

Bat and Chat live

This guidance document has been put together for those who actively are engaging with older age groups who may be isolated or become less active due to not being able to play Table Tennis. It includes a mix of resources that can be sent to suitable participants to help them keep active as well as some tips that a coach or organiser could lead. This aims to help them become more active but also a social opportunity.

Sport England have released figures collected by a weekly survey of physical activity attitudes and behaviours during the COVID-19 pandemic. The survey explores the amount and type of activity being undertaken, how activity is changing over time, who people are being active with, and what they're thinking and feeling about being active.

The figures show that those in the 55+ age group are the least active compared to all other age groups (16-54) with 23% surveyed exercising less than 30 minutes a week and 34% exercising for 30 mins 5x a week- 40% said their exercise level is less than usual. Whilst getting active during this period may not be easy as usual, the benefits of exercise for this age group is key to keeping physically and mentally well for the short term but also to be in a good place to return to being active in sport in the future.

Example Bat and Chat Live ideas

There have been some fantastic examples of running online sessions during lockdown. Teresa Bennett from Brighton Table Tennis club shared an example session with me as well as some tips on how to run a successful session for this audience.

Brighton Table Tennis Club "Fitness Gold" aimed at over 50s.

- **Warm up**
General warm up that gets the participants moving and ensure they have enough room
- **Main session**
Combination of games and drills that are general fitness/exercising and Table Tennis specific for example:
Card game- Every card relates to an exercise or movement. E.g. Hearts are Keepy- uppys. A 7 of hearts would be 7 Keepy- uppys.
Fitness bingo- Set of exercises to complete on a bingo sheet.
Shadow play- Encouraging the basic strokes and movement
Basic Bat and Ball movements
- **Cool down**

Top tips for the session

- Know your audience- make sure the session is at the right level of your participants
- Keep the session to max 30 mins and offer modifications.

- Ensure the coach is someone familiar to those that would attend the session and ask them to wear club kit.
- When promoting the session, make sure it's a key contact in the club
- For the first session, allow extra time for people to log on and give clear instructions
- Be clear on what the session will cover and what equipment they may need e.g. Bat and Ball
- Mute everyone and make sure people are aware that video isn't mandatory.
- Use that chat box for questions
- Keep encouraging people by name during the call
- Allow time for social chatting either before or after the session but be clear this is optional

Ways of staying in contact

During the Government enforced lockdown- we have seen some great examples of clubs or leagues staying in touch with their members. One way to engage with this audience would be to host a "Bat and Chat live" which could include a warm up, some Table Tennis specific movement and skills and a cool down as well as a social opportunity at the end.

To host a live session there are a few platform options suggested below:

Zoom: A video conference app allowing you to host video meetings. The basic model is free and will allow you to host up to 100 participants for 40 minutes for free.

<https://zoom.us/>

Google teams: You will need a google log in but a free site where you can host video calls.

<https://hangouts.google.com/>

Skype- A video call service which can host more than one.

<https://www.skype.com/en/features/skype-web/>

Specific Table Tennis Ideas for Bat and Chat Live

- If you don't have a table- you can use a dining room table with books or something on to make a net. If no table-can use a wall to rally against. Example here: <https://youtu.be/OB2Y1X5BqHE>
- Using the wall- Could add a bounce to make it slower: <https://youtu.be/BV6FjsbX3EI>
- Weekly challenges- Including throwing and catching skills, Skills using the bat "keepy-uppys" forehand, backhand and walking- <https://youtu.be/n5soCo8w7cg>
- Offering modifications to exercises to allow a wide range of participants join in

Link to suitable exercise options in different formats

Joe Wickes live for seniors

<https://youtu.be/A2wp8lpxn9s>

Facebook and associate website page with advice and videos demonstrating workouts and exercising

<https://www.facebook.com/MoveItOrLoseIt1/>

<https://www.moveitorloseit.co.uk/coronavirus-support-for-older-people-exercise-at-home/>

Example of low impact exercises

<https://www.csp.org.uk/public-patient/keeping-active-and-healthy/staying-healthy-you-age/staying-strong-you-age/strength>

Radio and videos on some suitable exercises to keep active

<https://10today.co.uk/tune-in/>

Sport Englands #stayinworkout campaign gives guidance on simple ways to become more active