

Roller Girl Gang



Social Story: Sunday Beyond Beginner Class

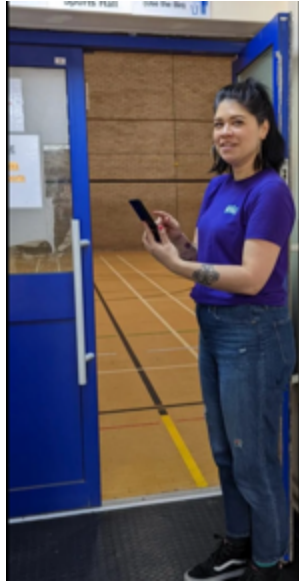


Our classes are held here at the Ramgarhia Sikh Centre Sports Hall.



As you come through the entrance, the sports hall is located here down the corridor, the blue door on the right.

The toilets are just to the right of the sports hall.



Please queue in the corridor.

Once you enter the hall a member of the team will ask your name and check you in.



Please take a seat by the side of the sports hall and put on your skates and protective gear.

Everyone in this class should have their own equipment.

Inline or quad roller skaters are welcome to attend this class.



As soon as you have your skates and safety gear on, you can start skating.



When it is time for the class to begin, an instructor will get everyone's attention and begin a rolling skate warm up.

You will roll around the room, the instructor will call out the different actions of the warm up and demonstrate how to do them. Try as much as you feel comfortable to but do not worry about following the actions perfectly.



The instructor will then demonstrate and explain which skill you will be learning.

Skills in this session follow on from the Beginner class, and we aim to challenge skaters.



Then you will try!

You will have time to practise each new skill before moving on to the next one.



Please feel free to take a break and have a drink at any time during the class.



As there are so many beyond beginner skills, each class varies.

If you do not feel ready to try out a particular skill that is fine!



When it is time for the class to end, please make your way back over to your belongings and change back into your shoes.



Goodbye, see you next time!

Sensory Profile

Auditory

The sports hall is a large space which is loud and echoes noise. We often have music playing low in the background during class. Instructors will call out instructions and use a whistle to get everyone's attention.

Ear defenders are welcome!! If you would like to wear ear defenders, ear plugs or your own headphones to have a better experience, please feel free.

We deliver our instructions during classes verbally and by demonstrating them. If you require support with our verbal instructions please let us know. We are also able to repeat instructions as many times as you need or write instructions down.

Visuals:

The sports hall has very bright lighting.

Please take your time during classes and take as many breaks as you need. If you need to take a break outside in natural lighting, please remove your skates first for your own safety. You may then rejoin the class when you are ready.

Please ask us any questions you have and ask a member of the team for help, we will always do our best to support you.

Carers, PAs and Support Workers:

Carers are welcome at all our classes and events.

If your carer will be skating please book an additional ticket as usual, if your carer will not be skating please email us to let us know and they can attend the event free of charge.

If you have any further questions or would like to speak to us before attending class please email us at: skate@rollergirlgang.co.uk