

Fall Prevention Agility Course

Overview

The 30-second Chair Stand Test, the 8ft Up and Go Test, the Balance Test, the Lifting Test and the Gait Test can be included in this agility course. The purpose is for participants to be assessed in various activities and given resources to improve balance and exercise in hopes of preventing falls.

Recommended Location

The best location is a medium one-room space with the ability to be sectioned off for the different courses. It is easier to monitor participants if all activities are in the same room or in separate rooms that are close together.

Recommended Staff

- Staff members needed to fulfill jobs:
 - Registration
 - Question and Answer
 - Floaters
 - Monitors for each station
- 2:1 staff member to participant ratio (if at least one of the staff members is a senior aide)
- 3:1 staff member to participant ratio (if no senior aide is present)
 - Staff and/or volunteers can be trained in monitoring participant actions and answering questions

Course Materials

- 30 second Chair Stand Test, 8ft Up and Go Test, Balance Test
 - Chair (straight back, no arm rests, 17inches high)

- Stopwatch (or something to keep time)
- Clipboard
- Pen
- Tracking sheet
- Assessment card to score participant (included)
- Lifting Test
 - Grocery bag filled with sample items
 - Table
- Gait Test
 - Chair
 - Materials and teaching provided by Sports Basement
 - For more information, contact Steve Whan at swhan@sportsbasement.com

Method

- 30 second Chair Stand Test (included)
- 8ft Up and Go Test (included)
- Balance Test (included)
- Lifting Test
 1. Staff member directs participant to table and explains Lifting Test
 - Sample Script: *“This station is to practice lifting a grocery bag filled with items from the floor up on to this table. We will watch you lift the bag and give you some tips to prevent injury.”*
 2. Staff member observes participant lifting grocery bag and placing it on the table
 - Sample Tips:
 1. Bend your knees when you lift the bag, so that you lift with your knees and not your back.
 2. Try to lift the bag slowly and evenly rather than fast and jerky.
 3. Look forwards when lifting, do not look down at the bag

4. Make sure you have a good, stable hold on the bag
 5. Try to keep your body facing forwards when lifting and do not twist your back to turn (move feet instead)
 6. Hold the bag as close as you can to your body
3. Explain why proper lifting technique is necessary
 - Sample Script: *“It is important to use these tips when lifting so we don’t strain our backs or necks. Any strains or injuries can increase the risks of falling in our homes when climbing the stairs and reaching or bending for an item.”*
- Gait Test (provided by Sports Basement)