



**Ignite**  
BRISTOL  
Active. Inclusive. Together.

# Inclusive Multi Sport Festival

Sunday 10<sup>th</sup> July, 10am – 2.30pm

## Welcome Pack

Delivered in  
Partnership with:



# About the Day

- The Multi-Sport Festival is bringing together lots of different organisations and providers to showcase what disability inclusive sport and physical activity is available. They are all part of the Ignite Bristol Network which aims to give greater choice, quality and accessibility of opportunities for disabled Bristolians to be active.
- 22 wonderful local clubs will be delivering different sports/activities through the day.
- These will be done in 3 ways:
  - **Structured Bookable Sessions:** You can select which sessions you'd like to take part in when registering. These are group sessions (10-20 people) and unless specified are open to all ages. There are limited spaces available so make sure you book quickly and please let us know if you are no longer able to attend.
  - **Drop In Sessions:** You can take part at any time and don't need to book. These will be either done individually or in smaller groups. Drop In Sessions are open to all family members to take part in.
  - **Stalls:** Have a chat with coaches and volunteers from the clubs to find out more.
- **To join this event, you must book in advance.** After reading this information pack, you can book your place here: <https://bit.ly/10th-July>



# Key Information

- **When**

- Sunday 10<sup>th</sup> July 10am to 2.30pm
- Please arrive at 9.45am and go to the registration desk in the entrance ready for a 10am start.
- You do not need to stay for the whole day, but please let the registration desk know if you are leaving.

- **Who is the event suitable for?**

- The sessions will be pan disability with all needs welcome. There are activities for all ages and families/carers are welcome to join in too.
- It's also a great opportunity for professionals working in the disability, health, education and youth sectors to see what is available for the disabled people they work with.

- **Covid-19 Information**

- We encourage you to test before coming to the event and if you have any symptoms of Covid-19 or a positive test DO NOT attend. We ask if this happens to please let us know.
- We will encourage air flow where possible (most activities are outside) but social distancing measures won't be enforced.

- **Photos/videos:**

- Photos and videos will be taken during sessions. For those who have said 'no photos', please make sure you notify registration so we can give you a wristband and discuss options.
- Photos will be shared after the event. We ask that parents do not take photos/videos, or that if they do no other children are in the photographs.

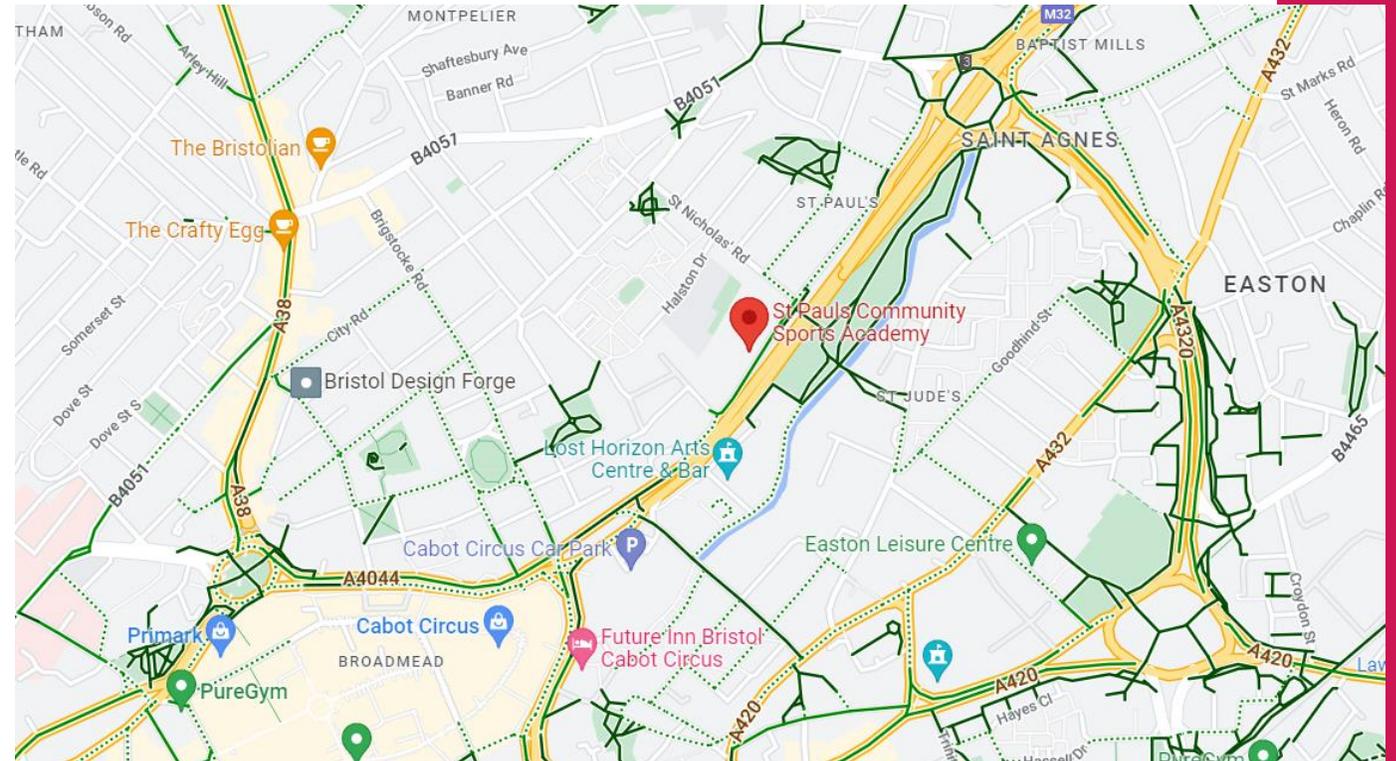
# Venue Information (1)

## Address:

St Pauls Community Sports  
Academy  
Newfoundland Rd, St Paul's,  
Bristol BS2 9NH

<https://goo.gl/maps/tw2LrLbbdm6XEG6A8>

[What3Words: empire.lasts.grid](https://www.what3words.com/empire.lasts.grid)



## Venue Information (2)

- **Parking:** There is free parking on site with accessible parking spots. You must log the registration of your car at reception (there will be staff available to help you with this). If the car park is full there is also street parking which has a cost.
- **Public transport:** The nearest bus stop is at Cabot Circus. The sports centre is a 9 min walk from there. (0.4 miles)
- Where possible, we encourage you to use public transport or walk/cycle to save car parking spots for those not able to.
- **Facilities:** The venue is wheelchair accessible, and there are accessible toilets. We will bring with us a changing bed and hoist so there will be changing facilities.
- **Refreshments:** There are vending machines but no café. We will have snacks, tea, coffee and water available.



# Other Information

- **Noise**
  - There's lots of exciting things happening at the event, which does mean that it could be quite noisy, especially the sports hall.
  - Activities in the Studio and Outdoor Pitches will be quieter.
  - Participants are welcome to wear ear defenders if that will help them.
- **What if my child needs a break/some quiet time away?**
  - No problem at all! Gympanzees will have a quiet, sensory room in Changing Room 4. You are welcome to use at any time.
- **The session I wanted was fully booked, can I still take part?**
  - If you're unable to book your chosen session then you may still be able to take part, go to the location and ask the coach if there's any spaces available. Capacities have been set based on safety and space available, please respect the coaches decision.
  - There's still loads of drop in activities you can do!

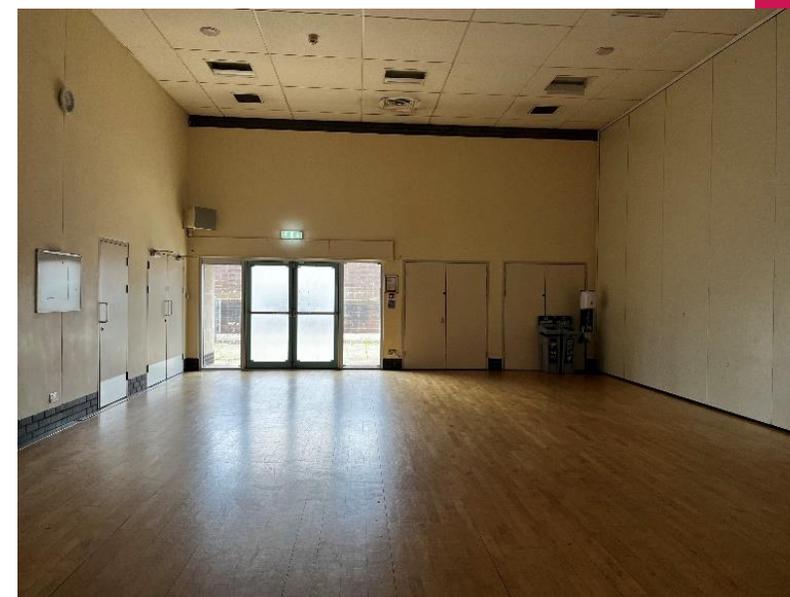
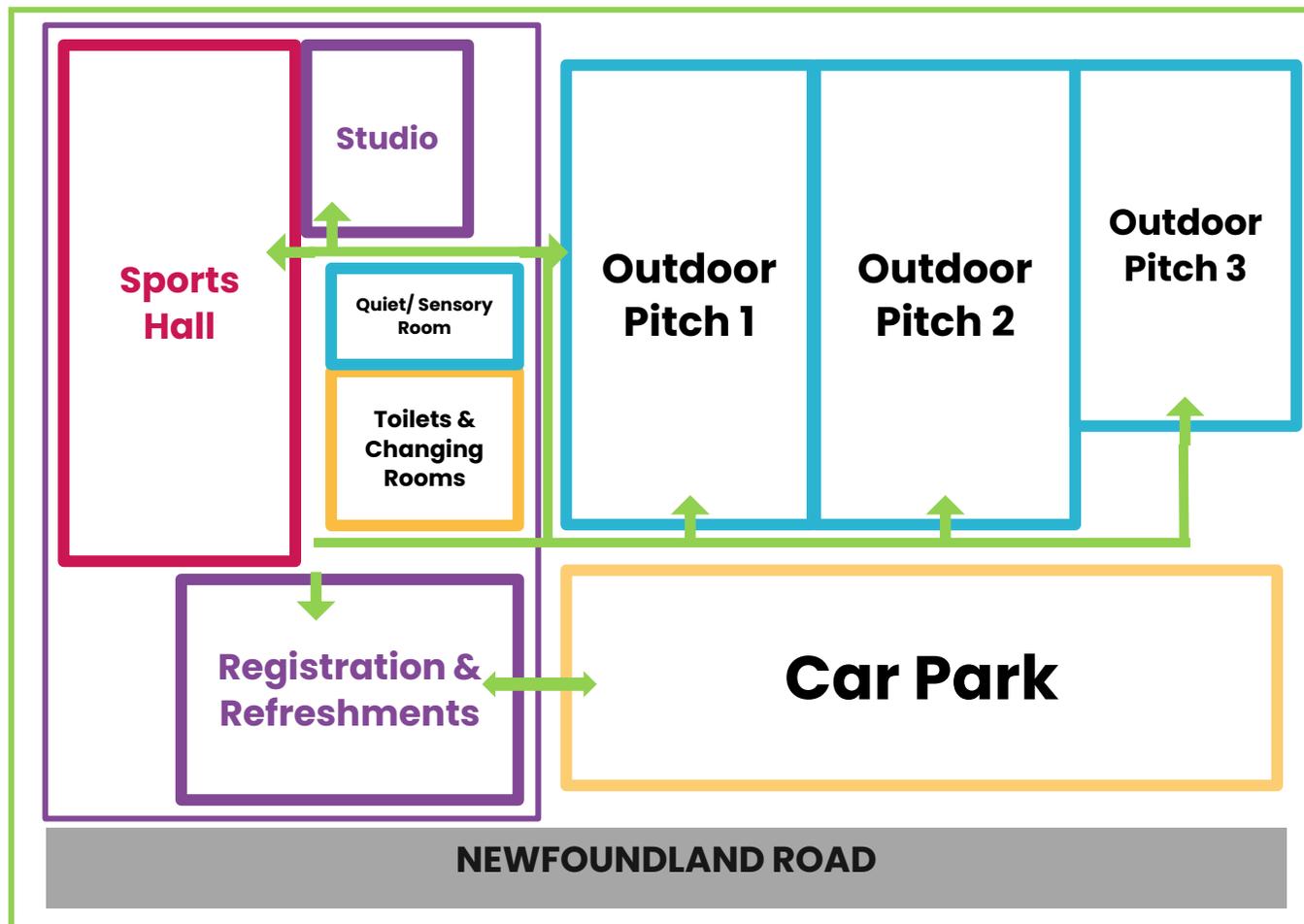
# What's On?



Find out more about each activity in the A-Z at the end of this pack

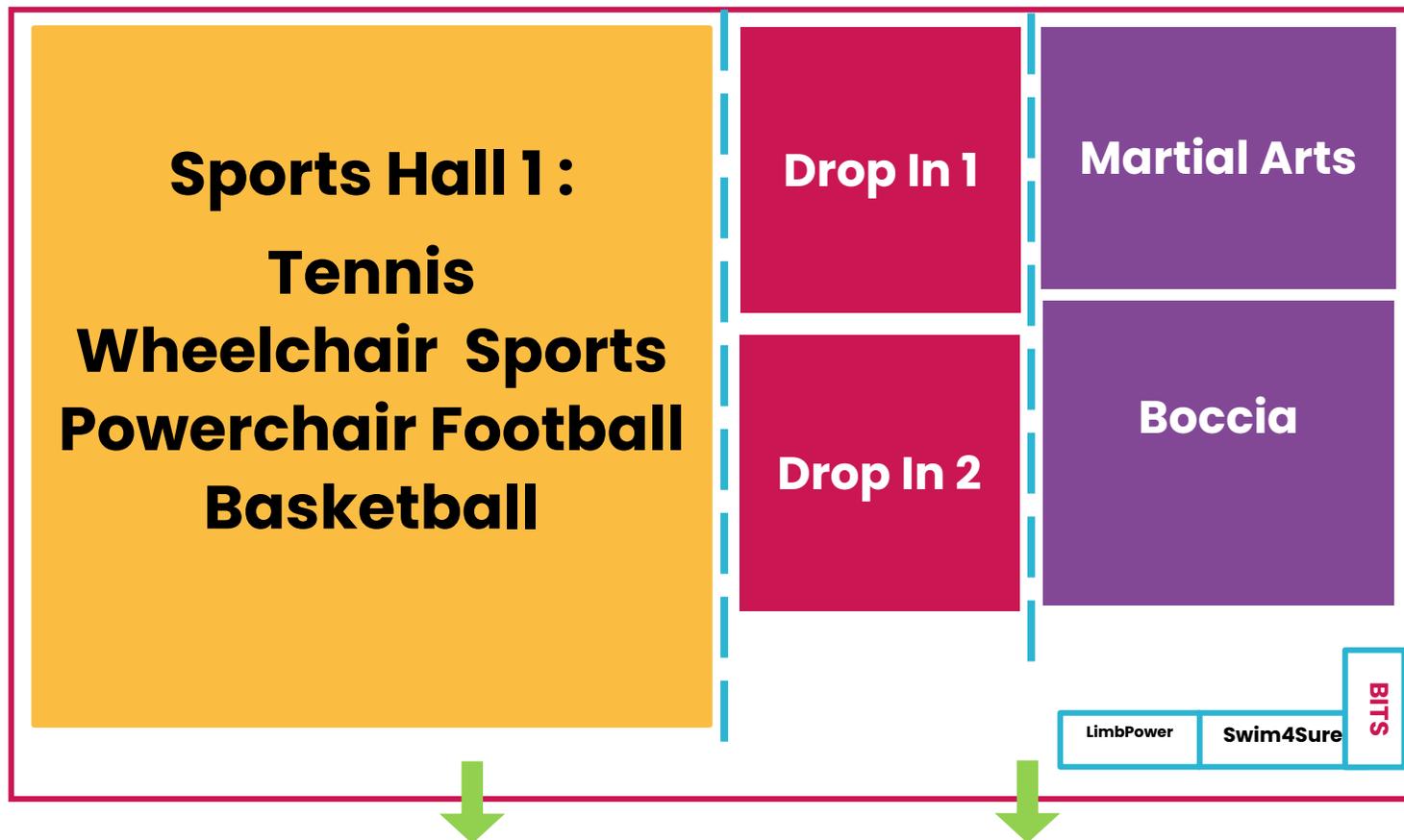
	9.45 - 10.15	10.15 - 10.30	10.40 - 11.20	11.40 - 12.10	12.10 - 12.40	12.40 - 1.10	1.20 - 2.00	2.10 - 2.30	
	30 mins	15 mins	40 mins	30 mins	30 mins	30 mins	40 mins	20 mins	
Changing Room 4		Sensory Room / Quiet Space							
Sports Hall 1 (half)	Registration & Drop In Activities	Together Time - Dance Warm Up	Wheelchair Rugby	Tennis (U18)	Lunch Break	Powerchair Football	Basketball	Together Time - Yoga Wind Down	
Sports Hall 2.1 (quarter)			Drop In - Tennis & Powerchair Football	Drop In - Powerchair Football	Lunch Break	Drop In - Basketball & Wheelchair Rugby	Drop In - Tennis & Powerchair Football		
Sport Hall 2.2 (quarter)			Drop In Boccia, & Bookable Martial Arts						
Studio			Dance (U18)	Goalball (U18)	Lunch Break	Goalball (18+)	Yoga		
Outdoor Pitch 1			Football (18+)	Tag Games (18+)	Lunch Break	Football	Tag Games (U18)		
Outdoor Pitch 2 inner			Fencing	Fencing	Drop In - Fencing/Wrestling	Wrestling	Wrestling		
Outdoor Pitch 2 outer			Drop Ins - Frame Running, Cycling, Visually Impaired Running						
Outdoor Pitch 3.1 (2/3)			Football (U18)	Nerf Challenge	Drop In - Nerf Challenge	Nerf Challenge	Nerf Challenge		
Outdoor Pitch 3.2 (1/3)			Football (U18)	Drop In - Adaptive Crossfit					

# Overall Floor Plan



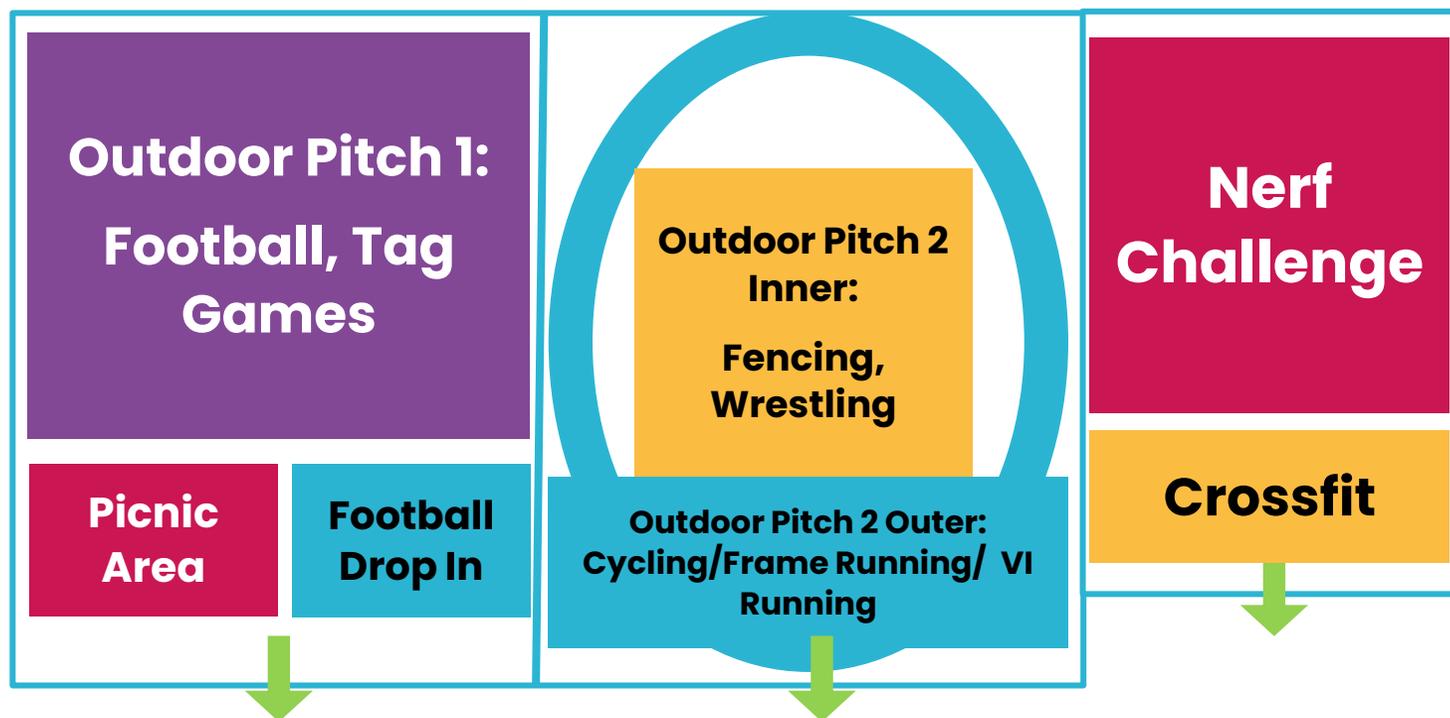
*Figure 1: Studio*

# Sports Hall Floor Plan



There will be nets separating the different sections

# Outdoor Floor Plan



# Session Information

- **What happens during Together Time?**
  - Our Together Time sessions are a chance for us all to come together at the start and end of the day. We'll be doing warm up and cool down activities. This isn't compulsory for everyone to attend but we'd love for you to join us! They'll be taking place outside so lots of room for everyone to spread out.
- **What happens during the structured sessions?**
  - The coaches will deliver a 30-40min session including fun skills and games. There'll be 10-20 participants in each session.
- **What happens during the drop-in sessions?**
  - The coaches will give the option to try different activities, either fun challenges, games or just a taste of the sport. You might take part individually or in small groups.
- **How will the session be adapted for participants?**
  - The coaches are all experienced and confident in working with individuals with a range of needs and will adapt the session to ensure everyone can take part safely.
- **Who will be delivering the session?**
  - Sessions are led by local clubs, all of whom are qualified and DBS checked.
- **I've forgotten what I've booked?!**
  - You should be sent a copy of your answers after booking. Please check your spam folder. Participants will also be given a card at registration with what sessions they will be taking part in.

# A-Z of Sports/Activities (1)



- **Adaptive Crossfit with Crossfit Henleaze**
  - We will be offering small fitness based challenges and discussing our functional fitness classes and how these can help improve quality of life.
- **Basketball with Shine**
  - Fun session to learn the basics of the game, open to everyone!
- **Boccia with Irwin Mitchell and GEM Boccia**
  - Boccia is a fully inclusive ball game, similar to bowls. You can throw, kick or use a ramp. Come along to play a fun but competitive sport. We will be offering Boccia taster sessions which includes fun games like Giant Jena, Bull Eye targets and of course games of Boccia. Everyone is welcome!
- **Cycling with Ride Out Ride On**
  - Come and try our tandem bike! Clients are placed on the semi-recumbent front seat, and add what power you want to, or are able to, using the front pedals. Enjoy the movement and freedom of cycling!
- **Dance with Flamingo Chicks**
  - Flamingo Chicks' award-winning classes make dance accessible for all! With a combination of active learning, story-telling, sensory props and magical music you'll have a lovely time!
- **Fencing with Bristol Blades Fencing**
  - Have you always liked the idea of wielding a sword? Followed the three Musketeers along their adventures? Fancied your self a Jedi or Sith igniting your lightsabre? Or wanted to be the roguish Zorro duelling for the people? Then Fencing is the sport for you. We always teach in a holistic and fun centred environment, so that each person learns to their best ability.



# A-Z of Sports/Activities (2)



- **Football with Bristol City Robins Foundation**

- Anybody is welcome to join in at our football taster session, no matter your ability or experience. You will have the chance to practice the skills involved in the game and score plenty of goals.



**ROBINS  
FOUNDATION**

- **Frame Running with Nova Sports & Coaching**

- Frame running consists of the participant sitting on a tricycle-like frame and using their feet instead of pedals to walk or run, it allows self-propulsion in a supported way, giving disabled people the freedom to exercise and move independently. In addition to being enjoyable, it's also a fantastic way to improve general fitness, and can help build muscle strength and balance.



- **Goalball with Goalball UK**

- Goalball is an exciting Paralympic team sport. Played internationally by blind and partially sighted people, anyone can play for fun as everyone is required to wear eyeshades so that no one can see! It's then all about using your other senses - listening for the audible ball and feeling for the tactile court.



- **Martial Arts with Adaptive Martial Arts**

- Learn some self-defence basics that are useful in life and in the wonderful world of martial arts! We'll teach you some different 'pins' to keep people on the ground, or how to break free from someone holding on to you.



- **Nerf Challenge with Cerebra**

- Nerf Challenge will be a variety of organised team games for the whole family to get involved in. There'll be obstacles dotted around the course, and Nerf guns to suit every ability. Suitable for anyone 8 years old and above.



# A-Z of Sports/Activities (3)



- **Powerchair Football with Bristol Dragons Powerchair Football & Goals Beyond Grass**
  - There'll be Powerchair Football electric wheelchairs for people to try out and current players to answer any questions about Powerchair Football. We'll be running sessions for anyone to join in and practice based on people and chair availability.
- **Quiet/Sensory Room with Gympanzees**
  - Gympanzees will be setting up a quiet sensory room, so don't forget to come and say hi and chill out with us after your session!
- **Tag Games with Bristol Bears Community Foundation**
  - Have a go at Tag Rugby and other games in a fun filled, all inclusive session! Our expert team will make sure everyone is included and having a great time. Sessions split into children and adults.
- **Tennis with Kings Tennis Club and St George's Park Tennis**
  - We will be offering tennis based games and activities as well as coordination exercises with racket and ball. Suitable for anyone to have a go! Book a session or come along when we're running drop in sessions!
- **Visually Impaired Running with VI Runners Bristol**
  - Have a go at guide running, either as the guide or being guided!



# A-Z of Sports/Activities (4)



- **Wheelchair Sports with Bristol Bears Community Foundation**
  - Open to everyone, whether you use a wheelchair or not, our wheelchair sports sessions will be great fun. We'll give you time to get used to using a sports wheelchair and play some fun games! Great for whole family fun.
- **Wrestling with Wrestle for Humanity**
  - We will be learning techniques, including martial arts psychology & movements of oldest sport in the world, and how to apply to other martial arts, self defence & life. Suitable for all ages, gender and abilities.
- **Yoga with Yoga Time with Emma**
  - Suitable for all ages and abilities. Emma's yoga is fun, engaging and available to 'every' body. Some moving, some sound, some breathing and some relaxing – what better way to share yoga together!



# FAQs



- **What should I wear?**

Please wear comfortable clothing and footwear suitable for doing sport. Some activities will be taking place outdoors so please bring suitable layers and a waterproof as we will be trying to stick to the first schedule unless there's particularly bad weather. In the event of rain, we will give participants the choice of staying outside or going indoors.

- **What should I bring?**

A packed lunch is recommended as there are no café facilities on site. We will provide snacks. Be sure to bring any medication needed and a drinks bottle. Remember suncream, sunglasses and hats if it's sunny!

- **Can parents/carers stay?**

Absolutely! You are welcome to spectate or join in with activities to support and have fun.

- **Can parents/carers leave?**

No, this is a family event. Parents/carers are encouraged to take part in the activities being run.

# Contact Details

- Who can I speak to if I have any questions?

Please contact Lizzie if you have any questions about the event at [lizzie.edgecombe@accesssport.co.uk](mailto:lizzie.edgecombe@accesssport.co.uk).

For urgent matters, please call Lizzie on 07511700220.

On the day if you need assistance, look for people wearing purple lanyards, including these friendly faces below!



**Lizzie**



**Matt**



**Jodie**