

Student “What to Expect” Guide

Your School Visit to Mega Air

This guide explains what will happen when you visit Mega Air with your school, so you know what to expect and how to get the most out of the day.

Before You Go

Please make sure you:

- Wear **comfortable clothes** you can move in
- Tie back **long hair**
- Bring any **medication** you need (e.g. inhalers), as directed by your teacher

Footwear:

👉 **Socks are not required.**

Activities are **safer without socks**, as bare feet provide better grip and control.

When You Arrive

- You will arrive as a group with your teachers
- There will be a short welcome and safety briefing
- Rules and expectations will be explained clearly
- You will be placed into a supervised group

During Activities

Depending on your programme, you may:

- Take part in supervised movement activities
- Join team-based games
- Participate in a structured social or event session

During activities:

- Follow all instructions from teachers and staff

- Be aware of the people around you
- Take breaks if you need them
- Try your best — you don't have to do everything

If You Need a Break

That's okay.

- Tell a teacher if you feel tired, overwhelmed, or unwell
- You may:
 - Slow down
 - Take a break
 - Help in another role

Your wellbeing is important.

Behaviour Expectations

Everyone is expected to:

- Be respectful to others
- Follow the rules
- Stay in supervised areas
- Listen to instructions

Unsafe or inappropriate behaviour may mean sitting out or being removed from an activity.

Food & Breaks

- Breaks and lunch times are planned
- Eat only in the areas your teachers tell you to
- Stay with your group

Before You Leave

- Teachers will do roll checks
- You will leave the venue together as a group

Remember

- ✓ Be safe
- ✓ Be respectful
- ✓ Support others
- ✓ Have fun