

ACTIVE INCLUSION COME AND TRY DAY!



This story has information about what to expect when you join us for one of our Come and Try Days. You might find that it looks a little different on the day as we may need to adjust things based on the weather, which sports are able to join us, and what extra activities we have been able to organize.



GETTING TO TENNIS ACT - 1 RIGGALL PLACE LYNEHAM ACT 2602

While you can take a bus or light rail to visit us there will be a 450m to 1.2km walk depending on which stop you arrive at. Most people will find it easier to drive and there is free parking at the Tennis Centre.

Entrance 1: Ellenborough Street

- Heading south on Ellenborough Street look for the Next Gen building on the left.
- There are 6 disabled parking spots at the front of the Next Gen building with pathways to the entrance.



Entrance 2: Riggall Place

- Turning at the lights into Riggall Place look for the Tennis, CTC, and Riotact logos and turn left.
- This is the main car park and there should be plenty of parking available on the day.



Need safer parking options for those prone to run?

To avoid crossing the car park there are three options that allow you to walk along a foot path to the entrance.

1. For those with mobility parking passes there are 6 spots in front of the Next Gen building
2. There are a few other parking bays in front of the Next Gen building that may be available on the day.
3. Along the indoor tennis court building (off Riggall Pl) there are several parking bays with a direct path to the entrance.



OPTIONS 1 AND 2



OPTION 3



ENTERING THE EVENT

The entrance to the venue will be through the main gates behind the fence. Please sign yourself or your family in using the QR code at the entrance table.

Quick Answers:

- Forgot to register? That's ok, just sign in on the day so we know you're here.
- Is the space secure? There is a full enclosing fence and 1 entry/exit point.
- What if I need help? There will be someone at the entrance and other volunteers to assist you. We're pretty good at problem solving.



EXPLORE THE SPORTS

Around the venue you will see different sports representatives set up. Some will be on the grassed areas, others on the courts. You can have a go at the sport with the volunteers help, ask them questions, and find out more about how to sign up and participate.

Feeling nervous or shy?

Not everyone is comfortable talking to new people and that is ok. If you are curious you may want to just watch for a while and see what's happening. One of the volunteers may ask you if you'd like to join in, it's ok to say "not yet" or "just watching".



Some examples of the sports you might try.



HAVE SOME FUN

When you need a break or find you have extra energy to burn off why not try one of the other activities available. We will have a jumping castle as well as face painting and balloon animals on the day.



You might like go jumping, get your face painted, or get a balloon animal.



FIND SOME FOOD (AND DRINKS)

There will be a free BBQ set up outside for you to find something to eat and drink.

If there isn't anything you want at the BBQ there is also the tennis centre cafe inside where you can buy coffee and other snacks.



Your food and drink options!



TIME FOR HOME

Thank you for joining us today, we hope you had a good time. If you didn't get to do everything you wanted today that's ok as we will be running other come and try days next year.



An Australian Government Initiative

The 'Active Inclusion' initiative is funded by the Australian Government Department of Social Services (DSS) through the Information Linkages and Capacity Building (ILC) Social and Community Participation (SCP) grant. It is made possible through the ongoing efforts of the MCCG Autism Centre in partnership with COMPS ACT.

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