

Rolling Good Times

Stay steady. Fall safer. Live independently.

An evidence-based falls prevention programme for seniors aged 50 and above. Participants build strength, balance and flexibility, learn to spot everyday fall hazards, and practise safe falling and rolling techniques that reduce injury if a fall does happen.

50+

Seniors, active or currently inactive

13

Sessions incl. Registration Day

1.5 hrs

Per session, weekly or fortnightly

12-15

Participants per trainer

1 Programme Objectives



Raise awareness

Recognise common fall hazards at home and in the community, and learn practical ways to avoid them.



Build functional fitness

Improve strength, balance and flexibility through exercises that progress each week, in line with the Singapore Physical Activity Guidelines.



Fall safer

Learn controlled rolling and safe falling techniques that reduce injury in the event of a fall.



Grow confidence

Help seniors feel confident about staying physically active, independent and socially engaged.

2 Who It's For

- ✓ **Seniors aged 50 and above**, whether active or currently inactive
- ✓ Participants who pass the **suitability screening** on Registration Day
- ✓ Classes in **English or Mother Tongue**, led by bilingual trainers
- ✓ **12-15 participants per trainer**, so everyone is closely supervised

● **Not suitable for severely frail seniors.** All participants complete a health declaration (PAR-Q) and informed consent form.

What Participants Gain



Faster, steadier walking

Measured by the Gait Speed Test



Stronger legs, better balance

Measured by the Four Square Step and Floor Transfer Tests



Safe rolling skills

Reduce injury if a fall happens



Lasting confidence

Home exercises keep participants active after the course

Rolling Good Times: How It Works

13 sessions · weekly or fortnightly · in-person, trainer-supervised

E3SPORTS

3 Course Duration & Frequency

DAY
0

Registration Day: screening & baseline assessments

3 hrs

Health declaration, the four functional assessments, individual feedback on results, and a programme briefing. Only participants who meet the eligibility criteria are enrolled.

SESSION
1

Interactive Obstacle Course Workshop

1.5 hrs

Stations recreate everyday fall hazards such as uneven ground, steps and reaching for objects. Participants learn safe ways to handle each one.

SESSIONS
2-11

Strength, Balance & Safe Rolling

1.5 hrs each

Each session: wellness check and warm-up, strength and balance exercises, rolling and safe-falling practice, home exercise review, and cool-down. Exercises get harder each week, and rolling progresses from the mat to slightly higher starting positions.

SESSION
12

Post-Programme Assessment

1.5 hrs

Participants repeat the four baseline tests, receive individual before-and-after results, and take home an exercise plan.

4 Functional Assessment Criteria

SCREEN

Clinical Frailty Scale

Assesses overall frailty and fitness level. Participants must clear this screen to enrol.

MOBILITY

Gait Speed Test

A timed walk over a set distance that indicates mobility and fall risk.

FUNCTION

Floor Transfer Test

Measures how well a participant gets down to the floor and stands back up safely.

BALANCE

Four Square Step Test

A timed stepping sequence that measures dynamic balance and changing direction.

All assessments follow HPB-prescribed protocols and eligibility criteria, and each is preceded by a PAR-Q health declaration and informed consent.

5 Post-Assessment

- ✓ The four baseline tests are repeated in Session 12
- ✓ Each participant gets individual before-and-after results
- ✓ Trainers give personal feedback and next steps
- ✓ Participants take home an exercise plan and a list of community programmes

6 Venue Requirements

- ✓ At least **120-150 sqm** of clear indoor space
- ✓ Padded or sprung flooring preferred; non-slip surface
- ✓ Barrier-free access, with ramps or lifts
- ✓ Seating for rest breaks, accessible toilets and drinking water
- ✓ **E3Sports brings all equipment:** mats, crash mats, cones, steps and resistance bands

Bring Rolling Good Times to your community

Share your preferred venue, dates and expected number of participants, and we'll prepare a proposal.

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