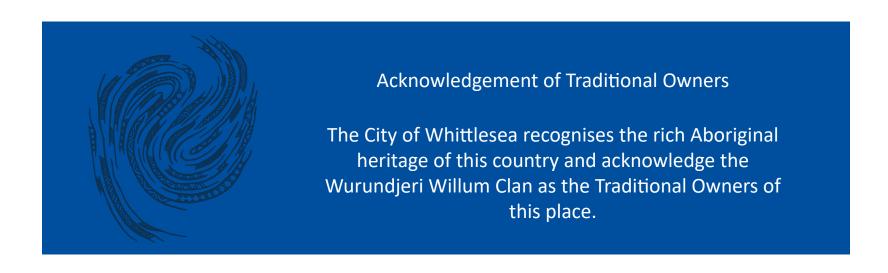


Updated August 2021 V2.0

Acknowledgements



The City of Whittlesea would also like to acknowledge the support and assistance provided by Access Ability Australia in helping to prepare the MIAS Access Key.

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Access Key – A customised accessibility guide that provides accurate and convenient information about accessing venues, events and programs. Access Keys are universally designed and suitable for all people, regardless of ability.

AFFL - Above finished floor level.

Back straight – Furthest end of the stadium to pavilion.

Cardiovascular - Relating to the heart and blood vessels.

Core strength – Stabilises and controls your abdominal muscles, back muscles and the muscles around the pelvis which all influences the legs and upper body. Strong core muscles make it easier to do many physical activities.

Fine motor skills – Fine motor skills involve the use of the small muscles in the hands. These include skills such as grasping objects, writing, cutting with scissors, shoe-tying, and fastening buttons. These skills are also needed for self-care and participation in activities at school and at home.

Front straight – Closest end of the stadium to pavilion.

Gross motor skills – Gross motor skills use the large muscles of the body. Commonly used gross motor skills include actions such as rolling, crawling, walking,

jumping, riding a bike, and climbing stairs. Gross motor skills are essential to movement and participating in activities at school and at home.

HHSH - Hand held shower hose.

Interpersonal and social skills - relating to relationships or communication between people and the ability to interact with them in the most efficient and proper manner.

MIAS - Meadowglen International Athletics Stadium.

Proprioception - Awareness of position and movement of the body.

Spatial awareness – Knowing where your body is in space in relation to objects or other people.

TGSI - Tactile Ground Surface Indicators. A tactile ground surface to assist pedestrians who are visually impaired. Often found on footpaths, stairs and train station platforms.

Turbojav - is a training instrument that aids its users in development of proper throwing mechanics for track and field (Javelin). It is approximately half the length of a regular javelin and is used in school athletic programs all over the world.



Guidelines

Thank you for choosing to use an Access Key for Meadowglen International Athletics Stadium.

For your Access Key to be successful, we recommend you follow these guidelines;

- Access Keys are available online to help you prepare for your visit in advance.
- Access Keys can be read and shared in an environment free of distractions.
- Access Keys can be read independently or shared with a friend, family member, carer or support worker to prepare for the visit.
- If sharing the Access Key with a participant, help the participant comprehend key points, consistently monitoring for level of understanding.
- If sharing the Access Key with participant, contextualised photographs can be used to summarise information and experiences.
- If using the Access Key as a reflective tool, make sure to enjoy the pivotal link between experience and recall after the visit has taken place.
- Once the visit has taken place, revisit the Access Key to celebrate success.
- Accessibility information is located on page <u>25</u>.
- Safety information is located on page <u>26</u>.
- Download Access Key in its entirety 28 pages in total.

Access Keys are designed and developed by AccessAbilityAustralia.

Access
Ability
Australia

To view the full range of free Access Keys available, go to <u>AAA Library</u>. For Access Keys in Braille or audio, please <u>Contact Us</u>. Please complete our short survey to help us ensure continuous improvement.

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This Access Key can be downloaded and saved to your preferred device for future use.





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Welcome

Welcome to Meadowglen International Athletics Stadium (MIAS).

For office hours and contact details please visit our website.

MIAS is a bookings-based venue, with high usage from local athletic user groups; therefore, operating hours may vary depending on programs or events being run on a day-to-day basis.

There is a rotunda within covered seating within MIAS.

The main entrance to MIAS is adjacent to the skatepark. Entry is via a gate with a clearance of 2350mm. This can be made into a double gate.

A secondary entrance is also available. It is located at the end of McDonalds roadway access within the car park. Entry is via a gate with a clearance of 950mm.







MIAS History

The City of Whittlesea's MIAS in McDonalds Road Epping was opened in 1994 to meet the athletics needs of the community in Melbourne's north.

Designed to International Association of Athletics Federations (IAAF) standards, it has become popular with athletic clubs, schools and is an important community facility.

In 2017 the track was resurfaced, maintaining its IAAF standard and given a new lease of life.

The Meadowglen Reserve precinct features a skate park, playground, cricket and soccer pitch, public toilets and caters to a wide range of sporting needs.

MIAS is currently home to the <u>Whittlesea City Little Athletics Centre</u> and the Whittlesea City Athletics Club, <u>Lalor Running Club</u>, Shri Santhya Centre of Epping as well as the Whittlesea YMCA holiday program.

MIAS hosts a range of school athletic carnivals and community functions each year. It has also played host to key community events such as the Whittlesea Gift, Relay for Life, 2019 Kabaddi World Cup, Reconciliation Day, Athletics Victoria Shield Events and Northern Metro Regional Athletics meets.

Watch a video to learn how the track at MIAS was resurfaced. Click <u>here</u>.



Did You Know?

- Whittlesea 2040: A place for all is the longterm vision for the City of Whittlesea. It guides all of Council's work and future partnerships with the community and others.
- Council is committed to equitable inclusion of all people, including people who live with a disability. You are valued for your differences, your knowledge, abilities and experiences.
 View Council's role in supporting people with a disability - City of Whittlesea.
- Active Whittlesea 2019-2028 will guide the planning and promotion of sport, leisure and recreation programs, services and facilities within the City of Whittlesea over the next 10 years. Diversity is one of our greatest strengths, yet many groups (e.g. migrants, women and girls, people with a disability) experience significant barriers to participation. This strategy aims to address these barriers to get more people active more often.
- MIAS is proudly owned and operated by the City of Whittlesea.
- MIAS is a booking-based venue.
- Memberships are associated with user groups.

- MIAS is suitable for International, National, State and District athletics events and bookings, including school athletics carnivals, Little Athletics, Senior Athletics, Large Corporate Functions and Festivals.
- Bookable community spaces are available.
 MIAS booking forms can be downloaded from our website.
 Athletics carnival booking information form

Function hire booking information form

- MIAS has hosted the following events; Annual Whittlesea Gift – the richest 200m event in Australia, Relay for Life and Reconciliation Day.
- Changerooms 1 and 2 are available for major events only. Access will be granted based on event requirements.
- MIAS is located within Meadowglen Reserve with a playground and a skate park adjacent.
- To provide feedback or request a site inspection Monday to Friday 8.30am - 5pm, please contact Meadowglen Athletics Track Facility Coordinator on mobile 0438 349 539 or email meadowglenathletics@whittlesea.vic.gov.au.
- For information about stadium policies and procedures please visit our 'Contact Us' page on our website.

The stadium features include:

Track and Field Events

- 8-lane Spartan track.
- 10-Lane front straight.

Jump Events

- 2 x high jump areas.
- 4 x long and triple jump pits.
- Pole vault facilities.
- Steeplechase water jump.

Throw Events

- 2 x discus areas.
- Hammer throw area.
- 2 x shot-put areas.

There are a variety of regular users at MIAS.



Getting There

MIAS is located within the Meadowglen Athletics Reserve at 146 - 156 McDonalds Road, Epping, adjacent to a skatepark.

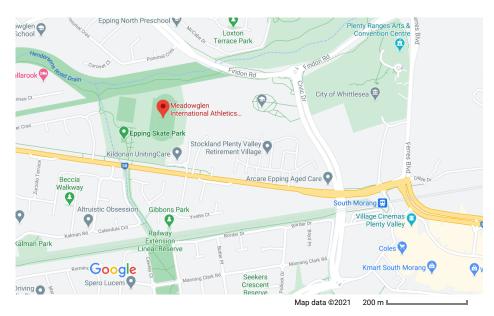
See Google Maps reference here.

The nearest bus stop is approximately 160 metres away on the corner of Gibbons Drive and McDonalds Road.

The Mernda train line and bus service 901 will take you to MIAS.

South Morang Railway Station is a 1km walk to MIAS.

For further information on how to get to the Meadowglen International Athletics Stadium, please visit <u>Public Transport Victoria</u>.





Parking

The most convenient parking is located within a designated car park on-site. Included:

- four accessible parking bays located approximately 30 metres away from the main entrance to the stadium
- general car park spaces for up to 150 cars with no restrictions
- an overflow grassed car park can be provided for events
- on-site bus bays are located at the secondary entrance within the general car park or within the overflow car park.

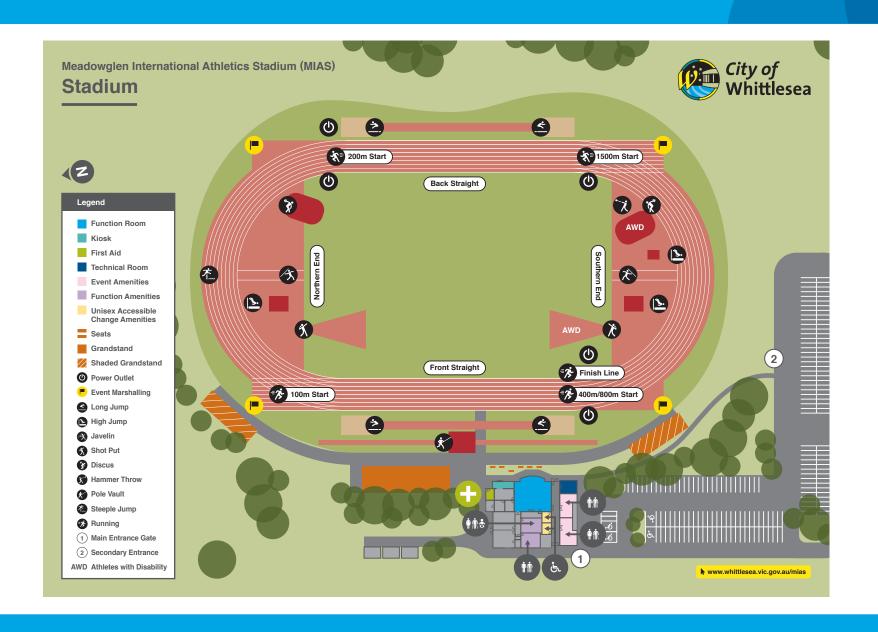
There is a drop off zone located at the front of the main entrance as well as the secondary entrance.

Bus drop off is only located at the secondary entrance.





MIAS Stadium Map



MIAS Pavilion Map



Event Day Enquiries

On event day, if required, visitors can report to the Technical Room or the Facility Coordinator office for information or directions.

Technical Room

The Technical Room is located at the car park end (southern end) of the pavilion and is the home base for all events. The announcer is based here. A public announcement system is available.

- 1. Enter MIAS via the main entrance.
- 2. Turn right at the first walkway and enter through a gate with a 1210mm clearance.
- 3. Follow the walkway to the end. The Technical Room is located on the right-hand side.

If the walkway gate is locked, to access the Technical Room:

- 1. Follow the entrance pathway to the end of the pavilion.
- 2. Turn right.
- 3. Turn right again at the end of the building where the first aid room is located.
- 4. The Technical Room is located at the end of the pavilion.

Entry to the Technical Room is via a manual door opening inward with a clearance of 880mm. The Technical Room has serving counters facing the track at 980mm AFFL.

It is available based on event bookings and requirements.

Facility Coordinator Office

The Facility Coordinator Office is open during events and bookings.

It is located within the Function Room. The Function Room is located in the centre of the pavilion with it's main entrance within the walkway, opposite the male toilets.

Entry is via a manual door opening outward with a clearance of 960mm. This can be made into a double door with a clearance of 1700mm.

Staff are available to provide assistance with any enquiries, bookings, assist with payments or to provide directions.





Staff

MIAS staff wear a black or grey uniform with a City of Whittlesea logo.

MIAS staff also wear City of Whittlesea name badges and lanyards.

Officials wear high visibility vests.





Accessible Toilets

MIAS has two accessible toilets.

Unisex Toilet Set One

Location - After the main entrance, within a walkway, on the left-hand side.

Includes:

- one unisex, accessible toilet with artificial/ natural lighting
- manual door opening inward. Door clearance of 960mm. Twist lock at 1060mm AFFL
- cubicle space 2560mm x 3360mm
- grab bars to the left and behind toilet
- toilet height 450mm AFFL with left-hand transfer. Contrast toilet seat
- sink height 800mm AFFL with lever tap 910mm AFFL
- roll-in shower with HHSH, curtain, shower bench and grab bars.

To exit, press the automated push button to open door. Button height 1140mm AFFL.

Unisex Toilet Set Two

Location - After the main entrance, within a walkway, on the left-hand side.

Includes:

- one unisex, accessible toilet with artificial/ natural lighting
- manual door opening inward. Door clearance of 960mm. Twist lock at 1060mm AFFL
- cubicle space 2900mm x 3560mm
- grab bars to the right and behind toilet
- toilet height 440mm AFFL with right hand transfer. Contrast toilet seat
- sink height 800mm AFFL with lever tap 930mm AFFL
- roll-in shower with HHSH, curtain, shower bench and grab bars.

To exit, press the automated push button to open door. Button height 1160mm AFFL.



SENSORY GUIDE



Feel
Change in ground surface



Sounds

Announcements
Echo
Hand dryer
Toilet flushing
Water running



Sights

Bright lights Mirror/Reflection



Smells

Bathroom smells
Disinfectants
Shower products

Toilets

MIAS has two sets of male and female public toilets.

Location - After the main entrance, within a walkway, on the right-hand side.

Female Set

Includes:

- 8 x regular cubicles
- 2 x ambulant cubicles
- 8 x sinks
- 3 x hand dryers.

Male Set

Includes:

- 2 x regular cubicles
- 1 x ambulant cubicle
- 10 x urinals
- 8 x sinks
- 3 x hand dryers.

Toilets can also be used as a change facility.

There is also an additional set of toilets located in the Function Room. See page $\underline{27}$.



SENSORY GUIDE



Feel

Change in ground surface Shared personal space



Sounds

Announcements
Echo
Hand dryers
People
Toilet flushing
Water running



Sights

Bright lights
Mirror/Reflection
People



Smells

Bathroom smells Disinfectants Shower products

Kiosk

The kiosk is located at the front of the pavilion, near the front straight.

Hot and cold food and beverages are available.

An electronic menu is displayed above the serving counters.

Special dietary requirements can be catered for. Please request these through the Meadowglen Athletics Facility Coordinator throughout the booking process (e.g. booking information).

There is an undercover designated queuing area with kiosk servery counters at 990mm AFFL.

Opening hours vary based on event requirements. Cash or EFTPOS is accepted.







Feel
Shared personal space



Sounds Announcements Applause/Cheering Café equipment People



Sights
Crowd movement
Flying insects
On screen menu



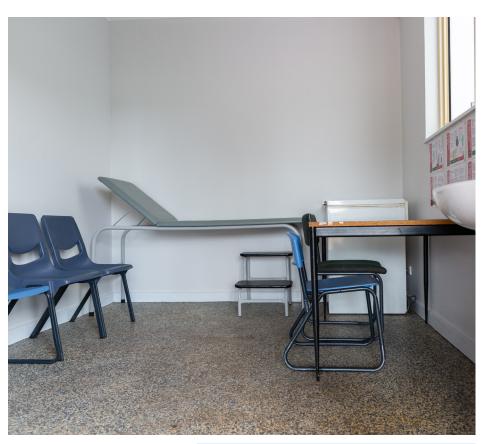
Smells Food/Drink People Sunscreen

First Aid Room

The First Aid room is located in the pavilion building, nearest the main grandstand (northern end). Please refer to MIAS Stadium Map on page 10.

There is a freezer, stretcher and crutches in the First Aid room. A defibrillator is located in changeroom 2. The defibrillator can also be transferred to First Aid room upon request.

Refer to the <u>Athletics Carnival Booking Information Form</u> for further details on requirements relating to first aid.



Please make sure to have a designated first aider present at all events.



Grandstand and Spectator Areas

There are three separate spectator areas.

The tiered main grandstand is located in the middle of the front straight at the 50m mark. Access via a ramp is available. It also has stepped access in the middle and the far end (northern end) of the stand.

Two shaded tiered spectator areas are located at each end (northern and southern ends) of the track.

These areas may become noisy and busy during carnival event days.

Spectators are welcome to bring their own fold out chairs or picnic rugs for use in the spectator areas.

Bench seating is also available outside the pavilion.



SENSORY GUIDE



Feel

Gradient variance Shared personal space Weather



Sounds

Announcements
Applause/Cheering
People
Starter noise



Sights

Crowd movement
Flying insects
Glare
People
Sporting activities



Smells

Nature Sunscreen

MIAS Track Rules

Athletics is the sport of competing in track and field events, including running races and various competitions in jumping and throwing.

At MIAS the following track surface rules apply;

- no food or drink is to be consumed with the exception of water
- approved clean footwear only
- only compression tiered spikes, conical in shape, permitted on track
- needle or pin spikes are not permitted
- maximum length of spikes running shoes 7mm and throw and jumping shoes 9mm
- rubbish to be placed in bins provided
- glass not permitted
- no spitting or chewing gum
- please report any damage.



Health and Wellbeing

Being involved in regular moderate physical activity can provide numerous advantages. Listed below are the associated health and wellbeing benefits of participating in athletics.

All Events

- Improves motor planning ability.
- Builds bone density.
- Strengthens muscles.
- Strengthens and improves balance.
- Improves core strength and proprioception.
- Helps to facilitate development of fine and gross motor skills.
- Improves coordination.
- Helps to train the sense of spatial awareness.
- Helps to improve overall health, fitness and wellbeing.
- Helps to encourage cooperation.
- Improves mental health.
- Develops interpersonal skills and social awareness.
- Develops skills in cooperation, encouragement and the understanding of winning and losing.
- Encourages children to practise turn taking.

Track

Improves cardiovascular fitness.

Long, Triple and Steeple Water Jump Events

- · Improves sequencing ability.
- Improves cardiovascular fitness.

Throw

- Improves ability to cross midline of body.
- Helps to develop hand-eye coordination.



Did you know that sport and active recreation can fit into four different NDIS funding categories?

The NDIS Sports Guide will walk you through how to include sport and recreation into your NDIS planning goals.



Track Events

MIAS boasts an 8-lane Spartan track with a 10-lane front straight.

A track event is an event in athletics which involves running or walking around a racetrack. This may include sprint, middle distance, hurdle and steeplechase events.

Starting and Marshalling points are located around the track and will vary depending on the event. Please refer to MIAS Stadium Map on page 10.

All equipment is supplied. It is recommended that all athletes wear appropriate footwear with no loose clothing and bring a water bottle and sunscreen. Please read guidelines on appropriate track and field sprint spikes on page 19.

The Starter will indicate when it is time for a race to commence. The starter may use an electronic start, a whistle, a horn or a starting pistol.



SENSORY GUIDE



Feel

Change in body position Increased body temp Increased heart rate Shared personal space Thrill Weather



Sounds

Applause/Cheering Announcements Starter noise



Sights

Crowd movement
Flying insects
Glare
Nature
Sporting activities



Smells

Nature Starting pistol smoke Sunscreen

High Jump and Pole Vault Events

High Jump

High jump requires competitors to jump over a horizontal bar which is raised until only one competitor can jump it without dislodging it.

Location - Two high jump areas are available. One at both ends of the track (northern and southern ends). Equipment - Supplied. Equipment is located in nearby storage units which will be unlocked at set up as required.

Safety considerations - Overflow mats are available.

Pole Vault

Pole vault requires competitors to use a long flexible pole to vault over a high horizontal bar.

Location - One jump is available on the front straight of the track.

Equipment - Users to supply own pole vault. All other equipment is supplied. Equipment is located in a nearby storage unit which will be unlocked at set up as required.

Safety considerations - Runways to be clear of trip hazards.

It is recommended that all athletes wear appropriate footwear with no loose clothing and bring a water bottle and sunscreen.

For these events please refer to MIAS Stadium Map on page $\underline{10}$.



SENSORY GUIDE



Balance control
Change in ground surface
Increased heart rate
Increased body temp



Feel Sensation of flying Soft surfaces (landing mats) Thrill Weather



Sounds Announcements Applause/Cheering



Sights Crowd movement Flying insects Glare Sporting activities



Smells Nature Sunscreen

Long, Triple and Steeple Jump Events

Long and Triple Jump

Long jump requires competitors to sprint along a runway and jump as far as possible in one leap into a sandpit.

The triple jump, sometimes referred to as the hop, step and jump or the hop, skip and jump, is an event similar to the long jump.

Location - Four long and triple jump pits are available. Two are located on front straight of the track and two on the back straight.

Equipment - Supplied.

Requirements - At the conclusion of competition, users to sweep and rake pits and replace covers.

Safety considerations - Runways to be clear of trip hazards.

Steeple Jump

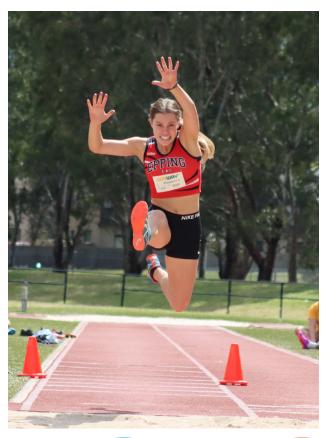
Steeplechase combines different skills into one race: distance running, hurdling and long jumping. Throughout the race, runners must clear hurdles and water jumps.

Location - Steeplechase event takes place on the 400m track.

Equipment - Supplied.

It is recommended that all athletes wear appropriate footwear with no loose clothing and bring a water bottle and sunscreen.

For these events please refer to MIAS Stadium Map on page 10.



SENSORY GUIDE



Balance control Being splashed (steeple water pit) Change in ground surface Cool sand (sand pits)



Feel

Increased body temperature Increased heart rate Sensation of flying Shared personal space Weather



Sounds

Announcements Applause/Cheering Starter noise



Sights

Crowd movement Flying insects Glare Sporting activities



Smells Nature

Starting pistol smoke Sunscreen

Throw Events

MIAS provide facilities for shot-put, javelin, discus and hammer throw events. Facilities at the car park end of the track (southern end) provide anchor points for wheelchair users and athletes with disability (AWD). All equipment is supplied for throw events.

It is recommended that all athletes wear appropriate footwear with no loose clothing and bring a water bottle and sunscreen.

Once a throw has taken place, the athlete must wait for the official to record the measurement of the throw. The official will then instruct the athlete when it is safe to enter the grassed area to collect the throwing implement.

Shot-put

The shot-put event requires competitors to put (push rather than throw) a heavy spherical ball, known as the shot, as far as possible.

Location - Two shot-put areas are available. One at both ends of the track (northern and southern ends).

Javelin

The javelin event requires competitors to throw a javelin as far as they can. A javelin is a metal or fibreglass spear about 2.5m in length.

Location - Two javelin areas are available. One at both ends of the track (northern and southern ends).

Athletes from U11's can compete in Javelin with Turbojav available for younger athletes.

Discus Throw

The discus throw requires competitors to throw a heavy disc called a discus in an attempt to mark a farther distance than their competitors.

Location - Two discus areas are available. One at both ends of the track (northern and southern ends).

Hammer Throw

The hammer throw requires competitors to throw a heavy metal ball joined by a wire to a handle as far as possible. The thrower usually makes three or four spins before releasing the ball.

Location - One hammer throw area at the car park end (southern end) of the track.

For these events please refer to MIAS Stadium Map on page $\underline{10}$.



SENSORY GUIDE



Balance control Change in ground surface Dizziness (hammer throw) Increased body temp



Feel
Increased heart rate
Shared personal space
Weather



Sounds
Announcements
Applause/Cheering



Sights
Flying insects
Glare
Sporting activities



Smells Nature Sunscreen

Accessibility and Services

- Accessible website.
- Online bookings. Visit our <u>website</u> and scroll to 'Casual sports ground bookings' to find further instructions.
- An interpreter phone service is available.
 Call 131 450.
- Provision of Wi-Fi.
- Wheelchair accessible.
- Anchor points for wheelchair users (pictured) and athletes with disability (AWD).
- Main entrance from carpark into stadium with an approximate gradient of 1:10 (10.44%).
- Pen and paper available for exchange of information. Please report to the Technical Room or the facility coordinator office.
- Protection from weather under the pavilion, main grandstand and shaded grandstands.
- Main grandstand 14m access pathway ramp with approximate gradient 1:33 (3.03%), with crossfall and handrail.
- Shaded spectator stand, located passed main grandstand, has an access pathway with crossfall.
- Spectator bench seating with backs and armrests. Space for wheelchair users.

- Water fountain at operating height 960mm AFFL with knee clearance 780mm AFFL.
 Secondary spout at operating height 700mm AFFL.
- Change rooms 1 and 2 with single step at entry. Change room 1 access via manual door opening outward with a clearance of 820mm. Change room 2 access via a manual door opening outward with a clearance of 870mm.
- Public announcement (PA) system.
- All toilets signed in Braille.
- Spartan track with lane width 117mm.
- Electronic timing gates.
- Function Room round tables at height of 660mm AFFL and trestle tables at height of 670mm AFFL.
- Function Room chairs with backrests.
- Accessible toilets can be made available for Function Room hire upon request.
- Quiet areas can be made available upon request.
- Assistance animals welcome. Water bowl available underneath water fountain. Water fountain located adjacent to Technical Room.

Use the National Relay Service to contact MIAS on (03) 9217 2170. Find the right contact number or access point for your NRS channel of choice at <u>communications.gov.au/accesshub/nrs</u>. For help using the NRS, contact the NRS helpdesk: <u>communications.gov.au/helpdesk</u>.



Safety

Throughout

- Fully enclosed track and field area.
- · Stadium floodlighting.
- · Car park lighting.
- Alcohol free venue (excluding function hire) and smoke free venue.
- Spartan track with aluminium running rails/ kerbing.
- Lane marking contrast.
- When field and throwing events are running, do not enter grassed field of play.
- Wet floor signage available.
- Defibrillator located in changeroom 2.
- Staff and volunteers with Working with Children Checks.
- Children must be supervised at all times.
- Evacuation maps located throughout. See evacuation map on page <u>28</u>.
- · Only assistance animals permitted.
- Varied terrain throughout paving, concrete, grass, Spartan, asphalt.

Function Room

• Small raised edge at entry.

- Mats at entry and throughout. Mats with no colour contrast.
- Chairs with no colour contrast.
- Safety information cards located on wall underneath evacuation map.

Covid-19 updates:

- https://www.whittlesea.vic.gov.au/healthsafety/coronavirus-information-covid-19/ restrictions/
- https://www.whittlesea.vic.gov.au/healthsafety/coronavirus-information-covid-19/ support/

 In the event of an emergency, a chief warden will help and direct visitors. If there is to be an evacuation, visitors will be directed to the nearest exit and designated assembly area.



Room Hire

The Function Room at MIAS is available for hire by MIAS regular users and the general community.

It has a capacity of up to 110 people.

It comes complete with a fully equipped kitchen, air-conditioning and heating as well as tables and chairs. External catering is welcome.

Entry is via a manual door opening outward with a clearance of 960mm. This can be made into a double door with a clearance of 1700mm.

Function Room Toilets

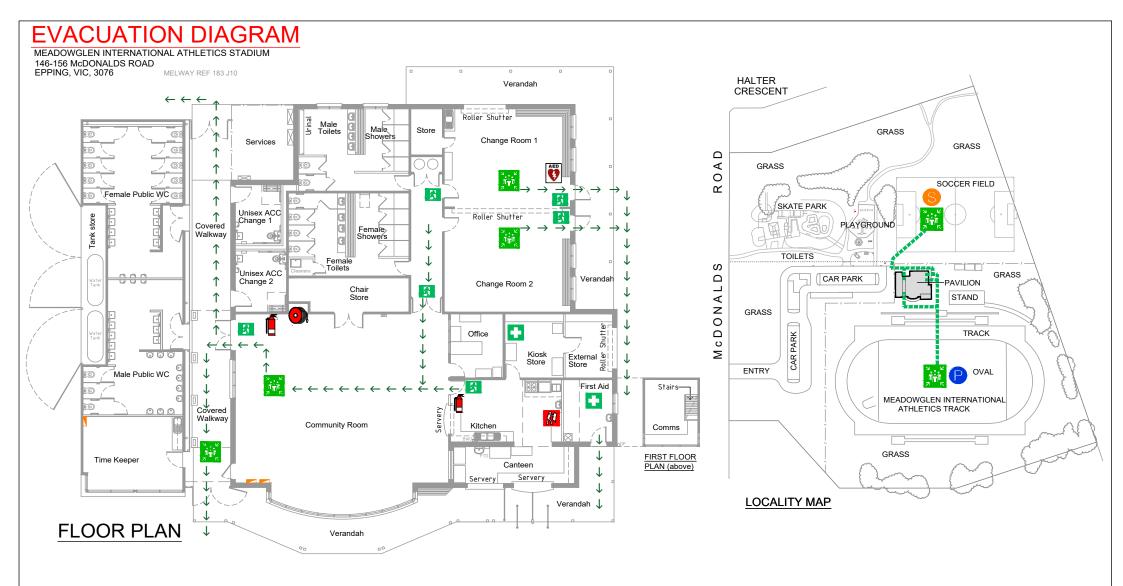
Location - Within a hallway leading from this room.

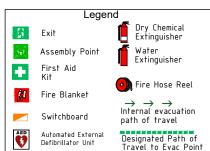
Includes:

- separate male and female toilets including ambulant
- separate shower cubicles
- baby change area within female toilets.

Function Hire Booking Information Form







EVACUATION ON BEING GIVEN AN ALERT SIGNAL ..

- SECURE CONFIDENTIAL AND VALUABLE ITEMS
- 2. PROCEED TO FLOOR/AREA COLLECTION POINT.
- 3. FOLLOW INSTRUCTIONS OF FLOOR/AREA WARDEN.
- ON BEING GIVEN AN EVACUATION SIGNAL.
- 4. LEAVE BUILDING VIA DESIGNATED EXIT OR NEAREST SAFE EXIT.
- 5. PROCEED TO ASSEMBLY AREA AND REMAIN THERE UNTIL OTHERWISE DIRECTED BY FLOOR/AREA WARDEN OR FIRE OFFICER.

FIRE

ASSIST ANY PERSON IN IMMEDIATE DANGER ONLY IF SAFE TO DO SO.

- 2. CLOSE THE DOOR.
- 3. CALL THE FIRE BRIGADE ON 000.
- 4. ATTACK THE FIRE IF SAFE TO DO SO.
- 5. EVACUATE TO THE ASSEMBLY AREA.
- 6. REMAIN AT ASSEMBLY AREA AND ENSURE EVERYBODY IS ACCOUNTED FOR.

IN AN EMERGENCY DIAL

AND ASK FOR FIRE BRIGADE, POLICE or AMBULANCE

YOUR ASSEMBLY AREAS ARE:

- PRIMARY
 - Centre of Sports Oval
- **SECONDARY**
- Soccer pitch (grassed area) to the west via double gates



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Meadowglen

International Athletics Stadium



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