

# PCYC Cessnock U-Nites

U-NITES aims to engage young people in fun, safe, supervised and supportive activities on Friday nights. U-NITES programs are specifically designed to meet the needs of the young people within the local community. Our activities include multisports, skate park, rock climbing and gymnastics. Program times and activities can be found on the website and flyer and run from 4 pm – 8 pm on Friday during the school term.

The below information is effective from the 13th of October 2023.

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## GENERAL

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Children under 12 must be supervised by a parent/guardian at all times.

Children under 18 are not able to leave the building during the program (white line without a parent/guardian. If they leave, they will be unable to return.

The PCYC Code of Conduct must be followed by all participants. If this is not, suspensions/bans will be applied depending on the severity of the incident.

All participants must have an active club membership to attend.

U-Nites will not run during the school holidays or public holidays.

U-Nites may be cancelled if resources are unavailable.

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## MULTI-SPORTS

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4:30-5:30 Primary school-aged (K-6)

5:30 – 6:30 High school-aged (Yr7-12)

Bookings are essential, with a capacity of 20 participants in each session

The instructor will print the attendance ticket before the session starts. Late bookings are okay, if there is space. Late participants must collect the booking receipt and hand it to the instructor running the class.

Both groups will consist of indoor soccer skills, drills and or a game

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## GYMNASTICS

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6:30-7:15 Primary school aged (K-6)

7:15-8pm High school aged (Yr7-12)

Bookings are essential, with a capacity of 20 participants in each session.

The instructor must print the attendance ticket before the session starts. Late bookings are ok within 15 minutes of the start time if there is space and must bring the booking receipt to the instructor. Late bookings will not be accepted 15 minutes into the session (after warmup) for safety reasons.

Primary school-aged will participate in flexibility, strength and coordination.

High school aged will participate in a warmup and then controlled skill practice.

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## DINNER

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Dinner will be provided from 6:15 pm – 6:45 pm

Dinner may vary each week, depending on donations/support. Most weeks will consist of a sausage sandwich.

All young people are provided with one serving. If there are spare/leftovers, seconds may be given. Food is not for parents unless there is spare.

Food must stay in the reception area, or outside with rubbish going in the bin.

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# ROCK CLIMBING

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## U-Nites Climbing Program Guidelines

- 1. Induction and Paperwork Requirements:**  
All climbers and belayers must complete induction and be assessed as “competent” prior to climbing independently. Staff/Volunteers are to complete all relevant documents.
- 2. Induction Conductors:**  
The INDUCTION process must be conducted by PCYC staff or qualified Volunteers.
- 3. Age Requirements:**  
BELAYERS must be of High school age or 12 years and older.  
Climbing is open to participants aged 4 years and above.  
CLIMBERS aged 12 years and under MUST have a BELAY partner who is 12 years or older and has completed the Belay induction.
- 4. Parent/Guardian Consent:**  
Participants under the age of 18 years require the consent of their Parent or Guardian, who must sign the Accepted Risk Form.
- 5. Mandatory Induction Documentation:**  
All participants over 12 or High School Students, are to sign the Induction Form.  
The Parent or Guardian of the participant is to sign the Acceptance of Risk form.
- 6. Staff-to-Participant Ratio:**  
The Climbing Gym must maintain a staff-to-participant ratio of 1:10. Specific ratios will be provided by gym staff before the start of each session, depending on the available team members and volunteers.
- 7. Participant Identification:**  
Upon arrival, participants will be checked against the “INDUCTION SPREADSHEET” on the climbing computer and issued a wristband indicating their participation level: CLIMB ONLY, BELAY ONLY, or UNRESTRICTED.
- 8. Membership Access:**  
Regular Members and Flexi Pass members have access to during Unites even if the gym is at its maximum ratio.
- 9. Operating Hours:**  
The Climbing Gym is open from 3:30 PM to 9:00 PM for general climbing.  
UNITE events are free from 4:00 PM to 8:00 PM. A \$5 fee applies for those wishing to stay beyond 8:00 PM, and wristbands can be obtained at the front office.
- 10. Lead Climbing Advisory:**  
Please note that Lead Climbing activities may be affected by UNITE operations.

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# SKATE PARK

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All ages (primary + high school) from 4 pm – 8pm

Staff must ensure safety and flow of the park is optimum. Staff must keep riding to a minimal, cleaning as the night progresses.

Kids must wear enclosed footwear and helmets when coming to ride the skatepark. All participants must agree to follow the rules (located at the entry of the park).

If participants do not own a scooter or helmet, they can rent one from the front desk for \$5 and bring the receipt to the instructor in the skatepark. Please make sure to scan the participants card so we can track who has them.

The instructor will have the scooters and helmets available at the top of the skatepark. All items must be signed in and out.

All equipment is to be returned to the instructor when leaving the skatepark. Failure to return equipment to the instructor will result in a suspension until the hired item is returned or replaced.

Bookings are essential with a capacity of 50 during the evening. Late bookings will be accepted upon arrival if there are spots available.

Pack-up begins at 7:30 pm.

If participants wish to stay after 8 pm, an additional cost of \$5 is payable at the front desk. A wristband will be provided to those staying back, the same colour as climbing. Anyone without a wristband will be asked to leave. Participants can use both areas with the same wristband.