

*go for*  
**life**  *games*

# HOSTING A FRIENDLY



**25 YEARS**  
1988-2013

**Age & Opportunity**

Life is for Living.

**THE IRISH SPORTS COUNCIL**



AN CHOMHAIRLE SPÓIRT



## WHAT IS A FRIENDLY?

An increasing number of older persons groups (such as Active Retirement Clubs, Men's Sheds, ICA Guilds, etc) are playing one or more of the three Go for Life Games (Lobbers, Flisk, and Scidil) at their own venues.

In a Go for Life Friendly, one group (the Hosts) invites another group (the Visitors) to visit and play one or more of the Go for Life Games with them.

The event is purely recreational - no scores are kept!

A typical Friendly will last 1 hour and 30 minutes to 2 hours and 30 minutes.

The following format is suggested

- 1. Introduction and Welcome** *5minutes*
- 2. All-in warm up** *5 minutes*
- 3. Matches (singles or pairs) in one of the Go for Life Games**  
*60-90 minutes*
- 4. A Natter** *as long as you like!*

The **Hosts** are responsible for organising and running the Friendly. There are five key actions to be considered

1. **PREPARATION**
2. **REGISTRATION AND WELCOME**
3. **WARMING UP**
4. **PLAYING THE MATCHES**
5. **WINDING DOWN**



## 1. **PREPARATION**

In preparation for the event the Hosts should

### - **appoint a team to organise and oversee the event**

Ideally, a team of 3-5 people which will comprise a trained Go for Life PAL to lead the Warm Up, and others to assist in the organisation of the event (registration, management, etc).

### - **book a suitable venue**

Ideally, this should include

- a large playing area for the games (e.g. school PE hall, community centre, GAA sportshall). This should be accessible, well lit, clean and warm.
- a social space where participants can gather, chat, have tea, water, etc.
- accessible toilets.

### - **decide which game to play and issue the invitation to the Visitors**

In most cases, a Friendly will comprise ONE game only (e.g. a Lobbers Friendly).

This makes the organisation easier - only one type of equipment is needed. Ensure the Visitors are clear about which game, venue, date, time, and any other special requirements. If additional games equipment is required, ask the Visitors to bring their kitbag along (see next section).

**- source and provide the equipment**

While the Hosts should have some equipment, there are two other possible sources for the extra that may be required.

- a. The Visitors should be able to assist. If they have equipment they should be asked to bring it with them - put clear identification marks on all equipment.
- b. The Local Sports Partnership may be able to help also. They sometimes loan equipment for events like this.

**- prepare the venue prior to the arrival of the Visitors**

Key considerations include

- clear the playing area of items which are not being used during the friendly (e.g. tables, excess chairs, mats). Keep the Water Station off the playing area.
- set up a Registration Station (tables, sheets, pens).
- set up a Water Station away from the playing area (bottles, jugs, cups, bin, etc.)
- identify lines from where the players pitch, roll or throw. If courts are already marked use the sidelines of these - if not, use chalk or tape.
- place chairs along the throwing side of the playing area. Keep the target side clear.
- position all equipment needed for the event including
  - balls and targets (if playing Lobbers)
  - discs and targets (if playing Flisk)
  - pins and balls (if playing Scidil)

**- prepare a Safety Plan (see Health and Safety Checklist )**

**2. REGISTRATION AND WELCOME**

It is important that ALL participants (Hosts and Visitors) register for the event.

One or more persons should oversee this process.

- make some copies of the Registration Sheet included in this booklet.
- place a number of the Registration Sheets on a table(s) in a prominent position near the entrance. Have some pens ready.
- welcome all participants as they arrive.

**Introduction and welcome**

Ideally, one person should be given the role of Fear/Bean an Tí and take responsibility for this section.

- gather ALL participants
- point out locations of emergency exits, toilets, cloakrooms, and water station, etc.
- outline the format (e.g. a Warm Up, matches for 60mins, and a cuppa afterwards!).
- check that participants feel 'up to' taking part and invite them to give their consent.
- remind participants that they should partake in a way that is comfortable for them and are free to opt out at any point.

### 3. WARMING UP

One of the Host (or Visitor) group should lead a short (5-10mins) Warm Up.

This should consist of  
- **Joint Mobilisers** to loosen key joints and  
- **PBT Raisers** to raise the heart rate, breathing and body temperature.

Outlined opposite is a simple 5-7 minute routine which combines both elements and which most people who have attended PALs training will be familiar with – music would be a bonus!

#### 1. **Walk on the spot.**

Gradually, involve the arms and shoulders  
- rev it up a little!

#### 2. Stop, take a wide stance and do some **Shoulder Circles** (both directions)

#### 3. **Walk again.** Mix revving and relaxing!

4. Stop, take a wide stance and do some gentle **Trunk Twists**  
- gentle at first, gradually enlarge.

#### 5. **Walk again.** Try moving forward and backward!

6. Stop, grab a partner for balance, and  
- do some **Hip Overs!**

- followed by some **Knee Benders!**

7. **Finish up by walking** again. Try walking in and out amongst each other.



### 4. PLAYING THE MATCHES

This is the main phase of the session and should last for 60-90mins. In this phase participants are pitted against various opponents for a series of matches. The aim should be to give all participants as much playing time as possible.

Key considerations for this phase include

#### **Management**

One or more people should take responsibility for running this phase.

The key roles include

- inviting participants to match up
- starting and finishing each match (whistle or shout!)
- timekeeping
- monitoring play and participants.

### Which game?

This will depend on a few factors including equipment available and throwing distance.

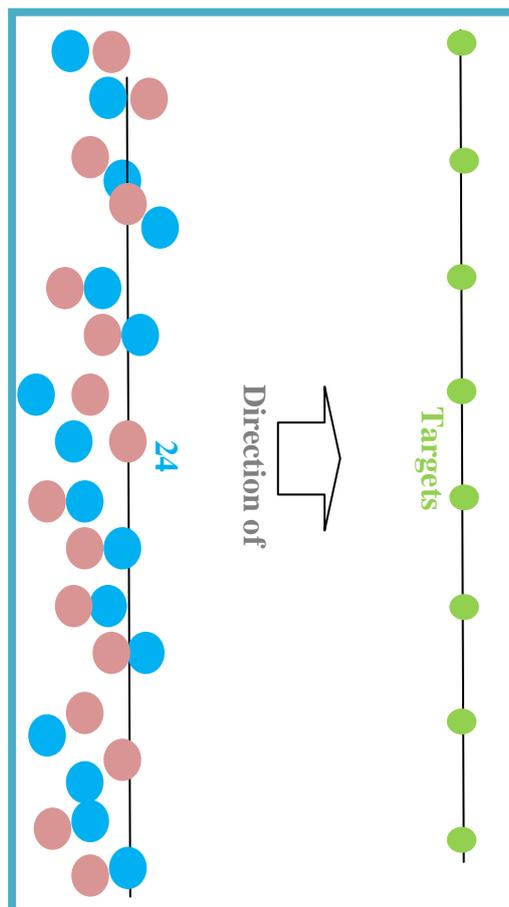
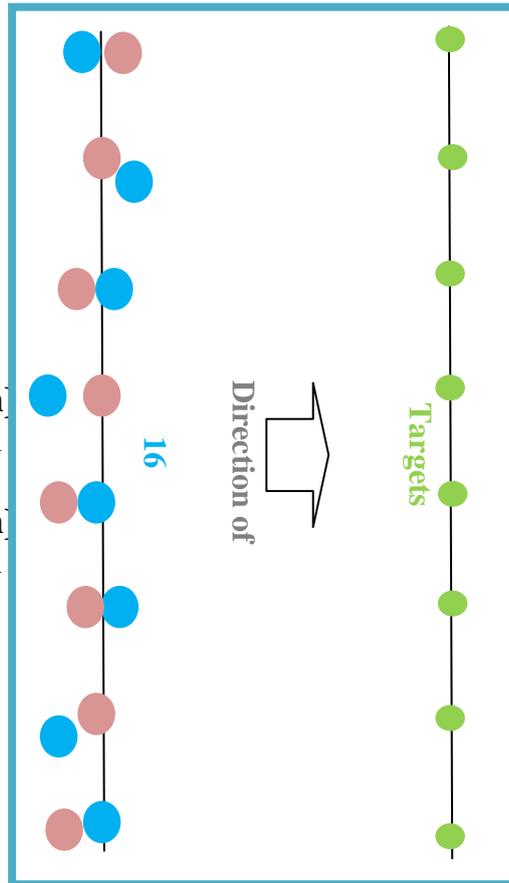
The following are the equipment requirements for the three Games.

<i>Flisk</i>	3 discs per participant (different colour for each team) target (plastic cork) per match
<i>Lobbers</i>	3 balls per participant (different colour for each team) target (plastic cork) per match
<i>Scidil</i>	1 pin per participant 1 ball per match

The recommended distance for all three Go for Life Games is 9 metres (i.e. the width of a Volleyball court). But all three can be played on shorter distances (e.g. across a Badminton court of 6 metres) if required. Flisk is the best choice if the throwing distance is short - the other games are best played over longer distances.

### Singles or pairs?

The typical community hall will enable 6-8 matches to be played at one time. Longer sportshalls should cope with 8-10 matches. See both diagrams across. If the total number of participants is less than 16 players it should be possible to play singles matches- where one player from each side lines up against each other. (See Diag A across). This will give participants more playing time. For larger numbers, however, it is best to play pairs matches where two players from each team line up against each other. (See Diag B across). While participants will play less time, it will allow for ALL to be on court at all times and generate more space to allow participants play more comfortably.



### **How many matches?**

One of the key aims of a Friendly is to promote social interaction and this is helped greatly by playing as many matches as possible. Ideally, every Visitor should play every Host - but in larger numbers this may not be practical.

The best approach is to play a series of short matches for the period of the Friendly - and to invite participants to change opponents after each match. A period of 6 minutes per match gives enough time for opponents to play a reasonable number of matches and get to know each other fairly well! This should enable the organiser to start a new match every 10 minutes - a plan for a typical match is outlined below.

- start the match on a whistle (or shout).
- after 5 minutes announce the match has 1minute to go
- count down the last 10 seconds
- finish the match on a shout / whistle
- allow games that have started before the whistle to finish!
- invite participants to shake hands with their opponents
- invite participants to find a new opponent (singles) or two opponents (pairs) and line up for next match. Ensure ball/disc colours are different if playing Flisk or Lobbers.
- announce that there is 1min to start
- count down the last 10secs to start
- start the game on a shout or whistle

### **Substitutes**

A Friendly should aim to involve ALL participants to maximum extent possible. In this regard, the concept of substitutes is discouraged - and should only be used IF it is the choice of a participant (e.g. someone wants to take a break or rest).



### **Refereeing**

The Go for Life Games are intended to be played in a non-competitive way and it is best to encourage participants to 'ref themselves'! In the event of a situation where participants cannot determine which disc or ball is closest to the target they should deem it a draw.

### Prize-giving

Typically, a Friendly is a non-competitive event - and Hosts should endeavour to promote a recreational atmosphere where participation is more important than winning. Medals, cups and/or awards are discouraged but, in order to insert some 'bite' into the event, some Spot Prizes might be considered. For example, a prize might be given to the winners of Lane 5 after Match 2, or the losers in Lane Lane 3 after Match 5!

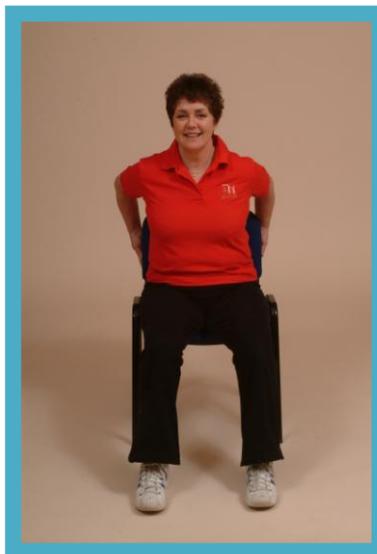
## 5. WINDING DOWN

The main element of the Wind Down will be a period of time for a cuppa and chat! This should be kept simple - no need for elaborate or expensive preparations.

In addition to the cuppa, the Hosts might consider including

- some **stretching** exercises preferably led by a PAL (see samples across)
- a few **spot prizes**
- a bit of **music and** a bout of set **Dancing!**

### Stretching Exercises (best done from seated )



#### Butterfly Stretch

Hold the back of the chair with both hands [or place your hands on your hips] so that you have butterfly wings!

Slowly try to bring your *wings* together feeling the stretch across your chest.

Hold for 5-10 seconds.





Venue \_\_\_\_\_ Date \_\_\_\_\_

Host Group \_\_\_\_\_ Visiting Group \_\_\_\_\_

I understand that I take part in this friendly at my own risk and that  
Neither the leaders nor the organisers will be liable for any injury that  
may occur to me  
I should wear suitable clothing and footwear  
I should inform a leader or organiser of any health problems I have  
before taking part in the session  
I should take part at a pace that is appropriate for me and if I feel in  
any way unwell during the session I should inform a leader or  
organiser.

Name

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# REGISTRATION SHEET

- The playing area is well lit and has been cleared of any potential hazards
- All players have signed their team sheet and filled in an ICE (In Case of Emergency) number
- The format of the event has been outlined to all players and they have consented to take part
- There is a first aid kit on site
- A qualified first aider is in attendance
- We have access to a telephone and have reception (if it is a mobile telephone)
- The telephone number for the local GP (or medical services) is \_\_\_\_\_
- Other precautions we have taken include  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**In case of emergency telephone  
999 or 112**