**Access Rider**

**[INSERT NAME]**

This document has been written to provide you with information regarding my access requirements. It covers what practical information you will need to support me to achieve my best.

**Credit: Anjali Dance Company**

Disclaimer:

This is an illustrative document that can be used as needed. The responses below are provided as example information and the priority is for the content to reflect the voice of the individual.

**My medical conditions and/or access needs:**

eg Down’s Syndrome

Down’s Syndrome is a condition that a person is born with. It includes learning disabilities and sometimes some physical health problems. It is a condition where a person has an extra chromosome, a part of the genes in their body.

**In my own words, how I would explain it:**

**Communicating with me**

**In writing**

Any communication should be sent to both me and my parent/guardian, I like to know what is happening too.

With essential information which needs a reply, please make sure my guardian has also responded to ensure that I’ll be where I need to be at the right time.

I don’t find pictures helpful; I prefer videos or written information that uses simple language.

**In person**

I need more time to process information and you may have to explain to me again or explain in a different way.

When using big words, difficult language, long sentences, or complicated ideas, check if I am understanding what you are saying.

**Delivery**

**Practical**

When I am new to a space, show me the toilets, where I can refill my water bottle and leave my belongings.

Can you show me a safe, quiet space where I can go if I get overwhelmed in a session?

I will need reminding to take sips of water throughout a session(s) as I often get carried away working.

|  |  |
| --- | --- |
| Where I may need support | How you can help me |
| Introduction to a choreographic idea or theme. | * Give me real life examples of things.
* Demonstrate physically to help me understand.
* Show me videos of what you mean.
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**Theory**

Encourage me to take my own notes, but please allow extra time for this.

Give imagery to concepts or movements to help me remember.

|  |  |
| --- | --- |
| Where I may need support | How you can help me |
| Difficult and hard to understand words. | * Speak clearly and do not rush through the explanation.
* Check if I understand what you’re saying to me.
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**Contact Details**

Please contact the following person in case of emergency or to discuss my access needs further:

Name:

Relationship:

Mobile:

Email: