



INSTRUCTIONS



Thank you for booking a place on the Sunsport 07 Autumn programme

Monday 29th October – Friday 2nd November

Please find below instructions for Sunsport. Read carefully, because it gives details on timings, venues, clothing etc.

If you require any help with these forms contact us immediately on 01706 515800 asking for Graeme or Bob on 07826156685

COMPLETE FORMS

To attend the programme complete the Consent Forms and Young Person's details form. These forms can be downloaded from this website. Return forms to

Bob Fell
Sunsport
RGLL
2 Kenion Street
Rochdale OL16 1SN

DROP OFF & COLLECTION

For morning session drop off at the Gateway centre for 10am. For collection be at the centre at 3.30pm. Please be aware parking is difficult at Gateway

COST

Cost is £5 per day. If you are paying by cheque make it payable to Rochdale Gateway Leisure Ltd marking Sunsport on the back of the cheque. It will help if you can get money to us before the starting date of the programme.

MEDICAL/PERSONAL CARE

Details of medication and personal care will be disclosed on the young persons information form. Please ensure that the young people bring all relevant medicines and personal care items that may be required whilst we are supporting them.

CLOTHING

Below is the full list of appropriate clothing for the activities. Again read carefully. If you can not provide some of the items of clothing please contact Graeme on 01706 515800.

Activity	Clothing
Climbing	<ul style="list-style-type: none"> • Trainers • Trousers (no skirts) • Drink and Snack • Medication
Swimming	<ul style="list-style-type: none"> • Swim Costume • Towel • Medication • Swim aids (if you have any)

Personal Check List

Please tick the boxes below when you have completed the above items

Item	Checked (Please tick)
Completed and returned Young Persons Information form	
Completed and returned Consent Form	
Read drop off and collection details	
Made payment	
Medical and Personal care	
Read Clothing Details	