

WELCOME TO PECKHAM BMX CLUB'S INCLUSIVE SESSION

Supported by the Access Sport's – Ignite Programme

Venue: Burgess Park Albany Road London SE5 0AN

Session Day / Time: Every Saturday morning @ 11.30-12.30pm

Price: £5 per session, first session is **FREE!** PLUS **FREE** membership

Membership available (non-compulsory) to qualify for reduced member's session fee

Inclusive to: Anyone with any disability, ASD, Learning, sensory, physical disabilities, mental health conditions, behavioural conditions, we are also a deaf friendly club so everyone is welcome to join!

Visually impaired participants: Please ring in advance of your attendance (Mon-Fri: 020 7993 9883), a club member can be arranged to meet you on arrival to offer a warm welcome.

Reward cards: You will receive a reward card at your first session, your coach will sign this at the start of each session, once the rider has attended 8 sessions they will receive a **FREE** wristband, water bottle & string pull bag



Coaches: Your BMX coach will be either CK, Nigel, Tim or Charlie. Our coaches are all British cycling qualified coaches, inclusively trained and first aid trained.



Parents/careers/siblings: To make each rider as comfortable as possible we welcome all parents/careers to stay & help out or watch their rider, siblings are also welcome to join in.

On arrival: riders are to sign in with Judith on arrival at the track shop, if this is the first time you have attended parents will be asked to sign a consent form for their rider (under 18), if a rider is over 18 they can sign the consent form themselves, you then pay Judith your session fee.

Equipment: All equipment will be provided including bikes, helmets & gloves.

You are welcome to bring your own BMX bikes/safety equipment if the coach has deemed it safe for use, if the coach says no you will be given a club bike/helmet to use.

Clothing on arrival:

You will be required to wear long sleeves, long trousers, and trainers.

NO shorts, T-shirts or open toed shoes

Clothing during the session: As well as wearing long sleeves, long trousers and trainers, you will also be asked to wear a full face helmet, gloves and knee/elbow pads if skin is on show.

Drinks: Remember to bring water to every session to stay hydrated!

First aid: all coaches are first aid trained, a first aid box can be found in the container next to the start hill and any coach can be asked to administer first aid for your rider.

Toilets: Separate Male & Female toilets can be accessed next to the adventure playground/flat ground training area known as the "old go kart track"

Contact details:

Email - pkhambmx@gmail.com - **Website -** www.peckhambmx.co.uk **Phone –** 020 7993 9883 (Access Sport)