



SADD ALBERTA GAMES

Objective:

Per the most recent data available from Statistics Canada, “the vast majority of individuals who have driven after drinking have done so more than once”.

Efforts to increase awareness of the impact of impaired driving have been effective, since the rate of impaired driving was 65% lower in 2015 than the rate in 1986. However, even though the numbers for alcohol related impairment are lowering, the amount of drug-impaired cases has been on the rise¹.

Whenever a major holiday occurs, impaired driving rates always increase. Alcohol is never a requirement to being able to have fun.

Unfortunately, as research from the Canadian Centre on Substance Abuse shows, there has been a gradual increase in the percentage of times people consume 4 or more drinks per occasion², resulting in the preconceived notion of alcohol consumption being directly related to the amount of potential enjoyment of a situation.

To reach as many youth as possible with the message of alcohol not being necessary to have fun, whilst they are still forming their beliefs around alcohol consumption, the SADD Games were created.

As the research shows, targeting people when they are still forming their beliefs about an action is one of the most successful times, due to their knowledge of the subject³. There is no specific time that these games must be run, we would only hope that your SADD Chapter and school can chose a time that coincides with an increase in alcohol consumption to show students the ability to have fun without alcohol.

Feel choose as many events to run as desired. Following these instructions will allow for one full week's activities.

¹ Taken from Statistics Canada, <http://www.statcan.gc.ca/daily-quotidien/161214/dq161214b-eng.htm>

² Taken from Thomas, Gerald and the Canadian Centre on Substance Abuse, *Levels and patterns of alcohol use in Canada* (November 2012),

³ Taken from Lee, Nancy R. and Kotler, Philip, *Social Marketing: Changing Behaviors for Good* (2016)

The Strongman

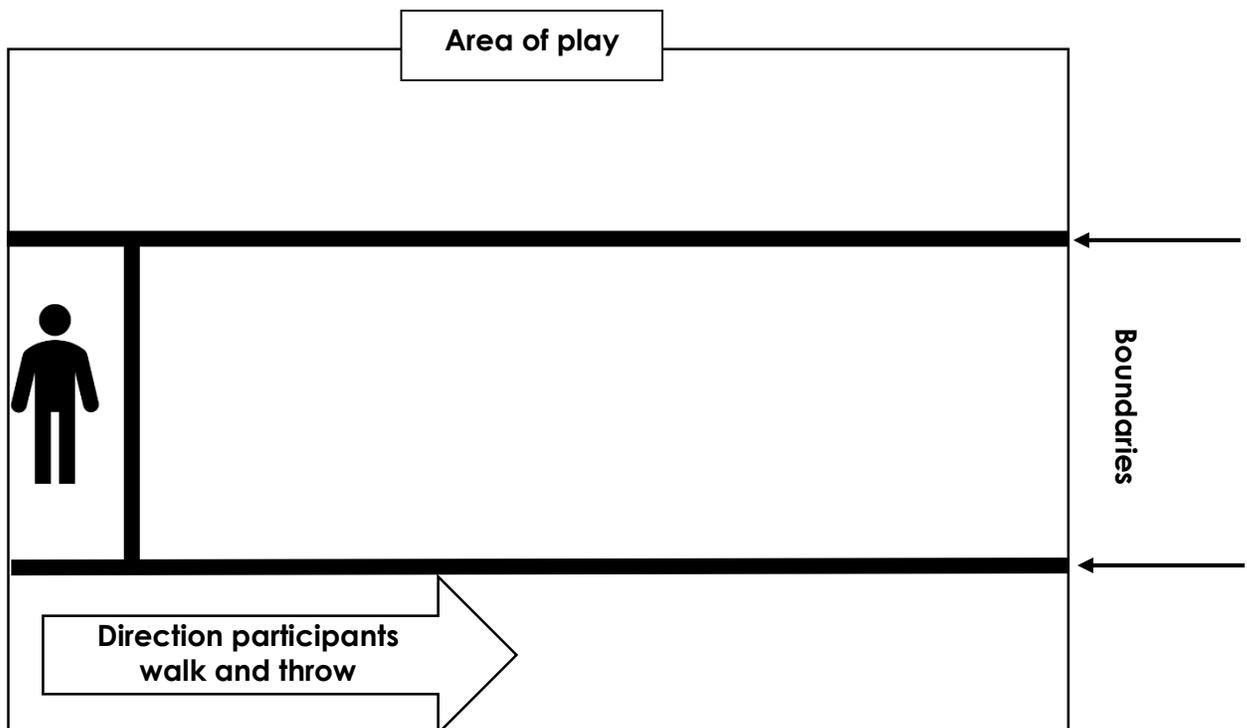
Resources Required:

- Two wrapping paper sized paper rolls
- Newspaper to fill the empty paper rolls
- Packaging tape to reinforce the completed stick



Instructions:

- Take the newspaper and stuff it into the long paper towel rolls to make them heavier.
- Cover the resulting stick with tape to protect it from being damaged.
- Be sure to make enough sticks to replace those that will end up being broken.
- *Inspired by the caber toss, the Strongman is designed to have participants demonstrate they can heave the heavy stick the furthest possible within a specific area. Therefore, make sure you set up an area free and clear of obstacles that no one might be injured during the event. A gymnasium or open field works well.*
- To be considered a valid throw, participants must walk with both hands on the bottom of the stick and heave it within a set of lines that are parallel to the direction they're walking, as shown underneath.



- Once the participants have walked approximately a dozen steps and reached the perpendicular boundary, the participants are then to heave the stick forward with all their might.
- The total distance is then recorded.
- The participant with the farthest heave is the one who wins.

Proof of Endurance



Resources Required:

- A reasonable number of textbooks
- Bags that are sturdy enough to support the bags

Instructions:

- Take the textbooks and place them inside the bags to make each bag a reasonably heavy weight
- Ensure an even number of weights are created since each participant will require two weights
- If you can get access to actual dumbbells or similar weights, even better
- *Inspired by the Farmer's Walk, the Proof of Endurance is meant to demonstrate the endurance of the participants. Ideally, it would be the same participants as those who participated in The Strongman.*
- Set out a specific, long, circuit for the participants to walk carrying the weights. Ideally, the course would include some obstacles such as navigating a cafeteria or climbing stairs – make sure that if participants suddenly let go of the weights no one risks getting injured.
- Once the participants have been shown the circuit they are to walk, have them pick up their weights and begin walking.
- The participant who finishes the quickest wins.

An Element of Precision



Resources Required:

- Pancake flippers
- Brown paper bag filled with flour and sealed shut
- Packaging tape to reinforce the completed bag

Instructions:

- Ensure that the brown paper bag is sealed in such a way that the flour won't fall out
- To reinforce the paper bag, cover it in packaging tape to prevent the bag from breaking
- Make sure a few extra parcels are made ahead of time in case one breaks during the competition
- Similarly, make sure a few extra pancake flippers are on hand in case any break
- *Inspired by the sheaf throw, the element of precision is meant to demonstrate the strength and accuracy of participants through their ability to flip a small parcel over a tall obstacle using the pancake flipper.*
- Make sure that an area is decided upon that is free of obstacles for high flying objects.
- If possible, try to hold the event outside by football or soccer posts.

- If the event must be held indoors, try to get either some posts, such as those used for the high jump, to show the specific height that must be reached, or use a second-floor balcony/area that parcel must land onto.
- Ensure the participants are wearing adequate eye protection
- Start the required height to move onto the next level relatively low, then gradually increase the height as needed
- Since participants might all be able to flip the bag over the highest height, make each attempt gradually more difficult by increasing the horizontal distance between the participant and the landing area.

So You Think You Can Dance

Resources Required:

- Any style of music that is popular within your school.

Instructions:

- As a more straightforward event, *So You Think You Can Dance* is meant to demonstrate the power that communicating face to face can have.
- Text message and face-less media has led to the gradual loss of the ability to communicate with each other.
- As the world renowned dance instructor Pierre Dulaine explains, "Dancing allows everyone to grow and learn respect for each other. We have become experts at isolating ourselves".
- Even though he only focuses on ballroom dance, his ideas can be transferred to any style of dance. Therefore, the theme of this event is quite simple.
- Get your students to interact with each other over the lunch-hour by dancing.
- Either reach out to a local dance studio to see if a dance class can be held, or simply hook up an iPod to a set of speakers playing some popular music.
- No matter the way it is executed, this event is sure to get people in your school talking about the fun they had without the use of alcohol.



The Ultimate Challenge

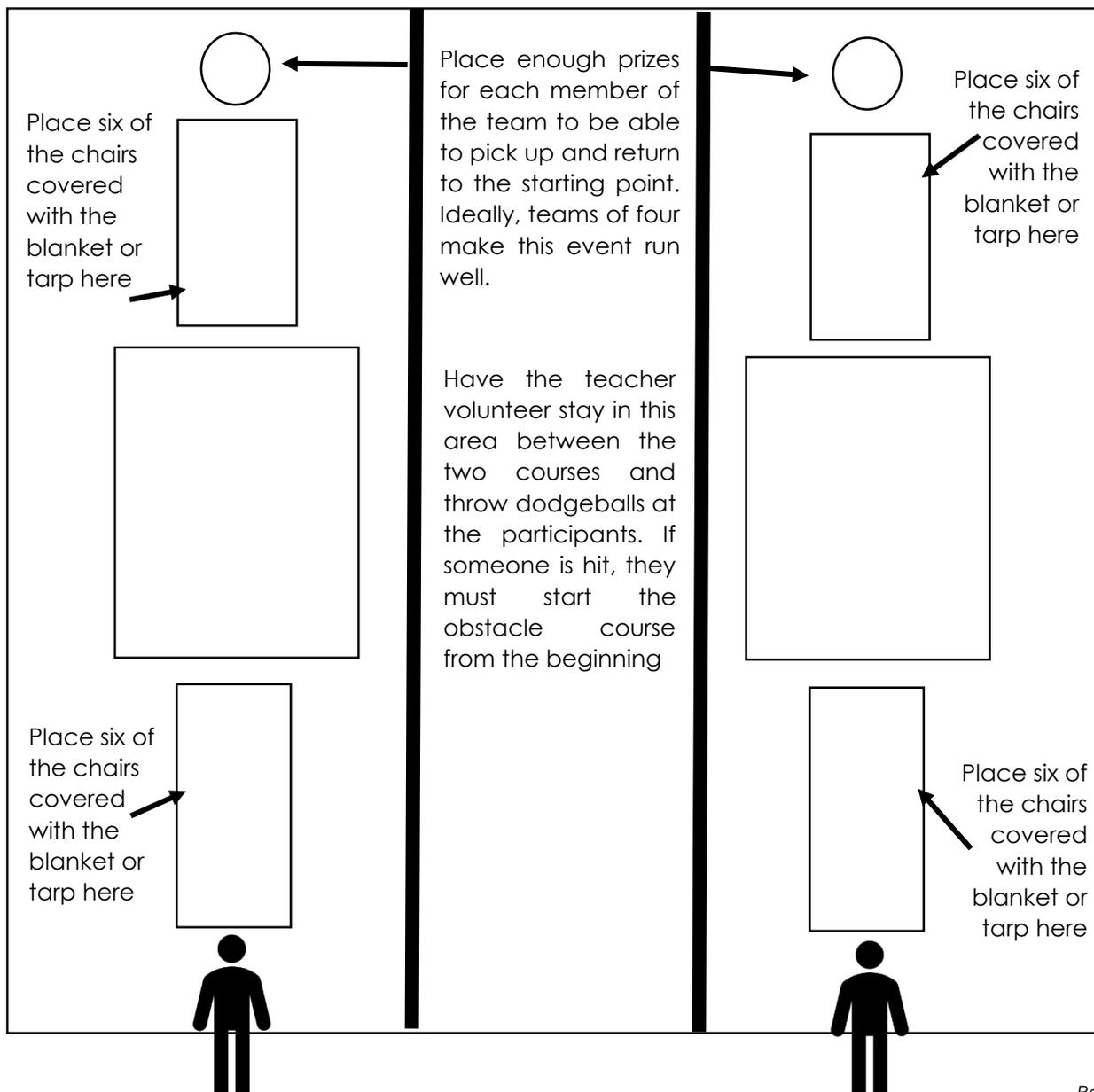
Resources Required:

- Around 24 chairs with legs that are sturdy enough to be crawled over
- Two tarps or blankets
- One Teacher volunteer
- Around a dozen soft dodgeball type balls
- 12 cones to mark out the different areas



Instructions:

- The over-arching idea is to push participants to do something they haven't done in years.
- Take the materials listed in the resources section and set them up per the diagram underneath.
- Make sure you have enough room for people to be running around
- Ideally this event would be run in the gym.



- At the first six chairs, participants must crawl over the mountain that is created by the chairs' legs
- At the next area, where participants are out in the open, they must army crawl their way to the second set of chairs.
- It is at this point that the adult volunteer should be throwing as many dodgeballs as possible to force the participants to start again
- At the second set of chairs, participants must crawl under the tunnel that is created by the set of chairs and reach the prize/object at the end of the tunnel
- Once participants have reached the object, they are to take one of them and either run back to their team mates for the next person to run the obstacle course, or go through the obstacle course in reverse order to reach the starting line – it's at your discretion as to whatever would be more fun



Please Note: *The provision of these activity ideas for the SADD Games are for your enjoyment and convenience only. Everyone must adapt these games to suit their participants, location of the events, supplies available, etc. Take the time to review and ensure that the event that you have selected aligns with the requirements of your school, etc.*