

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

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.

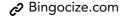
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- Review contents of your Bingocize® Box to ensure everything is there.
 - 1 Facilitator T-Shirt, 20 Stressballs, 20
 Resistance Bands (various weights), 1 Pack of
 Curriculum Reinforcements, 1 Pack of 20
 Bingocize® Paper Cards
- ☐ Order a traditional 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 GuidePrint 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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