

BOROONDARA SPORTS COMPLEX



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A Gymnastics Lesson Social Story



BOROONDARA
City of Harmony



the



Guidelines

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For your Social Story to be successful, we recommend you follow these guidelines:

- Read Social Story often
- Social Story to be read and shared in an environment free of distractions
- Be calm, comfortable and honest when reading a Social Story
- Help the participant comprehend key points and consistently monitor for level of understanding.



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I am going to Boroondara Sports Complex for a gymnastics lesson.



I will need to wear comfortable clothes.

This might be loose fitting shorts or pants, a t-shirt or singlet.

Or I might choose to wear a leotard.

I will need to have my hair tied back and take off jewellery.

It is important to bring a water bottle.



When we arrive, I will see people at reception who work at the centre.

They are called staff.



The gymnastics centre is on level one.

We can take the lift or the stairs to the gymnastics centre.



Gymnastics

For your safety:

- Please wait in the foyer area until the coach arrives.
- Make sure you follow the coach's instructions at all times.
- Please don't use gymnastics equipment if you are not wearing your safety harness.
- One of a time on trampolines, no backflips.
- Please don't leave the room without the coach's permission.
- Water is essential to good health. No other food or drinks in the room.
- If your hair is long, you'll need to tie it back.
- Please take off all jewellery, watches, stud earrings and rings.
- You'll be moving a lot, so make sure your clothing is comfortable.

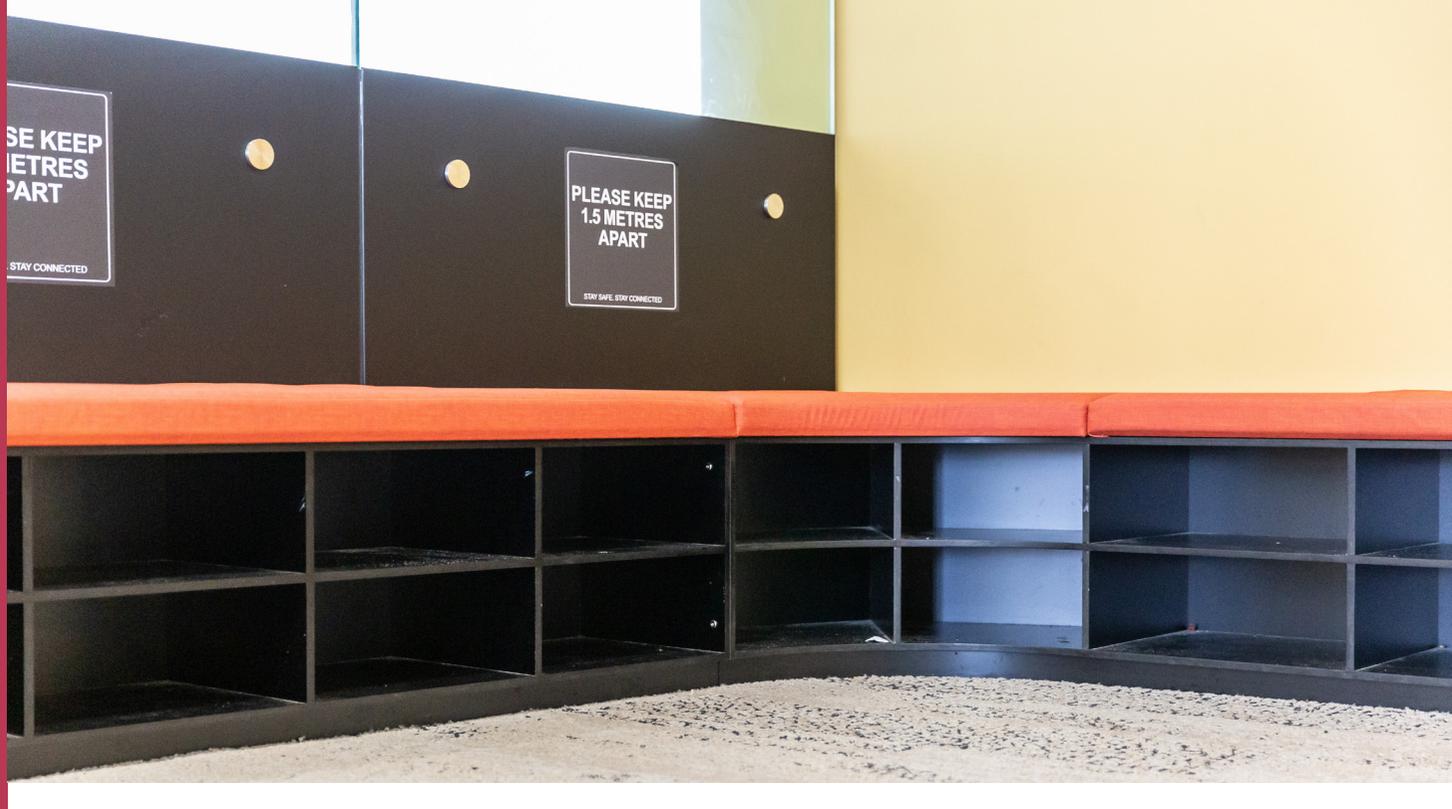
Other important things:

- We don't want you to miss any class.
- Please respect our staff, coaches and other participants.
- Be considerate of others and use common sense.
- Parents/Guardians are not permitted to watch classes.

THE MOST IMPORTANT

I will see other children waiting for their lesson outside the gymnastics centre.

I will see a pigeon holes outside the gymnastics centre for me to put my shoes and socks.



A coach will tell me when it is time come inside the gymnastics centre.

There may be other lessons taking place in the gymnastics centre at the same time.



There are toilets in the gymnastics centre.



First, I will sit on the floor in the tuck sit position.

A coach will show me how to do this if I need help.

We will then do some stretches.

This helps to warm up the muscles in my body.

We might play some games.

All lessons in the gymnastics centre will do stretches and games together.



Next, it will be time to find my coach.

My coach might call my name.

There will be other children in my class.

It is important to follow my coach's instructions.

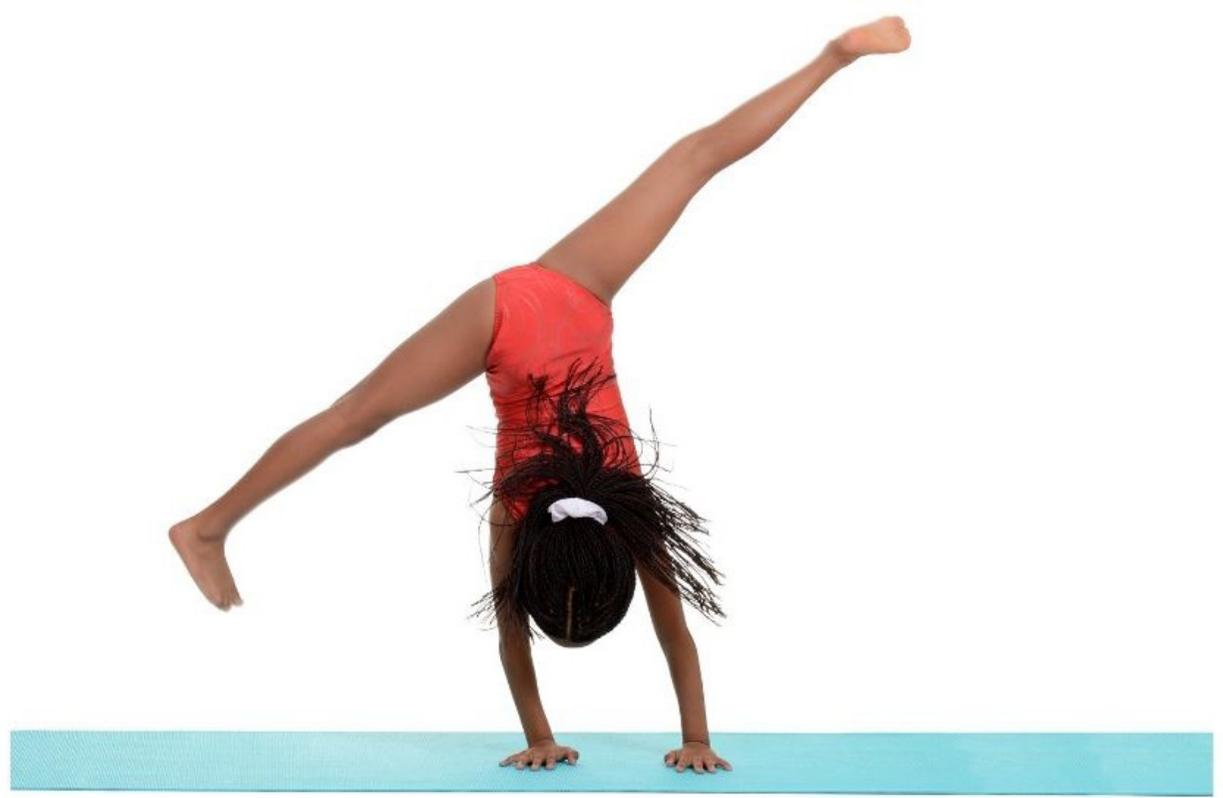


My coach will help me to learn and practice skills on the floor.

I might do some forward and backward rolls.

I might do some handstands and cartwheels.

I might do some round offs.



Then, my coach will help me learn new skills on different types of equipment.

I might practice using the vault or the rings.

I might practice using the parallel bars, trampoline or the balance beam.



It is important that I listen to my coach when they are talking.

This will make my coach feel happy.

I will try to wait my turn during the activities.

Waiting my turn is a fair thing to do.

It is important not to climb on any of the equipment when moving from one activity to another.



Sometimes I might feel like there are lots of people in the gymnastics centre.

I might hear voices and music or wind and weather on the roof.

I can wear my ear plugs to help me with the noise.

I might take a break and sit with my trusted adult for a few minutes.

I can take some deep breaths.



The coach will tell me when the lesson is finished.

I will line up with my class and we will leave gymnastics centre together.

I will find my shoes and socks in the pigeon hole and wait for my trusted adult.



Gymnastics lessons are lots of fun!



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BOROONDARA LEISURE AND AQUATIC FACILITIES

