



FACILITATOR GUIDE: FALLS PREVENTION WORKSHOP

Use these checklists to make sure you complete the necessary tasks before, during, and after your workshop.

STEP 1 - TRAINING

- ☐ **Complete** the Bingocize® Training Curriculum
 - Modules 1-5
- ☐ **Pass** the Bingocize® Final Assessment
- ☐ **Download** Your Bingocize® Facilitator Certificate
- ☐ **Complete** the "Bingocize® Exercise Demonstration Video" Course
- ☐ **Log on** to (and familiarize yourself with!) the Bingocize® Facilitator Dashboard. This is where you will download printed materials and access the web-based game.
 - **Note:** You will receive an email 2-3 business days after completing your training. If you do not, please email info@Bingocize.com.
- ☐ **Request to join** the Bingocize® Facilitator Facebook Group



PRO TIP!

Laminating your Bingocize® Paper Cards makes them more durable and Bingocizers can use dry erase markers to mark the numbers! To modify for a range of abilities, items like buttons and coins make a great alternative.

REMINDERS

- Prep your Curriculum Reinforcements before you start a game!
- Have your traditional Bingo materials ready.
- Make sure Bingocizers have plenty of room to move.
- Wear your Bingocize® T-Shirt to make it easier for the Bingocizers to spot you!
- Make sure to be observed for **delivery fidelity** within the first 2 weeks of your first Bingocize® workshop.

STEP 2 - PREP

- ☐ Review contents of your Bingocize® Box to ensure everything is there.
 - 1 Facilitator T-Shirt, 20 Stressballs, 20 Resistance Bands (various weights), 1 Pack of Curriculum Reinforcements, 1 Pack of 20 Bingocize® Paper Cards
- ☐ Order a traditional Bingo set (roller, chips, balls) to use with Bingocize®. You can order one from us or many other vendors! (*if applicable*)
- ☐ Customize your *Bingocize® Recruitment Flyers!*
 - Be sure to reference your *Bingocize® Style Guide* for guidance

STEP 3 - PRINT

- ☐ Your *Bingocize® Facilitator Certificate*
- ☐ Your Customized *Bingocize® Recruitment Flyers*
- ☐ *EASY Screening Tool*
- ☐ *Workshop Facilitator Guide*
 - Print this even if you are using the web game!
- ☐ *Workshop Bingocizer Packet*
- ☐ *Bingocizer Take-Home Card Packet*
- ☐ *Pre-Workshop Assessment*
 - **Note:** Administer during session 0
- ☐ *Post-Workshop Assessment*
 - **Note:** Administer during the final session
- ☐ *Bingocize® Game Card Pack*
 - **Note:** A pack of 20 unique cards is included in your Bingocize® in a Box with the *Exercise Effort Scale* on the back of each card, but there are **two additional** unique card packs available for printing
- ☐ *Weekly Class Attendance Form*
- ☐ *Fidelity Check Form*
 - **Note:** You will use this during your fidelity observation
- ☐ Optional, but recommended:
 - ☐ *Exercise Modification Guide*
 - ☐ *Certificate of Completion Template*
 - ☐ *Bingocize® Song List*

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