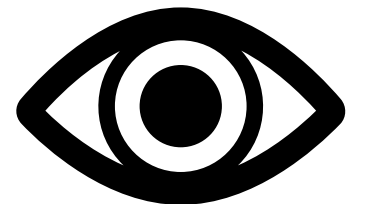
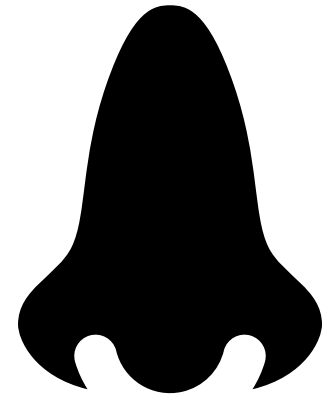


SENSORY GUIDE

NOTTINGHAM RACECOURSE



INTRODUCTION

- Visiting a busy place if you, or someone you care for, has a sensory disorder, or is anxious around crowds, noise and in an unfamiliar setting can be both daunting and unsettling.
- Research has shown that more often than not people will avoid these situations altogether for fear of the “unknown” and finding themselves or their loved one in a situation that makes them distressed or uncomfortable.
- As part of the #GoRacingGreen initiative, we have put together a simple sensory guide, so you can know in advance what to expect when you visit us for a day at the races. This covers the most common sights, sounds, smells, tastes and textures that you might experience on a race day.... Of course, there are many more as our senses are working all the time and detecting things both familiar and unfamiliar.
- We are by no means experts, but our staff have attended an autism and sensory awareness session and dementia friends awareness session to help us understand what we can do to help, and we hope this simple guide may assist in making your race day stress free and enjoyable.



What will I see?

Cars & Vehicles

When I drive into the racecourse there will be other cars parking as people arrive to enjoy their day. I will also see cars when I leave the racecourse.

People

Entering, leaving and inside the racecourse I will see lots of people. Some of these people will be staff that work at the racecourse. They will be wearing black jackets, or in warm weather, a white shirt or blouse. They will wear a name badge. These people will be able to assist me if I have any questions or need any help on the day.

Some of the people will be people like me that have come to enjoy a day's racing, and these will be people of all ages, including babies and children.

There will be people there to help keep me, and everyone else, safe and I may see security staff, who usually wear bright yellow jackets or waistcoats, ambulance men and women, and occasionally at a busy fixture I may see policemen and women.

I will see people that are involved with the horses – these may be their trainers, jockeys, the stable staff who look after them, vets and owners.

What will I see?

Buildings

As I enter the racecourse, I will see several different buildings. These include places where I can get something to eat and drink, the main grandstand building where there are bars and restaurants and toilets.

There is also a building called a #GoRacingGreen room, which is away from the main buildings and is a safe and quiet place to go if I need to at any time. I can stay in there the whole time if I want to. It is painted green and I will see a picture of a comical horse on the window.

Television, Media & Filming Equipment

On race days, often there will be photographers, reporters and television crew.

I may see filming equipment being moved around and people carrying cameras and microphones.

Video cameras and television monitors may be set up too.

So people operating the cameras can get a good view of the racetrack, the cameras are sometimes moved by crane-like machines so they can be operated from high up, so I may see these moving up and down.

What will I see?

Horses

I will see horses at the racecourse. They will be in the parade ring and on the race track, and may also be walking to and from their destinations.

Horses can seem very big animals, but at all times they will have someone leading them and looking after them, so I will be safe.

Very occasionally horses can become frightened, just like us. This may cause them to rear on two legs, or look like they are dancing about, but at all times there will be someone with them so I will not be in any danger.

Lights

If I am at an evening meeting, I may see lights that light up the racecourse both outside and inside.

I may also see lights if I go indoors at any time, to use the bar, restaurant or the bathrooms.

Television & Camera crew may also use lighting when they are filming.

I may see flashes from cameras.

What will I see?

Green Screens

If I am watching the racing at the side of the track, and even if I am watching it on the television, sometimes I will see a horse trip and fall.

If it does this, then the jockey who has been riding the horse will also fall.

Sometimes a jockey will fall off of a horse even if the horse doesn't fall, which means the rider has become unseated. There are many reasons this could happen, for example, a jockey may have lost their balance or their foot may have come out of the stirrups.

If this happens, I might see people put up green screens around the horse and/or the jockey. This is so that the doctors and/or the vets can treat the horse and jockey in privacy and assess what treatment they will need.

If the horse or the jockey need to go into an ambulance, then the screens will remain up until they have safely been moved into the ambulance, or until they have been treated and are up and about again, when the screens will be taken down.

What will I hear?

Traffic

As I approach and leave the racecourse, and very occasionally during the day, I may hear traffic.

I may also hear vehicles moving about the racecourse, such as horseboxes or emergency vehicles.

In the unlikely event of an emergency I may hear sirens within the racecourse, and it may be possible to hear sirens if an emergency vehicle is passing the racecourse on the road outside.

Very occasionally, I may hear a helicopter overhead.

People

I will hear people throughout the day.

People will be talking, laughing, cheering and clapping. I may hear people shouting. I may hear babies and children crying.

There is someone called a Race Commentator that talks about the horses and the races throughout the day, and I will hear him or her talking over a loud speaker. He will also announce when it is time for the jockeys to mount the horses, and when it is time for the horses to be led away.

What will I hear?



Horses



I will hear horses.

I will hear their hooves faintly when they are walking around the parade ring or clip clop on tarmac.

If I watch the race from the track-side I will hear the galloping of hooves on the turf. When lots of horses are galloping fast this can sound like a loud, repetitive thumping noise.

Occasionally a horse will cough, neigh or “whinny” which is a high-pitched neigh. Sometimes a horse does a snorting type sound through its nose and this generally means that they are happy.

Music



There is a speaker system at the racecourse that plays music when there is no racing or commentating going on.

If there is an enquiry into a race, I may hear a sound similar to “bing-bong” over the tannoy.

What will I hear?

The Preparation of Food & Drink

Whether I am inside or outside, I may hear the preparation of food such as frying, bubbling, sizzling, the clatter of plates and cutlery, ice being scooped into glasses, glass bottles being placed into bottle bins, a coffee machine or running water.

I may hear fans from ovens and extractors, the pinging of microwaves and the opening and closing of catering equipment.

Bathroom Noises

If I use the bathroom, I may hear water running, toilets being flushed and the noise from a hand drier, as well as doors opening and closing.

I may hear sprays such as hairsprays.

Outdoor Noises

I may hear birds singing, or the weather, like wind or rain.

What will I hear?

Phones Ringing & People Talking on Radios (Walkie-Talkies)

I am likely to hear people's mobile telephones ringing. This may be a ringing sound, a tune or a song.

At the racecourse the staff have radios (walkie-talkies), so they can communicate with each other easily, so I may hear people talking through these. Sometimes they may beep or make a crackling sound.

What will I taste?

There will be food and drink available at the racecourse that is commonly available when I go on many days out, and also that I may be used to eating and drinking at home.

Therefore, anything I choose to eat and drink should taste the same or similar to what I have tasted before.

There is a lot of choice available, so I will be able to find something that I like the taste and texture of to eat and drink during my day out.

What will I smell?



People

People have all different sorts of smells, most commonly perfumes and aftershaves which can be faint or quite strong.

I may pick up on faint smells such as hair products or laundry conditioners.

If people wear certain fabrics such as leather, these can sometimes give off a smell.

Horses

Horses can have lots of smells! Their coat has a natural scent to it, that is slightly oily, and can be exaggerated when they are hot and sweaty. If I am very sensitive to smell, I may be able to smell this even if I am not that close to the horses.

When horses are racing, they like to look their best, so I may smell grooming products, similar to what we use as humans, like shampoos, scented sprays and conditioners.

Horses that race commonly have hoof oil painted onto their hooves to help protect them and so they look shiny. This can have quite a distinct smell which can be strong if has recently been applied.

Horse poo! Of course, horses will need to do a poo at some point during the day, so I may smell this!

What will I smell?



Food and Drink Preparation



Lots of different foods are prepared at a race meeting.

I may smell things like fish and chips, salt and vinegar, onions being fried, burgers being cooked, or sandwiches being toasted.

Drinks can also give off smells, such as coffee and alcohol.

Bathroom Smells



If I use the toilet I may smell chemical smells from cleaning products.

I may also smell soap from the handwashing facilities.

I may smell scents from hairsprays, perfumes and aftershaves.

Some toilets have air freshening systems that can often give of sweet or floral smelling scents to keep the bathrooms smelling nice.

What will I smell?



Outdoor Smells



Around the racecourse there are lots of planters. There are a variety of flowers planted in these that will have various different, but mild, scents. However, to me, some of them may smell stronger.

Cut grass. I may smell the grass, especially if it has been freshly cut in preparation for the race day.

If it has been raining, I may smell the rain.

Indoor Smells



If I go inside, I may smell a mixture of various smells created by people, food and drink.

Sometimes different buildings that are not my home have their own smell which I might not be used to. These may be created by new carpets, paintwork, flooring or cleaning products, for example.

What will I touch?



There are many different textures within a racecourse setting. These include things I may come into contact with every day, such as door handles, railings, seats, benches and tables, brickwork, metal and concrete.

If I sit outside I may touch plants and grass, or feel the warmth of the sun, the rain, or the breeze.

If I eat or drink I may touch cutlery, or my food may be wrapped in a certain type of packaging like paper or plastic. My drinks will be in a glass, a can, a bottle or a plastic cup.

I may touch other people as they stand close to me or brush past me.

What if there is something unexpected?



Very occasionally, wherever I go, something unexpected may happen. This may be something I see, something I hear, something I touch or taste that is different to how I expected it to be, or something I smell.

If at any time I feel anxious or worried about something that I experience, then I can talk to the person or people I am with, or I can find a member of staff who will be able to help and reassure me. There will be a safe place for me to go and there will be people who can help me.

OUR SENSORY GUIDE

Our sensory Guide is here to help you pre-plan your day at the races. Our main aim is to ensure you to have an enjoyable day.

If you have any questions or concerns ahead of you visit, please do not hesitate to call our team on 0115 9580620 where we shall be glad to assist you.

This guide has been created specifically for Nottingham Racecourse as part of the #GoRacingGreen initiative, to make racecourses across the UK more accessible to people living with invisible illnesses and support those people that care for them. More information can be found at www.goracinggreen.co.uk

