clubs.

Your own multi- activity day

If you want to organise a smaller games challenge for yourselves, choose from the selection of games activities from those above and plan a series of activities throughout the day so that everyone gets a chance to try as many different activities as possible?

Go for Gold 2018 challenge - ideas for action: the 'Walk with Me Challenge'

We all have our own reasons for enjoying walking. "Walk with Me" can include both the act of walking in small or larger groups as well as activities for people who need support in walking, even for the shortest distances.

Walk with Me

Walking as a sociable activity, we all enjoy a walk with a friend or group of friends.

Set a distance challenge to ...retrace a famous route for example, the West Highland Way (196 miles), Hadrian's Wall (84 miles)

Walk around the world, walk to the moon. (Count all the steps and yards covered and convert to miles to measure your "big trip".)

Read our 'Walk with me' leaflet at:
<http://hub.careinspectorate.com/media/280317/going-for-gold-walk-with-me-leaflet.pdf>

Getting "Out and About"

Reconnect with your local community and collect your 10 minutes of vitamin D try one of your local parks or gardens.

Add some interest and include bird watching, photography, museums or galleries, places of historical interest, visit the seaside for a paddle.

Plan a scavenger hunt, go window shopping, visit a garden centre or market and collect 10 (different flowers, pictures)

Hold a "Walk out Day"

Imagine an (almost) empty care home, for an hour and/or a morning? Where has everyone gone?

Why Walk Out? Look at the numerous attractions that would entice people to Walk Out, enjoy the fresh air, 'Stop to Smell the Roses' and take in the green surroundings.

Using your home environment for walk challenges

For those with limited mobility, maximize the walking spaces in and around your home.

Try a 'pop up' picture gallery or exhibition, Walk the World with display of travel posters or find a series of Scottish beauty spots.

Organise a picnic.

So in 2018, just how active can the care sector in Scotland be?

We know that in previous years thousands of people have participated in the Go for Gold Challenge. This year we want to record the total amount of activity participation during the 2018 Go for Gold Challenge. To do this we want you to accumulate your Big 10's throughout the day.

What's a Big 10? Every challenge, Games, Walking, Dance, Triathlon and open challenge, can be measured in bouts of 10 minutes, including those people who remain seated. Consistent with messages within the guidelines for physical activity for older people, we want you to convert all activity into units of 10 minutes. Record, all the 10s throughout you events, add them up and let us know how much total time (YOUR BIG 10) those involved have accumulated! You can include everyone involved, residents, families and friends, volunteers and visitors, all will count!

We will then convert all your 10's into a Scotland-wide total. Each individual 10 minute bout of activity will contribute to the whole Scotland-wide total to demonstrate just how active those in the care sector can be. You will be surprised and so will everyone else if we can do this in 2018.

Physical activity guidelines for adults and older adults 65+

Adults and older adults 65+ should aim to be active daily. Over a week, activity should add up to at least 150 minutes of moderate intensity activity in **bouts of 10 minutes or more.**

Start Active , Stay Active (2011)





**Go for Gold
2018 challenge
– ‘Past the Post’
let us know**

Completed by

Organisation

Contact details (telephone, email address, address)

Date of and name of event

Participation numbers:

people experiencing care

staff

families, friends

others

Highlights and stories

Our total number of “Big 10s”



**Go for Gold
2018 challenge
– must do more
of that - what
next?**



*From one special day
to every day being special*

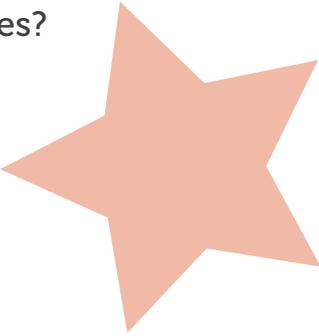
(Care About Physical Activity Resource 2014)



Once our events are over, our challenge is to ensure that the Go for Gold 2018 Challenge inspires all of us to maintain or increase further activity levels throughout the year.

The Go for Gold Challenge will inspire people to make a start, get moving, have fun and achieve in many different ways. But the greater challenge is to see how all those who made a start, can maintain that interest and go on to move more often, move frequently and regularly so that the many benefits recognised, can be maintained over a longer period of time. Many of the benefits you get through being physically active are lost if you go back to being inactive.

'Must do more of that' – So what have you done that can be continued throughout the year to build on your successes? Ask yourself and people experiencing care.

- What did people identify as their successes in meeting their Go for Gold 2018 Challenge?
 - What could they (people experiencing care) do by themselves?
 - What would they want to continue with on a regular basis?
 - Was else you could you do that would make physical activity easier and more convenient?
 - What could you do to support your colleagues and others who assisted you?
 - What could your manager do to further support you?
 - What could those who assisted you do to build on successes?
- 
- 



Go for Gold 2018 challenge: useful websites

www.capa.scot

www.sportingmemories.org

www.livingstreets.org.uk/what-we-do/projects/walking-communities-scotland

www.pathsforall.org.uk/pfa-home

https://en.wikipedia.org/wiki/List_of_museums_in_Scotland

www.edinburghmuseums.org.uk

www.creativescotland.com/what-we-do/major-projects/national-projects/get-scotland-dancing

www.knowledge.scot.nhs.uk/fallsandbonehealth/the-national-falls-programme/take-the-balance-challenge.aspx

www.activitiestoshare.co.uk/games



**Go for Gold
2018 challenge
– certificate
of
participation**

Scotland Go for Gold 2018 Challenge

of

(organisation)

Took part in the Go for Gold 2018 Challenge

Date _____ 2018

Signed _____ Local organiser

