



PRESENTS

# GLIDE

AT BATTERSEA POWER STATION

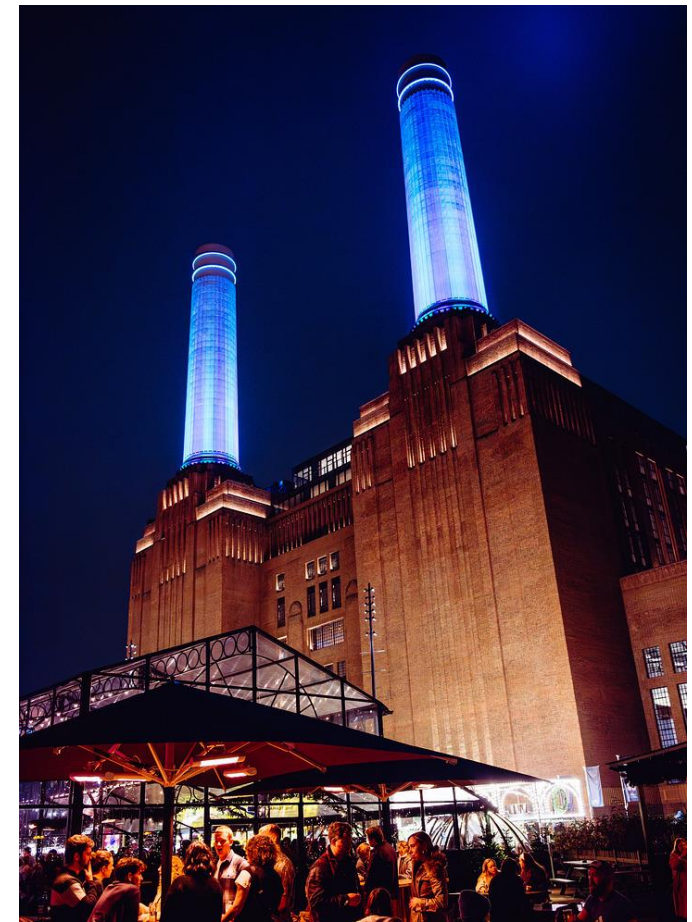
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07 NOV – 04 JAN

## SENSORY GUIDE

# WHAT I MIGHT SEE

- I might see bright lights around the rink and surrounding area, particularly if I visit after the sun sets.
- In the Skate Exchange area, I will see people changing their shoes for ice skates in preparation for the session. There will be benches to sit down and change my shoes. I will leave the shoes I arrived in at the Skate Exchange and pick these up after my session finishes.
- I will see a number of food stalls and rides just outside the ice rink, near to the entrance of Battersea Power Station.
- I will see Battersea Power Station itself next to the rink. This building typically lit up at night. The River Thames is also located next to the ice rink.
- There will be people sitting in the bar next to the ice rink, getting food and drink before or after their skating session.



# HOW IT MIGHT FEEL 🖐️

- Ice skates may feel heavy if I haven't worn any before.
- The ice is cold and slippery, but I can hold onto the barrier around the rink if I need support. For skaters under 1m tall (with skates on), we have penguin skate aids available to hire.
- I may feel other skaters brushing past or accidentally bumping into you. If a quieter time is preferred, try on a weekday or in the morning. Or one of our Accessible sessions.

## Tips:

- Bring your own gloves, thick socks, and soft layers to feel warm.
- If your skates feel uncomfortable, let staff know and they'll be happy to offer a different size.

# WHAT I MAY HEAR 🔊

- Music will be playing in the background over speakers.
- I might hear crowds of people talking and laughing.
- I might hear the sound of skates on the ice.
- Possible microphone announcements or instructions from staff.
- Noise from people on the rides, located next to the rink.





# THINGS I MIGHT TASTE 🍴

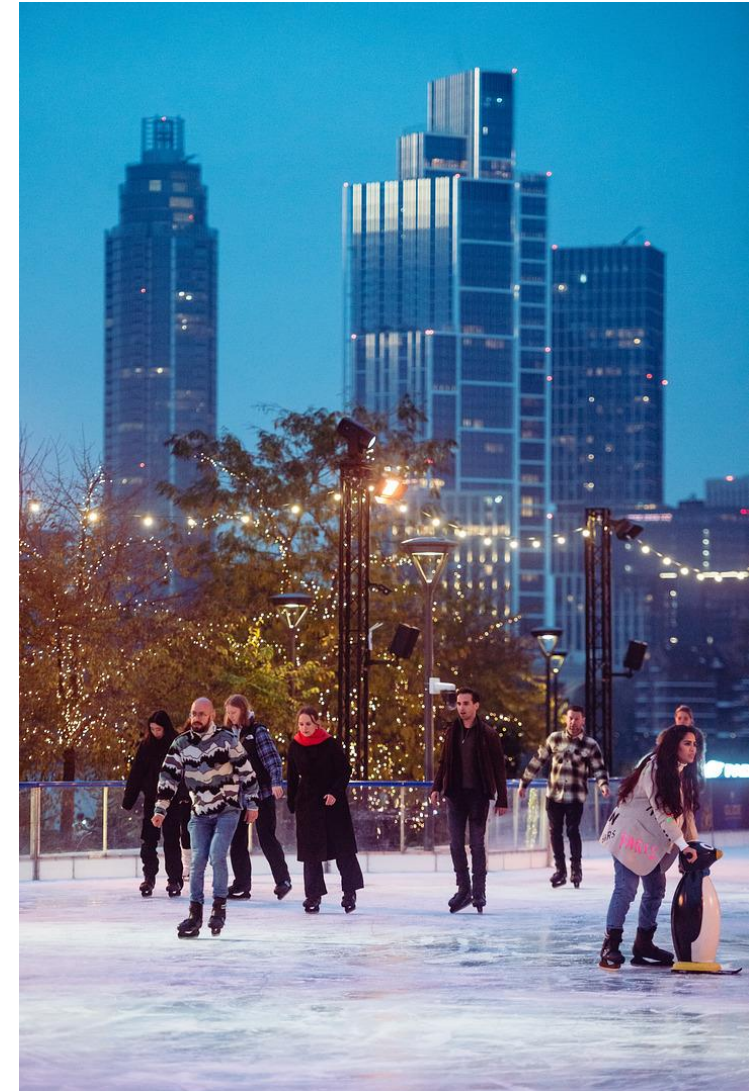
- Food and drink aren't allowed on the ice, but I can eat or drink before or after skating at the nearby food stands, or at the Glass House Bar.
- There are plenty of food options at Battersea Power Station. It may be busy inside depending on what time I am planning to go.

## **Tips:**

- Bring familiar snacks or drinks if you have food preferences or allergies.
- Please ask staff about allergens in any dishes if needed.

# WHAT I MIGHT SMELL 🧠

- Food and drink from nearby stalls or restaurants (like coffee, churros, pizza).
- Outdoor smells like rain, wet clothing.



# ACCESSIBLE FACILITIES

## LOW SENSORY SESSIONS

- We run dedicated accessible skate sessions at the Ice Rink. Our accessible skate sessions have a lower capacity of guests, have reduced levels of music/sound as well as lighting. You can book these sessions on our booking page.

## QUIETER TIMES

- If you would like to visit at a quieter time, either see our Accessible Sessions above, or aim for weekdays/mornings outside of the school holidays.

## TOILETS

- There are two accessible toilets, by the Glass House and by the Skate Exchange exit.

## DON'T WANT TO SKATE?

- You are welcome to watch for free round the outside of the ice rink if you don't want to skate!
- There are benches and seating inside the Glass House if you want to head inside for a drink or snack.