



SENSORY



HEARING



SEEING



PHYSICAL

# SENSORY GUIDE

---

## LIGHTING

There is a variety of strip and spot lighting throughout the building. Flashing lights in the spinning classes.

## DISTRACTIONS

Main distractions are the two vending areas. Please see Triggers & Distractions document for more information.

## SOUNDS

During busy times the building can be very noisy. Music is constantly playing throughout the building, varying in volumes. Studios are particularly loud, and there is an echo throughout the building especially in the sports hall.

## ACCESSIBLE ACTIVITIES

The Active Living team organise events created for people with additional needs to participate in. For more information click [here](#)

## QUIET/BUSY AREAS

The main entrance, gym and changing village can be very busy during peak times. The seating area next to the gym is usually quiet

## ESSENTIAL SUPPORT

Ask at reception for a carers card. For more information please read [this](#)