

# Roller Girl Gang



## Friday Night Social- Social Story

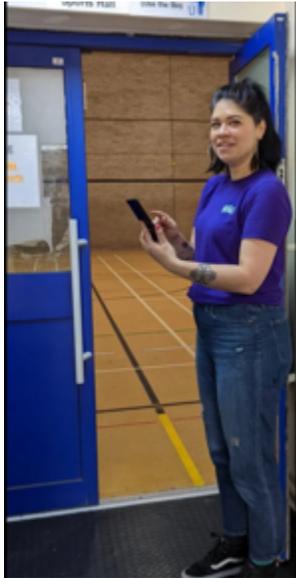


Our classes are held here at the Ramgarhia Sikh Centre.



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 staff will ask for your name and check you in.



If you are hiring roller skates, please go to the left.to the left.

One of our team will ask for your name and the size roller skates you have booked.

You will then be given the hire skates and pads.



Please choose a seat or space at the side of the sports hall to put on your skates.



During the Friday night social you will see our skate marshal team in purple t-shirts.

Our marshalls are at the event to help you and answer any questions.

You can go to our skate marshalls at any time!



When you are ready you can begin to start skating.

All skates go in the same direction in an oval around the hall.

During the session, a whistle may be blown to ask everyone to stop skating and to change direction.



Roller dancing takes place in the middle of the oval.

Anyone is welcome to join in or use this space to practise steps.



A pop up shop is located at the edge of the hall. Selling drinks, snacks and skate accessories.

We accept cash or paypal payments.

To use the pop up shop please speak to one of the skate marshalls.



We have a wheel library at our Friday Night Social, you are welcome to borrow wheels to try on your own skates for 10-15 minutes.

Please follow the instructions on the wheel library, if you would like any help please ask a member of the skate marshall team.

At the end of the Friday Night Social there is a speed skate. There are 2 levels of speed skate. It is a sprint, if you are joining in you need to be able to fall safely and control the corners. If you are not taking part, please sit to the side of the hall away from the skaters. The speed skaters go very very fast, it is important to stay out of the skating area during this time to prevent injury.

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This is the end of the Friday night social! Please take off your skates and collect your things.

If you have hire skates please return them to the skate marshall team at the hire skate area.

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See you next time.

# Sensory Profile

## Auditory:

The sports hall is a large space which is loud and echoes noise. During Friday night social we have music playing. Skate marshalls may 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 do so.

We deliver our instructions verbally. If you require support with our verbal instructions please let us know.

## Visuals:

The sports hall has very bright lighting, although the lighting is turned down during Friday night socials. There are no flashing lights.

Please take your time skating 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](mailto:skate@rollergirlgang.co.uk)