



WELCOME TO THE ACTIVKIDS UK SUMMER GAMES

Thank you for choosing ActivKids UK and hosting one of our fantastic summer events.

Our events are designed for the children to have fun and be inspired to be a little bit more active and learn more about what it means to be healthy, both physically and mentally.

This brochure will take you through the activities that we will be running during your event and everything you need to host our activities smoothly and safely.

Please get in touch with the office if you would like to discuss your event in more detail or if there are activities you wish to change.

 0330 043 6457

 info@activkidsuk.com

Risk Assessment

Safe Exercise is very important to ActivKids UK. To ensure the safety of your staff, children and our athlete please can you ensure the below risk assessment is complete by a member of your staff and by our athlete on their arrival.

Hazards	Possible Cause of Harm	Condition Required for Event
1.Slips/ Fall 2.Collisions 3.Crushing	1. Condition of flooring, exercise mats 2. Objects left out, furniture 3. Lack of Space	1.Floor covering & mats in good condition, area clean and tidy 2.Loose items and unnecessary furniture to be removed from event area and non-movable furniture to be segregated from the event area 3. Area needs to be suitable size for number of children involved.

☐

I confirm I have checked all possible hazards and conditions are suitable to run the event

On behalf of School/ Club:
Date:

☐

I confirm I have checked all possible hazards and conditions are suitable to run the event

Athlete:
Date:

By signing you confirm you have checked all possible risks and deem them safe for ActivKids UK to run the event. ActivKids UK will accept NO responsibility of for injury or damage caused by the above being unsuitable during the event.

For access to your athlete presentation and to see our insurance certificate please scan the QR code, choose the athlete that will be visiting and you have access to both.



WELCOME BOOKLET

HOW THE SESSION WILL LOOK:

Please see below an itinerary of what to expect at your session, please note activities may be restricted due to the timing of the session booked:

- Welcome
- Fitness Circuit
- Inspirational Talk with Athlete
- Sport Related Activity Session
- Intimate Q&A Session with your Athlete

1. FITNESS CIRCUIT

This session can be done inside and outside. There will be 4 exercises for the children to complete. These will be dependant on ability and the location of the activities and equipment available.



2. INSPIRATIONAL ASSEMBLY

During this segment of the session, the athlete will talk about the importance of healthy eating, exercise and mental health.

The athlete will also talk about their career and what they have been through to get to where they are today and what lies for them in the future. Please scan the QR Code overleaf to access your assembly presentation, this can also be emailed to you, please just let us know.

3. SPORT RELATED ACTIVITY SESSION

This does change depending on ability and the athlete who comes in to visit. This activity is sport specific to your athlete that is coming and we provide all the equipment for this.

Please use the QR Code and select your athlete to receive more information of the additional activities your athlete will be delivering.

4. Q&A SESSION

This will give the children the opportunity to ask questions about the sport, about the session or anything about the athlete.



EXTRA INFORMATION

Please note all athletes have an Enhanced DBS Certificate which will be brought on the day or we can arrange for this to be sent through prior to the visit.

We will not take photographs during the event just in case there are children who cannot be photographed, however we do encourage that you take lots of photos, or even arrange for the local press to come along to raise profile of your club.

We really do value feedback so we would appreciate any feedback from the events as well as any photos that can be shared.

We hope you enjoy your session and please get in touch if you have any questions etc.