

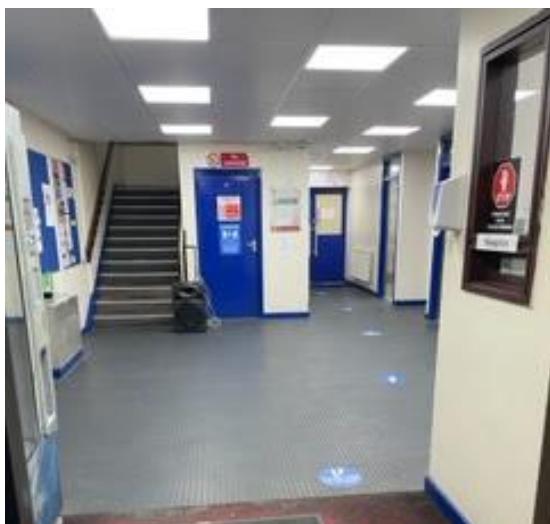
Roller Girl Gang



Social Story: Sunday Beginner Session



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 the team will ask for your name and check you in.



During the class you will see our skate team in teal t-shirts.

Our instructors are there to help you and answer any questions at any time!



If you are hiring roller skates, please go 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 take a seat and put on your skates, protective pads and helmet.



When the class begins, we will split into two groups. One group will be for people who are just starting to skate or who don't feel very confident skating and would like a little extra help and support. The second group will be for roller skaters who feel a little more confident.



If you have never put on safety pads before, and you need help with selecting sizes or putting them on, please ask.



Your instructor will tell you and show you each new thing you are trying to learn.



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.



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