Town of Cottesloe

Social Story



Town of Cottesloe

International Day of People with Disability Event

Cottesloe Tennis Club



Acknowledgement

The Town of Cottesloe acknowledges the Whadjuk Nyoongar people as the traditional custodians of the lands and waters where the Town is situated. We pay our respects to their Elders past, present and emerging.

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Guidelines

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Thank you for choosing to use a Social Story written for Celebrating International Day of People with Disability (IDPwD) at Cottesloe Tennis Club.

This Social Story is written by Access Ability Australia and is suited for a person who may live with autism spectrum disorder, 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 Social Story often and preferably two weeks in advance of visit.
- 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.
- Once the visit has taken place, revisit the Social Story to celebrate success.

Town of Cotteloe hereby acknowledges the support and assistance provided by Access Ability Australia in helping to prepare this Social Story.

We express our sincere appreciation to Access Ability Australia for their pivotal role in assisting Town of Cottesloe to highlight its commitment to accessibility and inclusion. Their expertise and support have played a vital role in ensuring that this event is welcoming to all individuals in our community.

I am going to an event at Cottesloe Tennis Club to celebrate International Day of People with a Disability (IDPwD).

It is on Thursday December 3 from 10:30am to 1:30pm.

This event is a chance for people of all abilities to come together, have fun and try different activities.



This is a free event.

I need to register online to attend.

Registration can be done online at the Humanitix website using this link.



I should bring a hat, sunscreen and a water bottle.

I might also like to bring my headphones or ear buds.



When I arrive at Cottesloe Tennis Club, I might see lots of people.

There will be a sign-in desk at the entrance.



At the sign-in desk, there will be event staff wearing yellow high-visibility vests.

Event staff will ask me my name and give me the event schedule and a map.

The map will show me where the different activities are.



If I do not want my photo taken at the event, event staff at the sign-in desk will give me a pink bracelet to wear.

The pink bracelet lets the photographer know that I do not give permission for my photo to be taken.



The event will begin with a welcome and opening.

Someone will talk to us about the event and tell us what to expect.



There will be lots of activities to choose from.

I can try the activities that interest me.

I do not have to take part in every activity.

Most of the activities will be outdoors.



There will be bike rides for people of all abilities.

Volunteers will ride the bikes.
I can join the volunteers for a bike ride if I want to.

I need to sign up to have a bike ride.
I can write my name on a sign-up sheet and choose a time for my ride.

Event staff can help me.



There will be boccia games.

Boccia is a game where players roll or throw balls towards a target ball. Boccia can be played from a wheelchair.



There will be sport wheelchair tennis on a hard court.

Players use sports wheelchairs to move around the court while playing tennis.

There will be other tennis activities on grassed courts.



There will be sport wheelchair AFL on a hard court.

I can learn about the game and join in if I feel comfortable.



There will be jumbo lawn games set up outside.

The games might include Connect 4, bowling, bean bag games and large lego.

I might play a game with other people.

Event staff can explain the rules if I need help.



There will be dodgeball.

Dodgeball is a game where players throw soft balls at each other while trying not to get hit by a ball.



There will be gratitude circles with small groups of people.

Event staff will help us talk about or write down things we are thankful for.

Lunch will be provided at the gratitude circles.



There will also be interactive activities on a blackboard near the gratitude circles. For example, I might answer questions like, “would you rather?...” and share my answers with others.



There will also be a sausage sizzle.
I might eat lunch with my family,
friends or other people at the event.

There might be people talking and
moving around while they eat.



There will be creative activities inside the tennis club, such as colouring in, board games and nail painting.



The IDPwD event might feel busy and noisy.

There will be lots of people and lots of sounds including:

- people talking and laughing
- people clapping and cheering at the sporting activities.



I can wear my headphones or ear buds to help with the noise.

I can visit the low sensory zone if I need a break.



The low sensory zone will be outside, behind the tennis club.

It will be a quiet space where I can relax.

There will be different things in the low sensory zone to help me feel calm, including:

- soft lighting
- headphones and ear plugs
- eye masks and dark glasses
- hand-held fans
- different sensory toys and activities
- colouring, stickers, puzzles and beading activities
- communication boards
- books
- beanbags, floor cushions and mats to sit on.



The Town of Cottesloe IDPwD event is a wonderful community celebration where people of all abilities can come together to enjoy lots of fun activities.



Accessibility

Parking

- Attendees requiring an accessible parking space can request this when registering for the event through Humanitix.
- Must have an ACROD parking permit. Accessible parking spaces will be made available directly in front of Cottesloe Tennis Club.
- Concrete and cobble pathway from accessible parking spaces to event entrance.
- General parking available in front of tennis club and on Napier Street.
- Overflow parking available on the corner of Marine Parade and Napier Street.
- One drop-off and pick-up parking bay in front of the tennis club.
- One bike rack.

Public Transport

- 15-minute walk from Cottesloe train station to event.
- Bus stop at Eric Street (Stop ID: 26278). 7-minute walk to event.
- Bus stop on Marine Parade (Stop ID: 19576). 5-minute walk to event, with a very steep gradient.

Arriving

- Open entrance to outdoor activities on tennis courts.
- Sign-in desk at entrance with schedule information and site maps.
- Clear wayfinding signage.

Throughout

- Staff wear yellow high-visibility vests.
- Staff trained in cultural awareness.
- Outdoor ground surface - hard tennis courts, concrete, brick and grass.
- Most outdoor areas accessible, excluding grassed tennis courts and barbecue area. Barbecue food to be served at a table that is accessible.
- Outdoor furniture - bench seats without armrests or backrests, and some with backrests.
- Entry to the tennis club is through wide, manual doors that will be left open during the event.
- Tennis club ground surface - linoleum.
- Tennis club furniture - seats with backrests.
- Water fountains onsite.
- First aid officer will be in attendance.
- Defibrillator inside tennis club.
- Gluten-free and dairy-free foods available.

Sporting Activities

- Twelve sport wheelchairs will be provided for wheelchair tennis and AFL.
- “Cycling Without Age” to provide bikes for people of all abilities. Bikes to be ridden by volunteers - standard trishaw has a tray for two people to sit in. Wheelchair-compatible trishaw features a low ramp, allowing a manual or electric wheelchair to be rolled directly on to the bike and securely attached.

Accessibility Continued

Toilets

- Located indoors.
- One accessible toilet with a manual door that you pull out to open.
- Men/boys and women/girl's toilets.
- Nearest Changing Places is at Walyalup Civic Centre. 8 William Street, Fremantle. Approximately 8 kilometres from the event. MLAK required.

Low Sensory Zone

- Sensory equipment and tools all cleaned after use.
- General hygiene and safety items.
- First aid kit.



Sensory Guide

A sensory guide helps people understand what they might feel, hear, see or smell. It's useful for people who are sensitive to sensory experiences, such as those with autism or sensory processing disorder. This guide can be helpful in dealing with new or challenging situations.

When visiting the International Day of People with a Disability event at Cottesloe Tennis Club:



I might feel

- Change in ground surface
- Dodgeballs (soft) thrown at my body
- Flying insects
- Increased body temperature (sporting activities)
- Increased heart rate (sporting activities)
- Shared personal space
- Weather

I might hear

- Amplified voices
- Applause/cheer (sporting activities)
- Bikes whirring
- Boccia balls clunking
- Dodgeballs banging on concrete
- Flying insects
- Hand dryers (toilets)
- People talking, laughing and calling out
- Tennis balls hitting the racquet and ground
- Water running (toilets)

I might see

- Crowd movement
- Flying insects
- Glare
- Mirror/reflection (toilets)
- Sporting activities
- Soft lighting (low sensory zone)

I might smell

- Barbecue smells
- Food/drink
- Sanitiser (low sensory zone)
- Sunscreen



Contact

Town of Cottesloe

International Day of People with Disability Event

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