

STAY ACTIVE AND INDEPENDENT FOR LIFE (SAIL) IMPLEMENTATION GUIDANCE FOR ACL GRANTEES

Stay Active and Independent for Life (SAIL) is a strength, balance, and fitness program for older adults. SAIL is offered 2-3 times a week in a 55-minute class. SAIL exercises can be done standing or sitting and consist of the following components:

- Warm Up: 3-5 Minutes
- Aerobics: 18-20 minutes
- Mandatory balance exercises: 10 minutes
- Mandatory strength exercises: 15-18 minutes
- Stretching and falls prevention education: 8-10 minutes

Intended Target Audience: Evidence has shown benefit in strength and balance in community-dwelling older adults (65+) and people with a history of falls, although anyone with concerns about falls can enroll in the program. SAIL can accommodate people with a mild level of mobility difficulty (e.g. people who are occasional cane or walker users). The program focuses on improving flexibility, strength and balance. Thus, those individuals who use assistive devices may adapt some exercises to be done in the seated position with the progression focused on increased challenges to balance and strength.

Recommended Class size: Minimum class size is at the discretion of the organization based on resource availability. However, classes with 20 or more participants should be delivered by two SAIL instructors to ensure safety and proper form of exercises. In addition, volunteer may assist the SAIL leader(s) to ensure participant safety.

Length /Timeline of program: The SAIL program is a 55-minute class session conducted 2-3 times per week. The program can continue in duration for as long as the organization wishes. While the SAIL program is intended to run as a continuous 52-week program, it is recommended that the SAIL program run in 12-week blocks to allow for increased participation, retention of participants, and leader/participant satisfaction. Of the minimum 24 SAIL classes, a completer of the SAIL program would need to attend 18 of the 24 (75%) of sessions.

SAIL Leader Training: SAIL classes are conducted by fitness, exercise science, and other professionals, including lay leaders, who have completed SAIL Instructor training. The qualifications of a SAIL instructor include:

- Completed an online or in-person SAIL Instructor Training
- Current CPR and First Aid certification is strongly recommended
- Previous experience teaching physical activity to older adults is preferred, but not necessary
- Ability to perform the mandatory exercises with appropriate form and range of motion
- Good communication skills and organizational ability to document attendance and other reporting requirements of the program.
- Abide by the fidelity and implementation guidelines as outline in the leader instructor training

Data Reporting: Each 12-week SAIL program that meets at least 2 times per week can count as 1 workshop. Participants should take the baseline survey and fitness checks within the first 2 weeks of the program. At the 12-week mark, participants should take the post-program survey and the fitness checks. Fitness checks are a mandatory aspect of the SAIL class, although not a mandatory reporting requirement for ACL. These fitness checks should be assessed once every 3 months and documented by the leader with the attendance sheet.

If the program continues for another 12 weeks, previous participants do not need to take the baseline survey and fitness checks since they already have one on record. Rather, use the original baseline results for the repeat participant and conduct fitness checks/post program survey every 12 weeks thereafter. Only brand-new SAIL

participants should receive the baseline survey and fitness check onboarding. It is imperative to keep accurate attendance, especially for on-going programs, using the participant ID consistently across all reporting measures.

In Summary:

- Each 12-week SAIL program can count as 1 workshop.
- Each participant of the 12-week workshop counts as a participant.
- Completers of SAIL attend at least 18 of the 24 SAIL classes during the 3-month program.
- Repeat participants of SAIL programs can be counted as “new” participants, although baseline data does not need to be repeated if already collected.
- Fitness checks and Post-Program surveys should be administered every 12 weeks and reported in the database.