

Sport Scheme F.A.Q.s

What age does my child have to be to go swimming?

Children must be **aged 8 or over** to go swimming as part of the Sport Scheme.

Do they have to be able to swim?

No, but **non-swimmers must stay in the shallow end.**

If a child wants to swim in the deep end, they must demonstrate they can confidently swim **2 lengths** of the pool. This will be observed by a **lifeguard** and a **Sport Caerphilly coach**.

Do children have to go swimming? What if they don't want to?

No, swimming is **optional**.

If your child doesn't want to swim, they will stay in the **sports hall** and take part in **other sporting activities** with coaches and volunteers.

What activities are delivered?

A variety of sports are offered each day. Activities may include:

- Football
- Dodgeball
- Rounders
- Cricket
- Netball
- Badminton
- Frisbee
- Rugby
- Basketball
- And more!

Each day's schedule may vary.

Do children need to bring money?

This is **completely optional**.

There are vending machines at each site, but **children are responsible** for their own money and valuables. Staff cannot look after these items.

What should children wear?

- **Sporty clothing** suitable for physical activity
 - **Trainers or suitable footwear**
 - **Wet weather gear** (jacket/waterproofs), as some activities may take place outside
If weather conditions are very poor, all activities will be held indoors.
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Is lunch provided?

No, lunch is **not provided**.

Children must bring a **packed lunch** and **plenty of drinks**.

What ages do you cater for?

The Sport Scheme is for children aged **7 to 12 years old**.

Do you accept childcare vouchers?

Unfortunately, we **do not accept childcare vouchers** for payment.

How do I know my child is safe?

Your child will be looked after by **professional, qualified, and DBS-checked coaches**.

Please note:

- This is an **Open Programme**, meaning staff **cannot stop a child from leaving the site**.
 - Staff are **not allowed to leave the premises**.
 - If a child refuses to stay on-site, **parents will be contacted immediately**.
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What if my child has a medical condition?

Please **inform staff in advance** if your child has any medical conditions.

- A **consent form** (completed before the first day) will ask for medical details.
 - You can contact us directly if you'd like to discuss how we can support your child.
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How much does it cost?

The cost is **£11.50 per day** at the following locations:

- Caerphilly
 - Heolddu
 - Newbridge
 - Risca
- (Hours: 9:00am – 3:00pm)**
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Who do I contact in an emergency?

If there is an emergency, please contact the **leisure centre reception**.
They will alert the **Site Lead**, who will then notify your child.