

# Evidenced-Based Falls Prevention Program

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Stay Active and Independent for Life (SAIL) is an evidence-based, strength, balance, and fitness program for adults 60 and older that meet 2-3 days per week for 1 hour. The class includes warm-up, aerobic, balance, strength and stretching exercises along with education to reduce the participant's risk of falling. In this way participants will experience the same excellent class regardless of where they attend or if they attend multiple locations. Classes may be conducted on an ongoing basis or in 12-week increments with a minimum of two 12-week sessions per year expected.

The SAIL program was developed because of the Senior Fall Prevention Study, funded by the Centers for Disease Control, and coordinated by Washington State Department of Health and Northwest Orthopedic Institute. The result of the study showed that seniors who attended this exercise class at least 2-3 times per week for one year showed a 25% less incidence rate of falls. Strength, balance, and mobility among the study participants also increased significantly.

SAIL is public domain, meaning there is not licensing fee or yearly fees to conduct class. SAIL can be implemented in a variety of settings including, but not limited to; senior centers, community centers, recreation centers, faith-based organizations, physical therapy locations, retirement communities and independent/assisted living facilities. We strongly recommend leaders be trained in teams of two to help ensure classes are conducted on a regular basis.

Thank you for your interest in becoming a SAIL leader and helping reduce the risk of falls for older adults in your community. Please complete the enclosed TN SAIL Online Leader Application and include copies of your 1) CPR Certification and 2) fitness certification or equivalent degree. On the last page of the application is a list of approved certifications/degrees that meet this requirement. **All required prerequisites must be complete and current at time of application submission.** Please return your full application to Debi Tuggle at [DTuggle@utmck.edu](mailto:DTuggle@utmck.edu) no later than **Friday, March 8, 2024**. We look forward to working with you soon!

Sincerely,

Tennessee SAIL Team

Cynthia Rockey, Rachel Frazier & Terri Stewart – SAIL Master Trainers  
Debi Tuggle – Statewide SAIL Coordinator  
Cathy Wilson – SAIL Data Coordinator

# TN SAIL Online Leader Training Format

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The SAIL Leader training will be broken into three main parts 1) online training and exam, 2) webinar with SAIL Master Trainers (MANDATORY) and 3) New SAIL Leaders will be required to show competency of SAIL and fitness checks either by submitting a video or being observed in person. This will be determined on a case-by-case basis.

## **Online Training and Exam:**

The online training consists of an introduction, 11 chapters and 3 demonstration videos. In total, we estimate this training to be approximately 8 hours. You will have a quiz at the end of each chapter and a final exam of 25 questions to take once you have completed all modules. You must pass the final exam with a score of 84% or higher within a two-hour time limit. This will be an open book exam, so you are encouraged to use notes and resources you have been given.

The online training will launch on:

- **Monday, March 18, 2024**, and you will have until **Monday, April 8, 2024**, to complete all online requirements for the training.

## **Webinar with SAIL Master Trainers (MANDATORY):**

We will be hosting a webinar on: **Date TBA**

This is mandatory for you to attend to complete certification. This webinar will allow you to “meet” the SAIL Master Trainers, learn additional tips for a successful class and ask any clarifying questions you have about the program.

## **Demonstration of SAIL Class and Fitness Check:**

The final step to complete your TN SAIL Leader Certification is demonstration of leading a SAIL Class and Fitness Check. New SAIL Leaders will be required to show competency of SAIL and fitness checks either by submitting a video or being observed in person. This will be determined on a case-by-case basis.

**If you fail to meet any of the requirements above, you will not be certified to teach SAIL in Tennessee.**

If you have any questions on the requirements of the TN SAIL Online Leader Training, please contact Debi Tuggle at [DTuggle@utmck.edu](mailto:DTuggle@utmck.edu) or (865) 300-3672.



## Application for TN SAIL Online Leader Training

### Contact Information

Name \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_

Location you would like to conduct a SAIL Class \_\_\_\_\_

Anticipated month you will start your SAIL Class \_\_\_\_\_

**Volunteer Demographics:** This information is not mandatory; however, our funding source requires us to recruit and retain a diverse group of in-kind staff and volunteers. This information helps us complete reporting requirements.

Gender \_\_\_\_\_ Race/Ethnicity \_\_\_\_\_ Date of Birth \_\_\_\_\_

### Qualifications

CPR Certification Expiration Date (must provide a copy of card) \_\_\_\_\_

Degree/Certifications (must provide copies)

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Other Experience Teaching:

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Please indicate how you will use the SAIL instructor Training.

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You can email your application to [DTuggle@utmck.edu](mailto:DTuggle@utmck.edu). For more information or questions contact Debi Tuggle at [DTuggle@utmck.edu](mailto:DTuggle@utmck.edu) or (865) 300-3672.

# **Approved SAIL Fitness Certifications/Degrees**

## **Fitness Certifications**

American Council on Exercise (ACE) Fitness certified  
Aquatic Exercise Association (AEA)  
Arthritis Walk with Ease  
Athletics and Fitness Association of America (AFAA)  
Fit and Strong!  
FiTour  
Geri-Fit Strength Training Workout  
National Association of Sports Medicine (NASM)  
Silver Sneakers  
Tai Chi  
Tai Chi Quan: Moving for Better Balance and On the Move  
Yoga

## **Degrees**

Exercise Science  
Kinesiology  
Occupational Therapy  
Occupational Therapy Assistant  
Physical Education  
Physical Therapy  
Physical Therapy Assistant  
Therapeutic recreation