

# Sensory Pod



## WHO CAN USE IT

Our sensory room is provided for visitors and staff who are living with autism, disability or experiencing sensory challenges making it difficult to feel comfortable in public spaces.



# Who Would Use It



## WHY WOULD I USE IT

If you experience sensory challenges due to a disability and find it challenging to feel at ease in public spaces, our therapeutic space is specifically designed with you in mind. Here, you can take a brief respite and immerse yourself in a sensory environment that allows you to take full control of your sensory stimulation. This can aid in calming your body system and better preparing yourself for participation to the best of your ability.

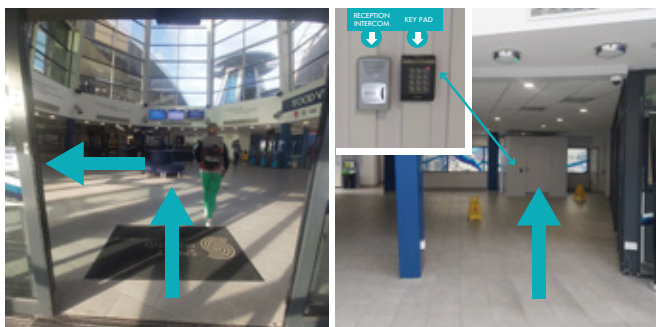
Our goal is to provide you with a safe and supportive space where you can emerge feeling rejuvenated and focused, ready to tackle any challenges that may come your way. We hope that this space offers a sense of comfort and helps you to thrive.



# Where Is The Sensory Pod



The SUPERCALM POD™ is located in the main reception area of the AQUATIC ZONE.



Sensory pod sessions are scheduled in 30 minute blocks. They are managed by the Sport Ireland Campus reception team. It is important to note that visitors are responsible for managing their session duration. There will be no staff notification when your session ends, so it is your responsibility to keep track of the time and manage the duration of your session.

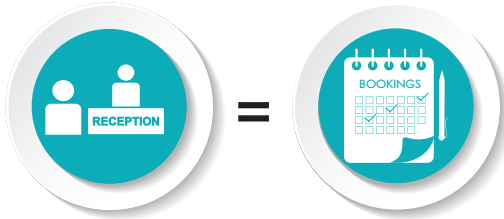


Staff assistance is available, please ask a member of our reception team who will do their best to accommodate all visitors needs.



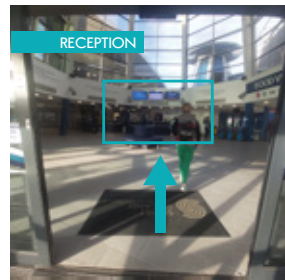
If you have any queries please contact the reception team - (01) 646 4300

# Accessing The Sensory Pod



## STARTS @ RECEPTION

Please first visit reception to either sign in or to book a session during your visit.



## SIGN IN

Visitors must sign in at reception before entering the sensory pod for their 30 minute booked session.



## BOOKING A SESSION

Book a suitable 30 minutes session in the sensory pod while you are visiting the Sport Ireland Campus.

It is important to note: sessions can only be booked 24hrs in advance.

They are booked on a first come first served basis.

Sessions can be booked with reception in person or made over the phone (01) 646 4300.

A spiral-bound notebook showing a 'Sensory Pod | Daily Schedule' calendar. The calendar is for the week of Monday to Sunday. It lists 10 booking slots, each with a time range and a 15-minute clean check. The slots are numbered 1 through 10. The calendar also includes columns for 'USERS NAME', 'CONTACT NO.', and 'HELP'. At the bottom, there are logos for 'SUPERCALM' and 'SPORT IRELAND CAMPUS'.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SENSORY POD   Daily Schedule						
ONLY 24HRS ADVANCE BOOKINGS ALLOWED DATE: _____						
BOOKING SLOT		USERS NAME		CONTACT NO.		HELP
1	10.00am - 10.30am 15min Clean Check	SENSORY ACC. REQ.		SPECIAL ASS. REQ.		
2	10.45am - 11.15am 15min Clean Check	SENSORY ACC. REQ.		SPECIAL ASS. REQ.		
3	11.30am - 12.00pm 15min Clean Check	SENSORY ACC. REQ.		SPECIAL ASS. REQ.		
4	12.15pm - 12.45pm 15min Clean Check	SENSORY ACC. REQ.		SPECIAL ASS. REQ.		
5	1.00pm - 1.30pm 15min Clean Check	SENSORY ACC. REQ.		SPECIAL ASS. REQ.		
6	1.45pm - 2.15pm 15min Clean Check	SENSORY ACC. REQ.		SPECIAL ASS. REQ.		
7	2.30pm - 3.00pm 15min Clean Check	SENSORY ACC. REQ.		SPECIAL ASS. REQ.		
8	3.15pm - 3.45pm 15min Clean Check	SENSORY ACC. REQ.		SPECIAL ASS. REQ.		
9	4.15pm - 4.45pm 15min Clean Check	SENSORY ACC. REQ.		SPECIAL ASS. REQ.		
10	5.00pm - 5.30pm 15min Clean Check	SENSORY ACC. REQ.		SPECIAL ASS. REQ.		

# How Long Can I Stay in the Sensory Pod



## BOOK A 30 MINUTE SESSION

Our SUPERCALM POD™ is available to book for a 30 minute session to help:

- RETREAT,
- RESET,
- RELAX,
- REJOIN

We kindly request that all users make a booking with reception to ensure that we can accommodate their needs. This helps us provide the best possible service to all visitors and staff.

Thank you for your cooperation.



(01) 646 4300



# Calming Tools



## WHAT'S INSIDE

3 GREAT WAYS TO PERSONALISE YOUR SENSORY EXPERIENCE WITH EASE & COMFORT

1



### CUSTOMISE THE LIGHT EXPERIENCE.

Use your time in our SUPERCALM POD™ to tailor the lighting to your specific your sensory needs and preferences at that moment. Using the remote you have the power to create your ideal lighting environment to enhance your mood.

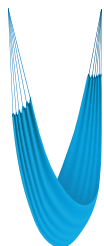
2



### CREATE A MULTI SENSORY EXPERIENCE

Use the projector to build an immersive multi sensory experience that combines stunning visuals with soothing audio. Our library of calming visuals comes with a visible timer, and you can choose to have sound on or off to help alleviate emotional or physical discomfort. Let the experience melt away any irritation.

3

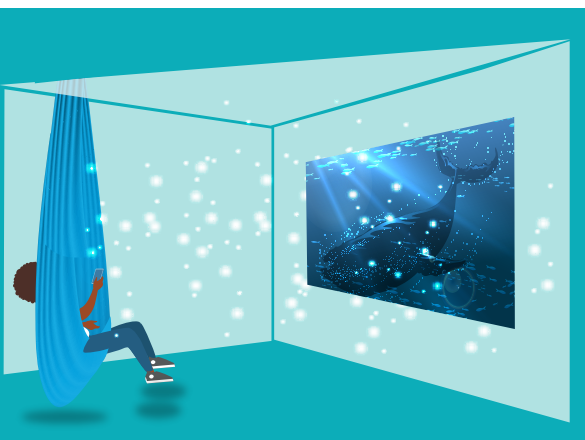


### MEET YOUR PROPRIOCEPTIVE OR VESTIBULAR SENSORY NEEDS

The soft blue nylon compression seat designed to accommodate up to 200 lbs, making it suitable for both children and adults. Suspended seats provide users with the opportunity to explore different types of movement, from calming and organizing linear rhythms to alerting rotary movements.

# User Guidelines

## SEAT SAFETY GUIDE



NO STANDING



## COMPRESSION SUSPENDED SEAT RULES



NO STANDING



1 PERSON ONLY



GENTLE  
MOVEMENTS



SITTING



LYING DOWN



The seat is made to accommodate up to 200 lbs.

# What are the Terms & Conditions



## SIGN BEFORE ENTERING THE POD

<p>1</p>  <p>24hrs advance booking available only. Available on a 1st come 1st served basis.</p>	<p>2</p>  <p>Check in with reception prior to visiting the sensory pod.</p>
<p>3</p>  <p>Never knock on the sensory pod door, wait for the pod to be vacated.</p>	<p>4</p>  <p>Sensory pod sessions are allocated in 30 min blocks, arranged via reception.</p>
<p>5</p>  <p>Sensory tools borrowed should be returned once session finished.</p>	<p>6</p>  <p>Please remove waste &amp; personal items before leaving the sensory pod.</p>
<p>7</p>  <p>Visitors are required to agree to the terms and conditions outlined.</p>	 <p>Assistance is available, please ask at reception for help.</p>

Our SUPERCALM POD™ is available to book for visitors who sign that they agree to the terms & conditions.