

Sports & Activities

All activities will be at **St Sampson's High School's sports hall**, and this will be your meeting point for your session.

The named sports/activities are suitable for all Male, Female, beginners and for those who have had some experience. We want you to have fun, learn new skills and maybe meet new friends.

Application forms must be received by us in order to book your place. Please tick below the activities you would like to book.

Week 1	Week 2		
<input type="checkbox"/>	<input type="checkbox"/>	Dodgeball	Tuesdays 1:15pm-2:15pm
<input type="checkbox"/>	<input type="checkbox"/>	Ultimate Frisbee	Tuesdays 2:30pm-3:30pm
<input type="checkbox"/>	<input type="checkbox"/>	Tchoukball	Wednesdays 1:15pm-2:15pm
<input type="checkbox"/>	<input type="checkbox"/>	Basketball	Wednesdays 2:30pm-3:30pm
<input type="checkbox"/>	<input type="checkbox"/>	Table Tennis/Badminton	Thursdays 1:15pm-2:15pm
<input type="checkbox"/>	<input type="checkbox"/>	Multi-sports	Thursdays 2:30pm-3:30pm

Please ensure both sides have been completed in full and you have made a note of the activities you have applied for. Please send applications forms to:

Ryan French, Guernsey Sports Commission, The Coach House, Beau Sejour Leisure Centre, Amherst, St Peter Port, Guernsey GY1 2DL

If you use facebook, why not join our 'Guernsey Sports Commission' group page for details of other activities and events we will run in the future;

EASTER SPORTS

How much?

Pay £1 for an hour of sport/activity

When & Where?

Tuesday, Wednesday & Thursday afternoons during the Easter holidays, 29th March - 9th April 2010, St Sampson's High school

Who is it for?

11 to 16 year olds, male and female

How can I get in involved?

Contact Ryan French at Guernsey Sports Commission
Tel: 747228 or visit: www.guernseysports.com

Sports & Activities

Ultimate Frisbee

Dodgeball

Tchoukball

Basketball

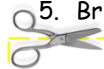
Table Tennis/Badminton



Activities Agreement

To get involved you need to:

1. Fill out the application form and send it to Ryan French, address overleaf.
2. Pick which activity or activities you would like to get involved in by ticking the box. Bookings are made once the application form has been received and will be on a first come first serve basis. Spaces are very limited, if the session is full we will place names on a reserve list. You will be contacted to confirm your place or situation.
3. You need to arrive when stated so you can sign in and pay for your activity.
4. Make sure you wear suitable clothing, footwear and sun protection for the activity you are doing.
5. Bring something healthy to eat and lots of water to drink.



Application form

Name: _____ DOB: _____

Address: _____

_____ Postcode: _____

Email: _____ Mobile: _____

Any medical conditions? **Yes / No**

If yes, please give details:

Other information about the above named person that the instructors/leaders need to know about:

Emergency contact name*: _____

Tel*: _____ *Must be available at all times



Would you like to be contacted about other programmes: **Yes/No**

We ask participants (and parent/carer - if under 18yrs) to read the activities agreement and sign to say they fully understand it.

Participant's signature: _____ Date: _____

Parent/Carer's signature (if participant is under 18 yrs)

_____ Date: _____

Continued overleaf....

- Respect everyone at the session treating them as they would wish to be treated. Swearing, abusive and hurtful language is **not** acceptable. Aggressive behaviour or violence **can not** be tolerated. Show respect for all personal property and the facilities.
- Young people have to take responsibility for their actions. In order to ensure safety and enjoyment to all young people the Guernsey Sports Commission reserves the right to withdraw young people from the scheme.
- We welcome young people of all religious beliefs, faiths, cultures and abilities and believe that each person as an individual and is treated with equal value. The activities that we run strive to provide equal opportunities for all the young people whatever their race, religion, language, culture, gender, health, disability, personality or lifestyle.
- All young people must sign themselves in and out of the activities.
- Guernsey Sports Commission reserves the right to cancel or amalgamate activities and some activities are subject to weather conditions and may be cancelled on the morning of the event/activity.
- Guernsey Sports Commission will not accept responsibility for young people arriving prior to the scheduled start time or remaining on site after the scheduled finish time.
- Guernsey Sports Commission would like to take pictures of your child taking part in any of the sports/activities. The photos will be used for publicity purposes; such as in local news or on the Sports Commission promotional materials. Your Child may be asked to give a radio interview to promote young people being involved in activities. These images and interviews will be taken in line with all Guernsey Sports Commission safeguarding children policies.
- Participant's parents/carers are responsible for bookings. If the participant doesn't attend, they may be charged for the true full cost of the activity.
- Activities led by other organisations have an assumed risk. Adventure activities can be physical and demanding and have associated inherent hazards. Whilst these organisations and their instructors take all necessary precautions to ensure the safety of all participants unfortunately accidents may occur in consequence. It is understood and agreed that individuals participate at their own risk.
- By signing the agreement you give consent for the participant to be transported to and from events/activities by Guernsey Sports Commission.