



***Back in the Game* - a new physical activity opportunity for older people is being developed by Council on the Ageing.**

Back in the Game is based on familiar games but uses indoor courts, light weight equipment and modified rules to increase the fun and reduce the risk of injury.

Back in the Game provides physical activity in a welcoming environment with a focus on fun, not competition. It is low cost and offers new options to older people of all abilities and there is an opportunity to socialise after each session.

Stadium facilities provide the opportunity to include games such as Indoor Soccer, Volleyball, Indoor Hockey, Badminton, Basketball, Netball, Table Tennis and Carpet Bowls.

The multi-sport version of ***Back in the Game*** offers a variety of games tailored to participant skills and interests, but it can be offered as a single sport option where a facility specialises in a particular activity.

Seniors have been integral in shaping and testing ***Back in the Game***, with the backing of COTA and funding from VicHealth. It provides a welcome addition to those activities traditionally available to older people.

Back in the Game requires no join up fees, no uniforms and no need to commit to regular competition.

Back in the Game providers can select the activity; target a specific group of older people and offer options that are within the capacity of the facility and staff expertise.

You are welcome to arrange to view a session before deciding to become involved in offering ***Back in the Game*** at your venue.

A visit your facility can be arranged to talk about ***Back in the Game*** and answer any questions that you might have in relation to offering the program.

Activity providers are encouraged to contact Jan Bourke at the Council on the Ageing to find out more about the program.

Jan Bourke
Physical Activity Officer
Council on the Ageing
Level 4 Block Arcade
98 Elizabeth St
Melbourne 3000

9655 2113
physicalactivity@cotavic.org