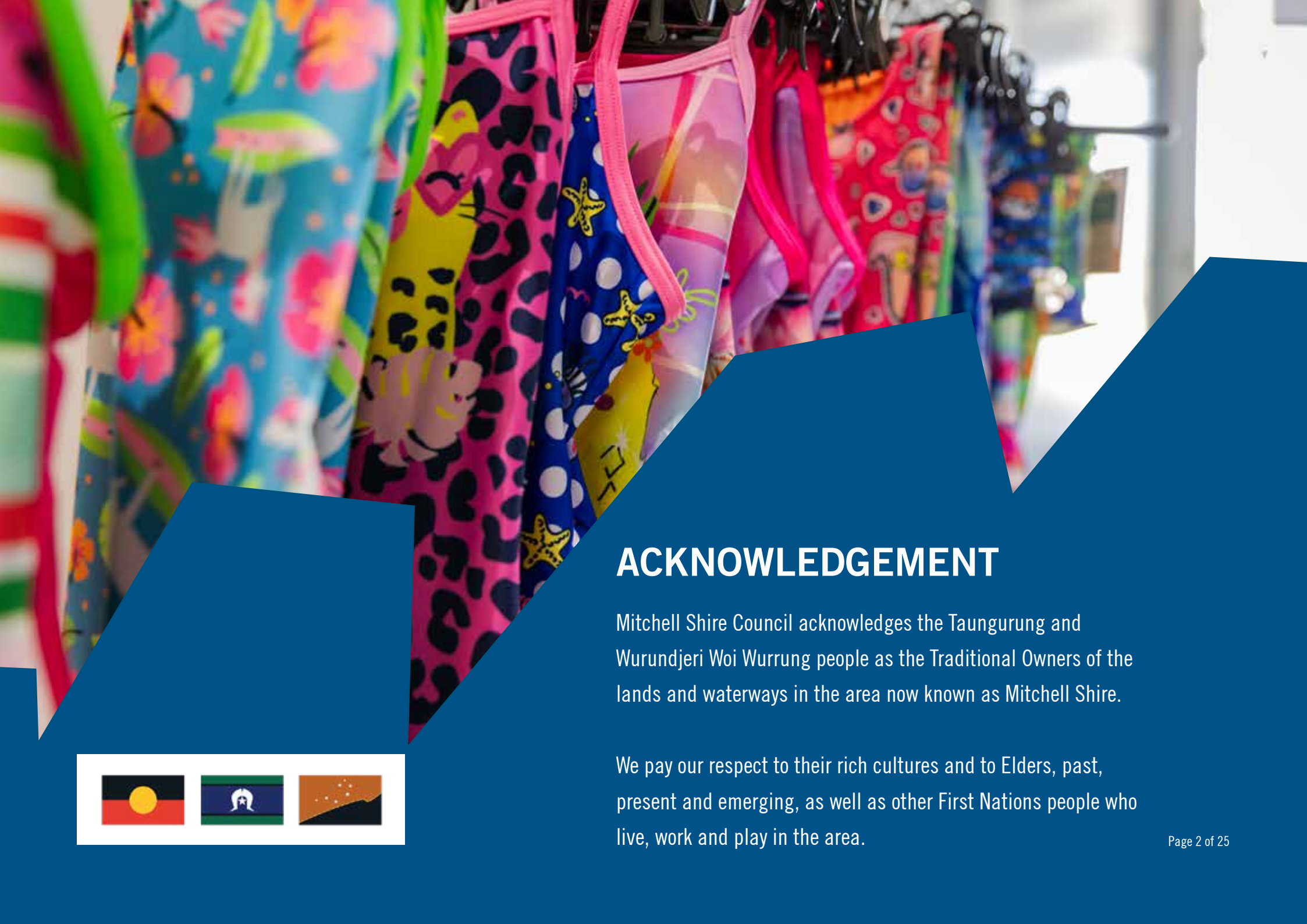




A visit to  
**SEYMOUR SPORTS AND  
AQUATIC CENTRE**

**Social Story** Updated August 2024





## ACKNOWLEDGEMENT

Mitchell Shire Council acknowledges the Taungurung and Wurundjeri Woi Wurrung people as the Traditional Owners of the lands and waterways in the area now known as Mitchell Shire.

We pay our respect to their rich cultures and to Elders, past, present and emerging, as well as other First Nations people who live, work and play in the area.



# GUIDELINES

Thank you for choosing to use a Social Story written for Seymour Sports and Aquatic Centre.

This Social Story is suited for a person who may live with autism spectrum disorder, a language disorder, social communication difficulties and/or a cognitive delay or 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.

Mitchell Shire Council hereby acknowledge 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 Mitchell Shire Council to highlight its commitment to accessibility and inclusion. Their expertise and support have played a vital role in ensuring that Seymour Leisure Centre is welcoming to all individuals in our community.

# Accessibility

- Two accessible parking spaces – one close to main entry doors and one outside group fitness room.
- General parking within onsite carpark. No restrictions.
- Flat access into the centre.
- Outside entry with undercover area.
- Entry to centre is through glass, automated sliding doors.
- Centre floor surface – carpet, non-slip tiles, vinyl, rubber matting and lacquered wood.
- Accessible toilets with adult change table, no hoist.
- Men/boys and women/girls toilets with ambulant cubicles.
- Baby change facilities in changerooms.
- Furniture in reception area includes couches and tables with seats and backrests.
- Reception desk wheelchair accessible.
- Communication board at reception desk.
- Coloured wristbands for children available in paper disposable or rubber reusable wristbands.
- Swimming lessons can be modified to suit individual needs. Please speak with staff.
- Entry to pool hall is through glass, automated sliding doors.
- Pool hall with portable hoist.
- Pool hall with storage for mobility aids.
- 25-metre pool with stepped and ladder entry.
- 15-metre pool with beach entry and gradual decline.
- Electronic scooters permitted in pool hall.
- Aqua nappies available for purchase. See reception.
- Pool hall with seats and backrests.
- Entry to gymnasium is through a manual door that you push to open.
- Spaces for wheelchairs next to gymnasium equipment.
- Gymnasium sessions are available for teenagers aged 13 to 15 years.
- Seniors' gymnasium sessions are available.
- Entry to fitness and cycle studio is through manual doors that you push to open.
- Fitness and cardio studios accessible for wheelchair users.
- Stepped access to cycle studio. Not accessible.
- Seniors group fitness classes available.
- Entry to sports stadium is through heavy manual doors that you pull out to open. Doors are often kept open for visitors.
- Sports stadium with tiered bench seating.
- Accessible changeroom with emergency buttons. Pendant alarms also available for people to push in an emergency. See reception.
- Entry to café courtyard is through a manual door that you push to open.
- Lockers available.
- Water fountains in centre.
- First aid room in pool hall.
- Free Wi-Fi. See staff at reception desk for login details.
- Quiet space in café courtyard. Indoor spaces may also be available. Speak to staff.
- One meeting room available for hire.

# 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 spectrum disorder or sensory processing disorder.

This guide can be helpful in preparing for new or challenging situations.



At Seymour Sports and Aquatic Centre, I might:

## Feel

- Being splashed
- Change in ground surface
- Cool water
- Fans moving (gymnasium, group fitness studios and sports stadium)
- Heating/Cooling
- Humidity (pool hall)
- Increased body temperature
- Increased heart rate
- Shared personal space
- Water resistance
- Weightlessness

## Hear

- Amplified voices (group fitness classes)
- Announcements
- Applause (sports stadium)
- Background music
- Balls bouncing (sports stadium)
- Bullhorn (during events in pool hall)
- Buzzers (sports stadium)
- Echo (pool hall and sports stadium)
- Feet stomping (group fitness)
- Heating/Cooling
- Industrial fans moving (sports stadium)
- People
- Music (group fitness classes)
- Running water (pool hall)
- Shoes squeaking (sports stadium)
- Splashing
- Staff radios
- Weights clanging (gymnasium)
- Whistles

## See

- Black lighting (cycle studio)
- Bright lights (sports stadium)
- Crowd movement (sports stadium)
- Electronic scoreboard (sports stadium)
- Fans moving (gymnasium, group fitness studios and sports stadium)

- Flashing lights (attached to portable sound system)
- Glare (pool hall)
- Mirror/Reflection (gymnasium and cardio studio)
- People
- Rapid movement (group fitness studios and sports stadium)
- Splashing
- Sporting activities (sports stadium)

## Smell

- Chlorine
- Deodorants
- Food/Drink
- Perspiration (gymnasium and group fitness studios)
- Rubber matting (group fitness studio)
- Toiletry products (changerooms)
- Wooden floor finish (sports stadium)

I am going to visit Seymour Sports and Aquatic Centre.



When I arrive, I will see a reception desk.

I will see people who work at the centre. They are called staff.

They will be wearing black shirts with the “Mitchell Shire Leisure Services” logo and name tags.



I must go to the reception desk to pay for my visit.

I can tell staff what activity I would like to do at the centre.

Members can scan their membership cards at reception.



Children aged 0-10 years who are swimming will wear a coloured wristband so staff can keep them safe.

I can ask for a rubber wristband if this feels more comfortable.

This helps staff know the child's age and makes sure someone trusted is always close by.



There is a pool hall with a 25-metre pool and shallow 15-metre pool.

The 15-metre pool might have water features with water flowing down from above.

I might see other people swimming and playing in the pool.

I might see people doing aqua aerobics classes.

I might see people doing swimming lessons.



There will be lifeguards wearing a bright yellow and red uniform.

Lifeguards help make sure that everybody is safe in the pools.

I will try and follow the lifeguard's instructions.



There will be signs in the pool hall that tell me where I can swim.

There will be lanes in the 25-metre pool for people to swim laps.

There will be areas in the pools for playing in the water.

My support person or staff can read the signs to me if I need help.



I will try to walk around the pool hall.

I will try not to dive, flip or jump into the pool.

This is important to keep me safe.



There is a gymnasium.

A gymnasium is a big room where people go to exercise.

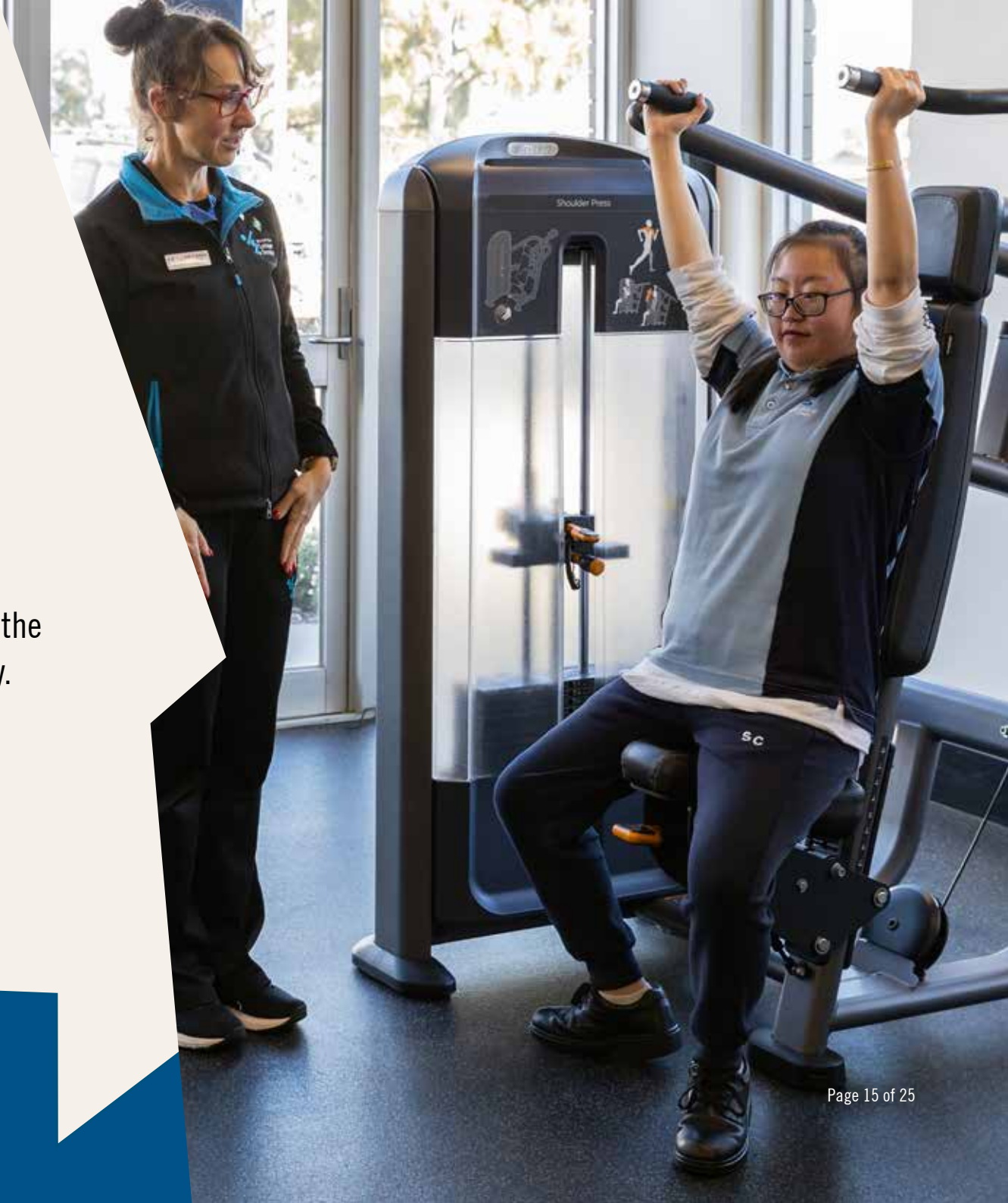
There is lots of exercise equipment in the gymnasium.

Staff can show me how to use the exercise equipment.



Personal training is available.

Personal training is when a coach, called a personal trainer, shows you how to safely use the gymnasium equipment and exercise your body.



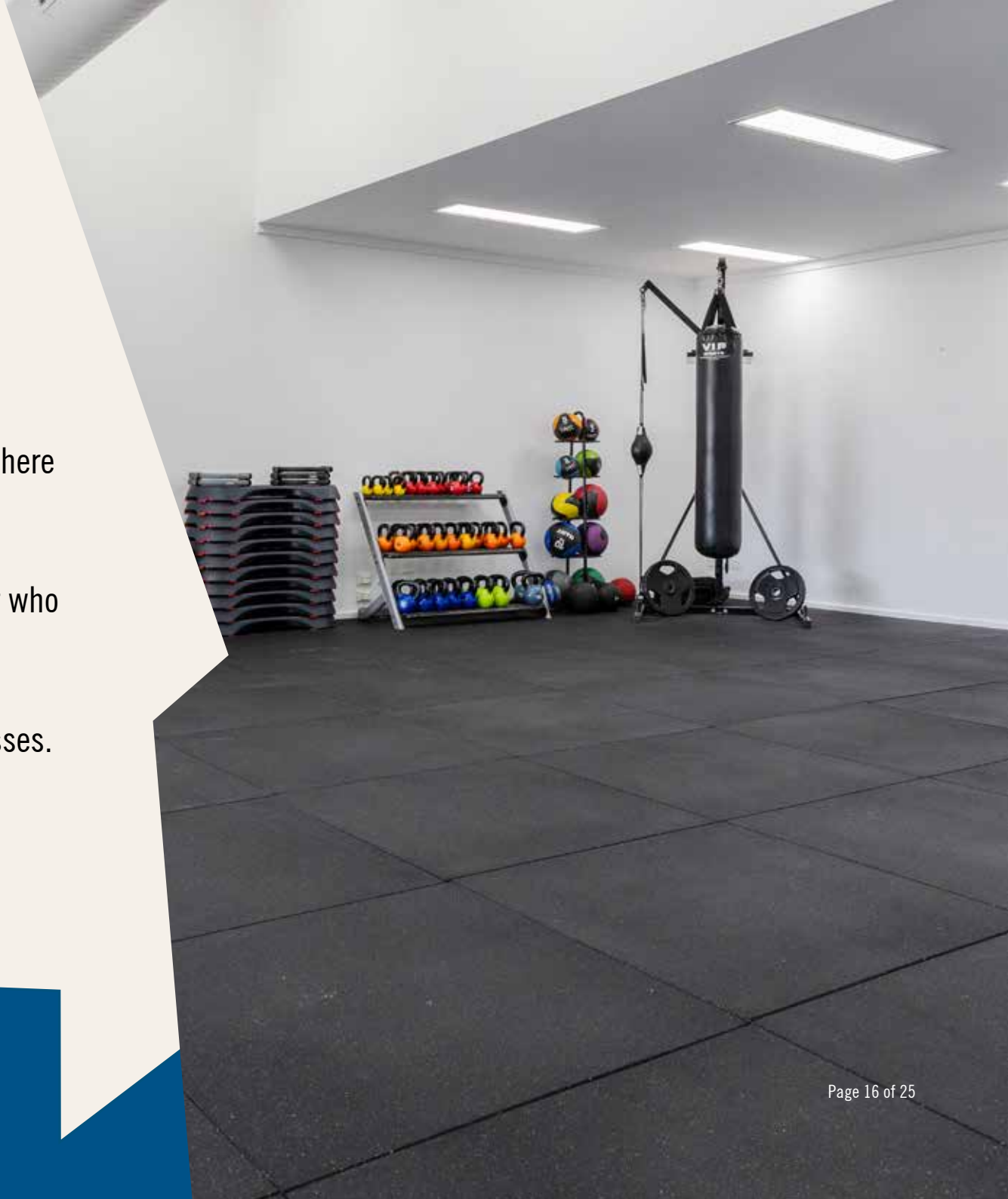
There is a group fitness studio where group fitness classes happen.

Group fitness classes are exercise sessions where groups of people exercise together.

Group fitness classes are led by an instructor who shows everybody what to do.

There are different types of group fitness classes.

I can find out more [online](#).



There is a cycle studio.

A cycle studio is a room with stationary bikes.

Stationary bikes are machines that look like bikes but stay in one place.

Everybody rides the bikes together, while following the directions of an instructor.



There is a sports stadium.

The sports stadium is a large room that has two courts for playing games like basketball and netball.

I can call the centre on the phone on (03) 5735 1500 if I would like to book a court to play on.

Sporting clubs also use the courts for competitions.



There are changerooms at Seymour Sports and Aquatic Centre.

Change rooms are used to get dressed for swimming and exercising.

There are different types of changerooms, including:

- men/boys and women/girls changerooms
- accessible changerooms for all genders and abilities
- family changerooms - this is a shared area for families to change and shower.



There are also toilets in the changerooms.

Most people use the toilet before swimming and exercising.



There is a café in the reception area with food and drinks to buy.

The café has an outdoor courtyard with tables and chairs.



Sometimes it might feel busy or noisy.

There might be lots of people and lots of sounds, including:

- people playing and splashing in the pool
- music during group fitness classes
- feet pounding on treadmills
- weights clanging in the gymnasium
- clapping, cheering and whistles in the sports stadium.



I might wear my headphones or earplugs to help with the noise.

I can go to the café courtyard for some quiet time.



When it is time to leave, I can use a changeroom to dry and get dressed.

I can choose to have a shower in a changeroom.

Or I can choose to get dressed and have a shower at home.



There are lots of fun things to do at Seymour Sports and Aquatic Centre.





# SEYMOUR SPORTS AND AQUATIC CENTRE

## CONTACT

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[www.mitchellshire.vic.gov.au/leisure](http://www.mitchellshire.vic.gov.au/leisure)

