

Sports & Activities

Horse Riding - this involves an introduction session, familiarising yourself with the horses and equipment on the Mon AND a lesson on the Weds OR Thurs.

Fishing - learn to fish: experience sea fishing whilst also learning about the environment and sea life in and around Guernsey.

Fencing - learn the basics of fencing over 2 sessions

The meeting point for all activities will be at Beau Sejour leisure centre.

The above 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.

Horse Riding

To allocate a horse we will need to know your height: ____ft. ____in. and weight: ____st. ____lbs. Do you suffer from hay fever? **Yes / No**

Do you suffer from allergies? (if yes, give details): _____

If you do suffer from allergies or hay fever it is advised that you wear gloves.

Mon 26th Oct 9:00am-10:30am AND Weds 28th Oct 9:00am-10:30am

Mon 26th Oct 9:00am-10:30am AND Thurs 29th Oct 9:00am-10:30am

Fishing

Tues 27th Oct 8:30am-11:30am

Fri 30th Oct 8:30am-11:30am

Fencing

(NB: due to size of equipment available, this activity is only for age 14+)

Mon 26th Oct 6:30pm-8:30pm AND Weds 28th Oct 6:30pm-8:30pm

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:

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

Fall in Sports

What is Fall in Sports?

Pay £1 for up to 2 hours of sport/activity

When?

Autumn 2009, 26th - 30th October

Who is it for?

11 to 19 year olds, male and female

How can I get in involved?

Contact Beckie Wain at the Guernsey Sports Commission,

Tel: 747271 or visit: www.guernseysports.com

Sports & Activities

Horse riding



Fishing



Fencing (Age 14+)



Activities Agreement

- 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.

To get involved you need to:

1. Fill out the application form and send it to Beckie Wain, 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...