



Going to live sport

Mable



Easy English



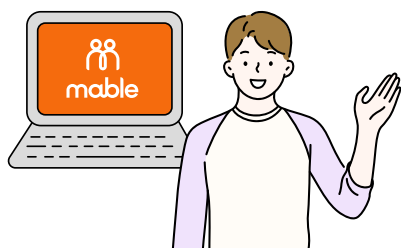
Going to live sport

About this guide

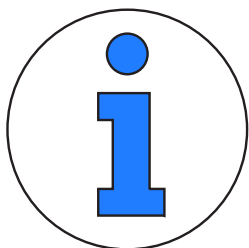
This guide tells you how to go to sport events if you have a disability.



This guide is written by Mable.



Mable is where you can find independent support workers online.



Contact information is at the end of this guide.

Hard words

This guide has some hard words.



The first time we write a hard word

- the word is **blue**
- we write what the hard word means.

There is a list of the hard words at the end of the guide.

Get help with this guide

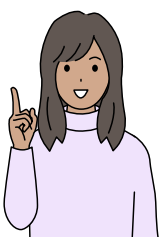
Someone can help you



- read this guide



- know what this guide is about



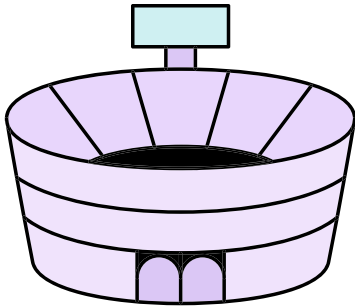
- find out more.



Check the stadium

Before you book tickets, check the **stadium** website.

You can also call or email the stadium to ask questions.

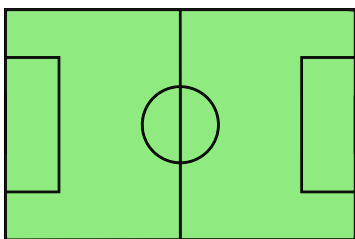


A stadium is a big place to watch sports, music, or shows.

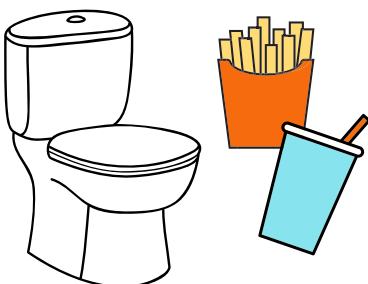
A stadium usually has



- lots of seats

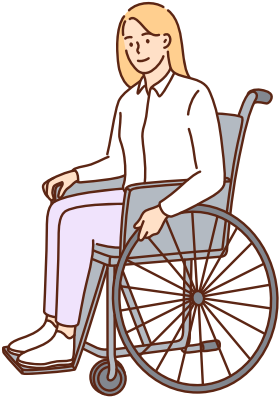


- a field or stage

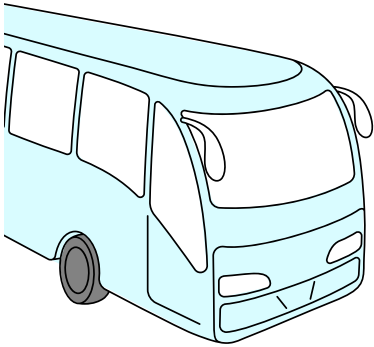


- toilets and food shops.

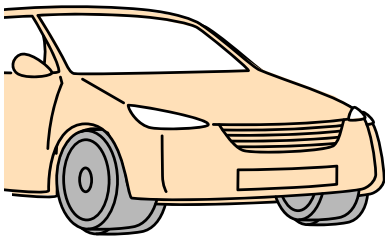
You can check



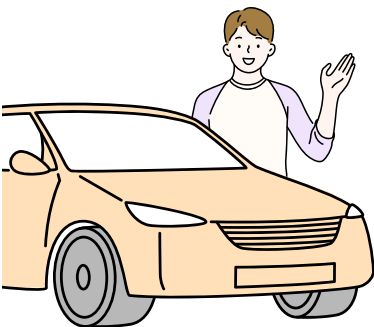
- if the stadium is **accessible**



- how to get there by public transport



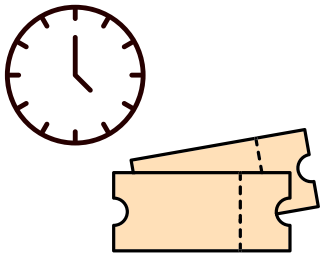
- where to park



- where the drop-off areas are.



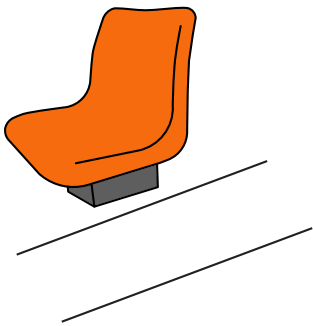
Accessible means it is easy for people with disability to use.



Book your tickets early

Booking early means you can choose your seat.

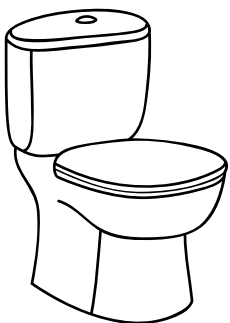
You might want to sit



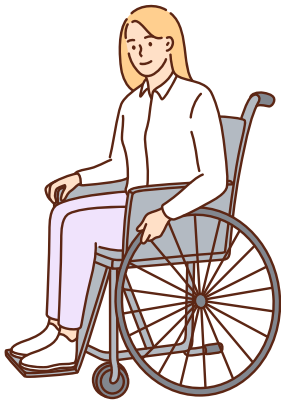
- near an aisle



- near the front

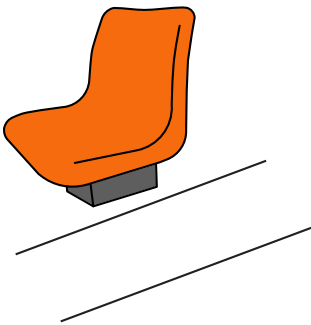


- close to the bathroom

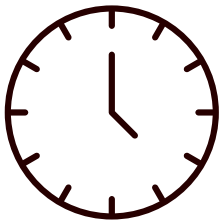


- in the **accessible seating area**.

Accessible seating areas have more space and are easy to get to.



Sit where it is easy to get in and out.



Arrive early

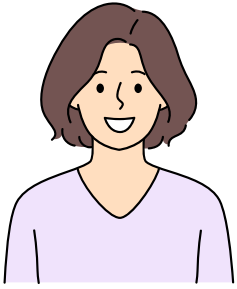
Get there early to



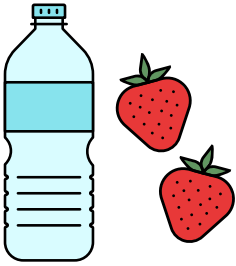
- avoid big crowds



- find your seat



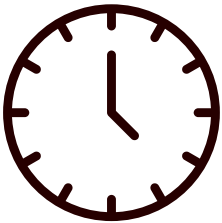
- feel relaxed.



Bring food and drinks

Some stadiums let you bring your own snacks.

This can help you



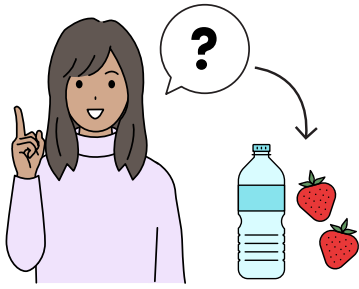
- save time



- stay in your seat more



- avoid crowds.



Ask the stadium if you can bring food and drinks.



Some places do not allow cans or bottles.



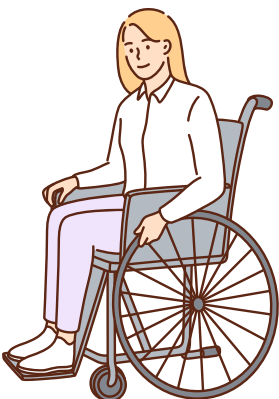
Talk to the stadium staff

Stadium staff are there to help.

They can



- show you where your seat is



- store your wheelchair or walker



- let you into a quiet or sensory room.



Talk to your support person

They can help you



- get to your seat



- carry your things



- find a quiet space



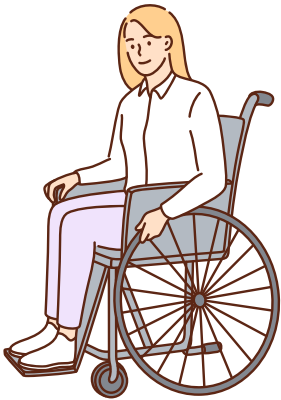
- enjoy the game



Word list

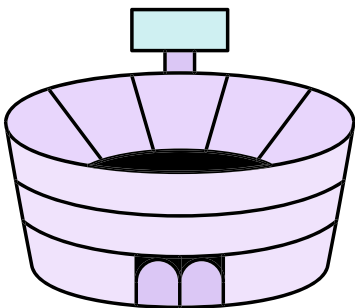
Accessible

Accessible means it is easy for people with disability to use.



Accessible seating areas

Accessible seating areas have more space and are easy to get to.



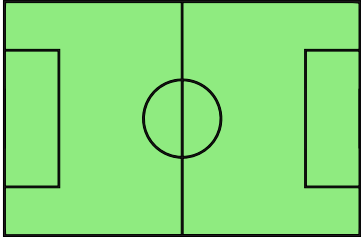
Stadium

A stadium is a big place to watch sports, music, or shows.

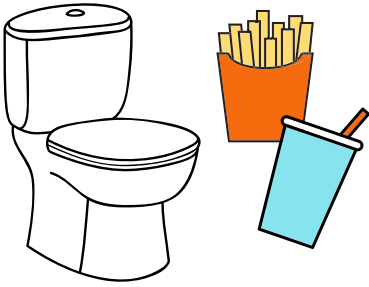
A stadium usually has



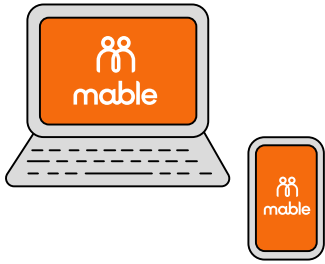
- lots of seats



- a field or stage

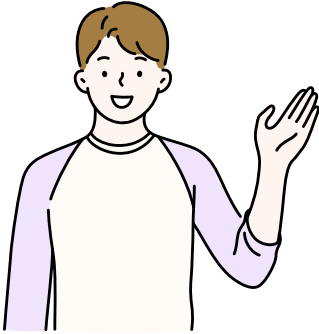


- toilets and food shops.



About Mable

Mable is a website and app.



It helps people find independent support workers.



You can contact Mable.

Phone: 1300 73 65 73



Website: www.mable.com.au



Email: support@mable.com.au



Mable's office hours are Monday to Friday,
8 am to 6 pm (Sydney time)