



WHAT TO WEAR/BRING

After school clubs:

With all our after school clubs, we aim to be outside as much as possible, so please ensure that the participant has clothing and footwear appropriate to the current season and suitable for sporting activities.

Additional things to consider:

- Football club - football boots and shin pads
- In the summer: sun hat, sun cream and an additional drink
- Rain coat/jacket (as it's the UK it's probably best to have it to hand all year)

Home-Ed Multi-sports:

Please ensure that participants are wearing clothing suitable for sporting activities, i.e. shorts or tracksuit bottoms, t-shirt and trainers.

As these classes take place indoors, the conditions are less relevant, although there will be some occasions where the class is moved to an outdoor location. If this is the case, notice will be given and an equipment/clothing list will be sent to participants if it is anything beyond the normal.

*All equipment required for the classes will be provided, however participants are welcome to bring their own for use during the class. Inspire 2B Active accept no responsibility for loss or damage to personal belongings unless it is as a result of actions of our staff.

Home-Ed Swimming:

From a logistical perspective, it is often easier for the participant to arrive swim ready, i.e. swimming costume/trunks underneath their clothing, however there are changing rooms available on arrival.

Additional things to consider:

- Goggles
- Swim hats/caps
- * Floats and arm disks (arm bands) will be provided where required.

Holiday camps:

Holiday camps will be run throughout the year, so please ensure that the participant has clothing and footwear appropriate to the current season and suitable for sporting activities.

Please also see in the following:

- In the summer: sun hat, sun cream and an additional drink/s
- Rain coat/jacket (as it's the UK it's probably best to have it to hand all year)
- Labelled lunch box (packed lunch) please avoid sending in any nut based products
- Labelled drinks bottle