



# Welcome to SportWorks!

## Your Fun Short Break Guide

We are SO excited to meet you!  
You are going to have a fun, active day with games, sports and new friends! 😊





### You Are Safe Here

Your safety is the **MOST** important thing to us.

✓ All spaces are safe	✓ All staff are trained
✓ Adults always nearby	❤️ You can always talk to staff!

### When You Arrive





Here is what happens when you get here:

- 1  Come in with your grown-up
- 2  Meet a friendly SportWorks staff member
- 3  Your grown-up shares important information about you
- 4  Then it's time for FUN!

Our staff are kind, patient, and ready to help you settle in. ❤️

## **How We Have a Great Time**







At SportWorks we all:

 <b>Be kind to each other</b>	 <b>Listen to staff</b>
 <b>Play safely</b>	 <b>Try our best and have fun!</b>

Staff will always speak nicely and help if something feels tricky.





## **What We Might Do**

Every session is a little bit different — that makes it exciting!

 <b>Running games</b>	 <b>Football</b>
 <b>Dodgeball</b>	 <b>Parachute games</b>
 <b>Arts and crafts</b>	 <b>Team games</b>

★ **Some games might be NEW — that is okay! Staff will show you what to do. You can join in when you feel READY.**





## **Making Friends**

 <b>Play together</b>	 <b>Work as a team</b>
 <b>Make new friends</b>	 <b>Have quiet time if needed</b>



## Food and Drinks

Please bring these things with you:

 <b>Packed lunch</b>	 <b>Snacks</b>
 <b>LOTS of water!</b>	 <b>Extra drinks (running makes you thirsty!)</b>



## Using the Toilet




 **Just tell a SportWorks staff member.**

They will take you. If you need help — that is totally okay!

Staff can help you privately and respectfully. 







## What to Wear

 <b>Trainers</b>	 <b>Joggers or tracksuit bottoms</b>
 <b>T-shirt and jumper</b>	 <b>Warm layers if cold</b>
 <b>Suncream if hot</b>	 <b>Spare clothes (in case!)</b>





## Getting Changed

 <b>Staff will help you</b>	 <b>Private changing areas</b>
 <b>Ask any time!</b>	 <b>No worries at all!</b>







## If You Feel Worried, Upset or Unwell

Please tell a member of staff if you feel:

 <b>Worried</b>	 <b>Upset</b>
 <b>Sick or tired</b>	 <b>Overwhelmed by noise</b>





We are here to help you feel better! We can...

 <b>Give you a quiet space</b>	 <b>Help you calm down</b>
 <b>Call your grown-up if needed</b>	 <b>You are NEVER in trouble for telling us!</b>



## Going Home

When the session finishes:

<b>1</b>  Two staff stay with you
<b>2</b>  Your grown-up comes to collect you
<b>3</b>  They let us know they are here
<b>4</b>  Then you go home!



**You can only go home with the grown-up your family has told us about. This keeps you safe.**



## We Can't Wait to Meet You!

We are so excited to play, move, create and have fun with you!

If you ever need help, just ask.

We are here for you 

See you soon for an **AMAZING** time at SportWorks!

