

Using the gym at North Solihull Sports Centre

solihullonthemove.co.uk



Guidelines

Thank you for choosing to use a Social Story. Social Stories are a social learning tool that supports the safe and meaningful exchange of information between parents, professionals, and people with autism of all ages. The social story is also suited for a person who may live with a language disorder, social communication difficulties and/or a cognitive delay disability.

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

- Read the Social Story often and preferably 2 weeks in advance of the visit.
- The story should be read and shared in an environment free of distractions.
- Be calm, comfortable and honest when reading a Social Story.
- Follow the wording on the page when your visit takes place
- Help the participant comprehend key points and consistently monitor for level of understanding.
- Once the visit has taken place, revisit the Social Story to celebrate success.



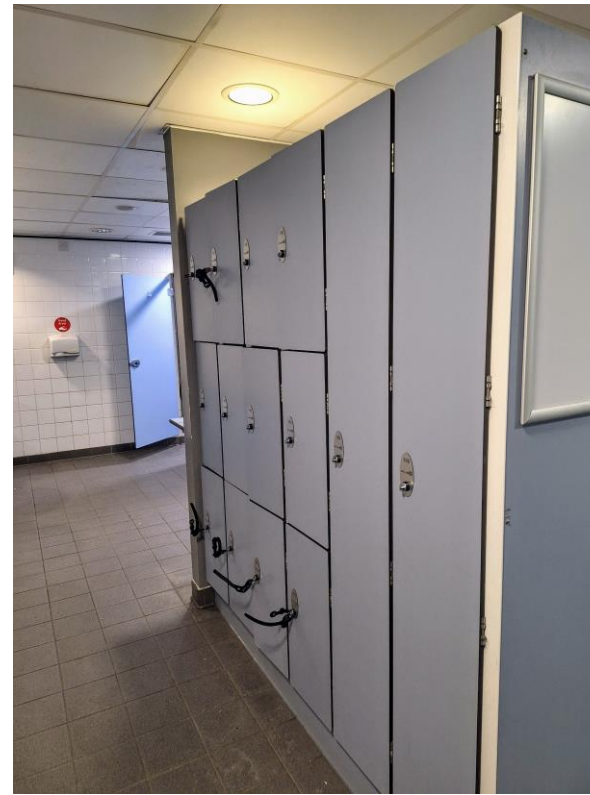
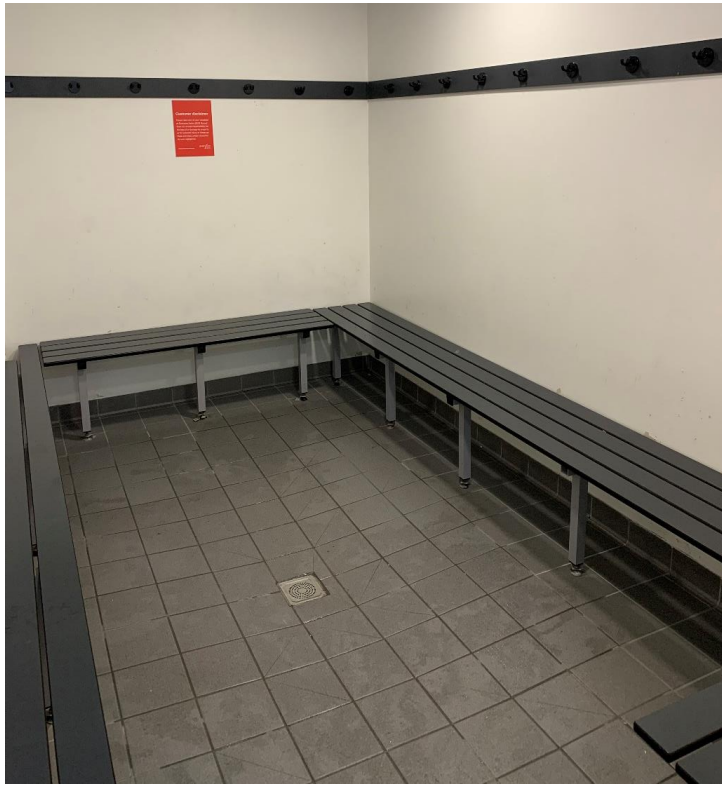
I am visiting North Solihull Sports Centre to try out the gym.



When I arrive, I talk to the staff behind the desk to let them know I am here to use the gym.



I need to pay to use the gym. The staff will let me know how much it costs to use the gym



Before I go into the gym, I can use the changing room to get changed and store my belongings. There is also a toilet in the change area that I can use.



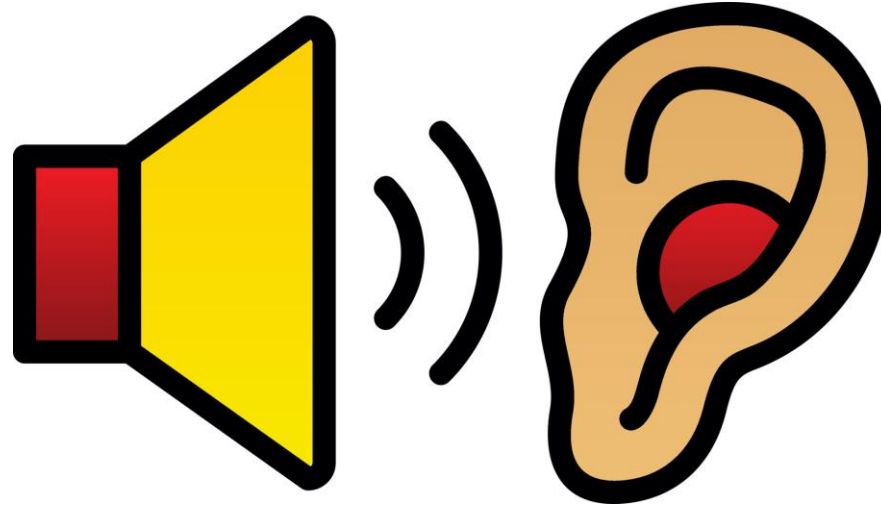
When I get inside the leisure centre, read the signage on the wall telling me where the gym is.



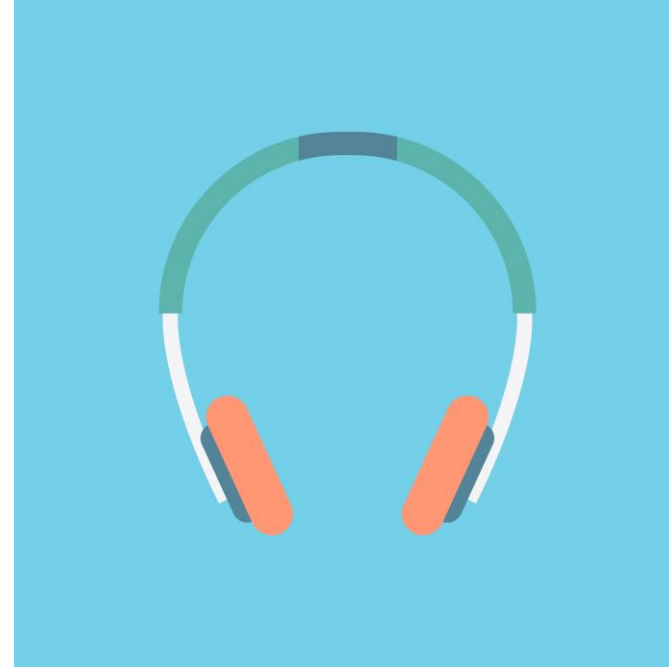
Once I get into the gym, there is lots of equipment I can use in there. There are staff members available if I am not sure how any of the equipment works.



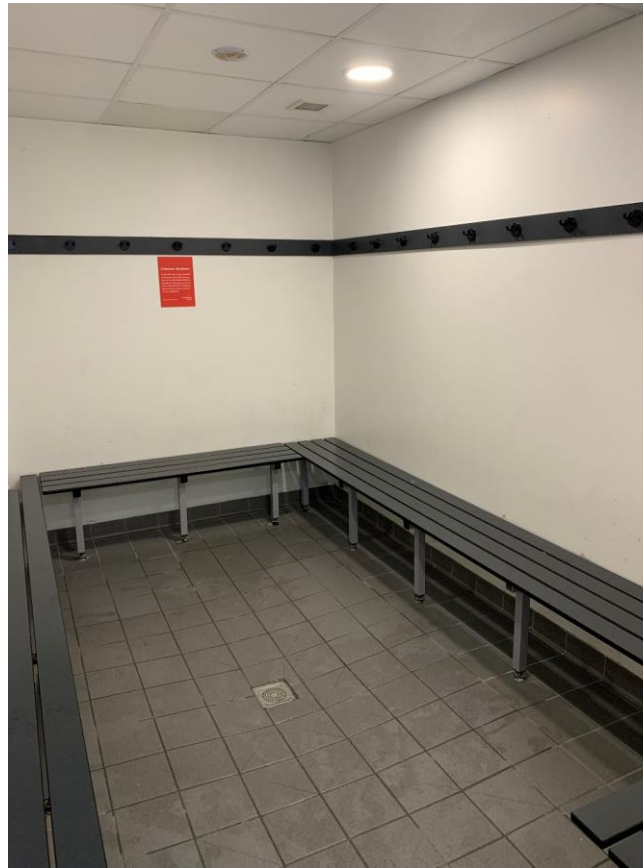
Other people might be using the gym so be careful not to bump into anyone. Help keep everybody safe.



There may be lots of sounds in the gym. I might hear people, music and equipment being used. Sometimes the sounds in the gym might be too loud for me.



I can wear my ear defenders to help me with the noise. I might leave the gym and sit with my trusted person for a few minutes.



When it's time to leave the gym, I can use the changing room to get dressed into spare clothes. I can choose to have a shower in the changing room, or I can choose to put on my spare clothes and have a shower at home.



After I have finished my activity, I could go to the café where there is food and drink to buy.



The gym at North Solihull Sports Centre was lots of fun!

North Solihull Sports Centre Contact Information

Address: North Solihull Sports Centre, Conway Road, Chelmsley Wood, West Midlands, B37 5LA.

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Accessibility information: www.accessable.co.uk