

The Care Provider Olympics 2026

Competitors Guide 2026



Do you want to get active this summer?

Do you want to host your own sporting event and enjoy activities with your residents, friends and family?

If YES, then the Olympics is for YOU!

If you would like to sign up to this year's competition, please complete a registration form and email it to the Nursing Team - hnyicb-voy.yorkplacequalitynursingteam@nhs.net by **3rd July**

Welcome to the 2026 Care Provider Olympics



The Care Provider Olympics is our platform for celebrating and promoting the importance of physical activity. Over 2000 people have taken part in the initiative since 2022.

We're delighted that the competition is back for 2026, and over 6 weeks between **13th July - 23rd August** all Care Providers are invited to host their own Olympic event to get moving together and compete against fellow providers for our Olympic trophy.

Whether you are a care home, supported living, extra care facility or domiciliary service, this is your chance to come together, get active and share ideas on how we can keep those in our care active.

This guide is designed to help you and your team plan how you will participate in this years competition, and personalise your activities to the needs of those in your care. Remember all movement big or small is beneficial, and helps fight deconditioning and promote health and wellbeing for our service users.

Please share your photos, resources, guidance and ideas on how you are promoting physical activity in your service and what you are doing for your Olympics event.

Our Olympics bulletin will be shared throughout the competition so you can keep up to date with the competition.

To enter this years competition, simply complete a registration form and email it to the Adult Social Care Nursing Team - hnyicb-voy.yorkplacequalitynursingteam@nhs.net

All registration forms must be submitted by 3rd July.

How to take part

To enter your service into this years Olympics all you need to do is pick a day/s between 13th July - 23rd August and host your own Olympic style event.

You can fill your event full of as many different activities as you like, and consider how you can personalise these to the differing needs of those in your care so we can make sure they are inclusive for everyone.

There are a number of “Medal Events”, which can earn your team points on our leader board. You can choose a selection of the Medal Events or all of them to compete against fellow providers for the winners trophy.

Or you can choose to do other activities with your residents and design your own Olympics event. You will be recognised for all your efforts with one of our fantastic 2026 Olympics certificates!

Please remember, you need to compete in the medal events to earn your team points on the leader board. Tip - the more events you do, the more points you can earn.

If you choose to incorporate the Medal Events into your event please follow the guidance on the ‘Scores table’ to ensure results are submitted correctly for our leader board.

Please submit your scores by **25th August**.

You can find a copy of the registration form, scores table and this guide on our **website**. Bulletins and updates will also be uploaded on the website.

Who will be our 2026 champion?
Will it be YOU?



Planning your event

Training

Warm up, get moving and enjoy yourselves. Incorporate the Olympics medal events into your group activities leading up to your event to prepare and practice for the big day.

Planning your event

Make some decorations for your event, banners, posters, bunting or flags to celebrate the Olympics. Do you have a team mascot to support you during your event? What about an Olympics torch or podium for your winners.

Choose which medal events you want to include in your event, or which other activities your residents would like to do. Remember you don't have to compete in the medal events to enter the Olympics and enjoy a day of sport. However, medal events do earn your team points, so if you want to be in with a chance to win you will need to enter a least one of the medal events.

The weekly events are back again this year, see page 7.

Do you have any sports men or women in your organisation? What stories can your residents share with others?

Reach out to the local nursery or schools in the area and ask them to join in your event. Remember relatives and friends can also join in the competition too. The more the merrier!

What about fancy dress? Are your staff daring enough to compete dressed up?

Sharing with others

Whatever you do, however you do it, we want you to share your photos, stories, ideas, recipes and news with others. If you would like to share please email hnyicb-voy.yorkplacequalitynursingteam@nhs.net and we will make sure it is shared in our Olympics bulletins.

Our 2026 medal events

Most steps in one day



Record steps walked in one day using a smart watch, phone or pedometer

Balloon volleyball



Pass the balloon between two people for 1 minute. One pass is one count

Paper plate discus



Throw the discus and measure the distance using CMs

Ring toss or hoopla



Each participant to throw as many rings as possible in 1 minute

Chair football or basketball



Most goals scored in 1 minute

Beanbag or ball catch



Throw a beanbag or ball to each other for 1 minute. Each throw is one count

Our 2026 medal events

Ping pong ball blow challenge



Blow a ball with a straw. Measure the longest distance in CMs

High fives



Count the number of high fives in 1 minute

Bowls



Furthest ball bowled, measured in CMs

Egg and spoon race



Race 15 meters, carrying an egg on a spoon. Record in seconds

Soft tip or ball darts



Highest score using 9 soft tip darts or balls.

Staff 100m race



Quickest, recorded in seconds

Our 2026 weekly events

The weekly events from last year are back and bigger than ever!
Don't forget to share your photos of your creations during the competition.



Arts and Crafts week

20th July - 26th July

GET CREATIVE!



Design trophies, medals, posters, anything Olympics or sports related showcasing your creative talent. Using anything to create your work of art. Items found around the home or in the garden too.



Hydration and Nutrition week

3rd August - 9th August

ITS HAPPY HOUR!



Whether you're making mocktails, smoothies, milkshakes or enjoying an afternoon tea, what nutritious ingredients are you using? We want to know, share your recipes in our bulletin.



Great Yorkshire Bake Off week

17th August - 23rd August

READY, STEADY, BAKE!



Biscuits, cakes or bread, sweet or savoury, whatever takes your fancy now is the time to get baking and showcase your masterpiece.

Our Olympics leaderboard

Year	Place	Provider
2022	1st	Older Adults - The Orchards Younger Adults/LD - Sherbutt House
	2nd	Older Adults - Kirkwood Hall Younger Adults/LD - The Gravers
	3rd	Older Adults - Abbey Lea Younger Adults/LD - The Botton Community
2023	1st	Older Adults - Kirkwood Hall Younger Adults/LD - Sherbutt House
	2nd	Older Adults - Sycamore Hall Younger Adults/LD - The Gravers
	3rd	Older Adults - Westwood Care Home Younger Adults/LD - Harrogate Home Support
2024	1st	Older Adults - Kirkwood Hall Younger Adults/LD - Sherbutt House
	2nd	Older Adults - Greyfriars Lodge Younger Adults/LD - Cauwood Day Service
	3rd	Older Adults - Abbey Lea Younger Adults/LD - Harrogate Home Support
2025	1st	Older Adults - Sycamore Hall Younger Adults/LD - Sherbutt House
	2nd	Older Adults - Kirkwood Hall Younger Adults/LD - Cauwood Day Service
	3rd	Older Adults - Greyfriars Lodge Younger Adults/LD - Amitola Communities

North Yorkshire Sport

North Yorkshire Sport is the charity for movement, activity and sport and the Active Partnership for York and North Yorkshire.

North Yorkshire Sport work with partners across the county to help create happy and thriving communities that mean people are living more healthily for longer.

All providers across North Yorkshire and York are able to access a wealth of ideas, resources and community links to support activity in your service. They are also happy to work with individual providers around their activity strategies.

We are working with North Yorkshire Sport again this year and they would like to work with providers to share resources and offer any help or support needed with activities in your setting. NYS would also like to visit providers during their event to join in the fun of the Olympics.

If you would like to be contacted by NYS please state this on your registration form. Please note, visits are subject to their availability and provider's location.

For more information visit www.northyorkshiresport.co.uk



Summary

Date - 13th July - 21st August

Register by 3rd July - complete the registration form and submit to the Nursing Team

Scores must be submitted by 25th August to be entered on to the leader board - using the scores table spreadsheet provided

Closing ceremony will be W/C 21st September TBC - more information to follow

The Nursing Team will be in contact with providers to arrange visits during the Olympics to take part and join in the fun with residents.

If you have any questions or would like more information about the competition please contact the Nursing Team
hnyicb-voy.yorkplacequalitynursingteam@nhs.net