



**Are You Inclusive?**  
A DARE Initiative

# Pictogram communication aid

## Sport & fitness

for use after completing training at [www.areyouinclusive.com.au](http://www.areyouinclusive.com.au)

### Payments & bookings



Cash



Card



Concession card



How much  
does it cost?



How long



Appointment



Lost of people in the  
class



Just you and the  
instructor



When



Name



Date of birth



Address



Email address

### Accessories & things to bring



Swimmers



Mat



Ball



Skipping rope



Weights



Bench



Shoes



Towel



Water



Food



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### Issues, feelings & directions



**Good**



**Bad**



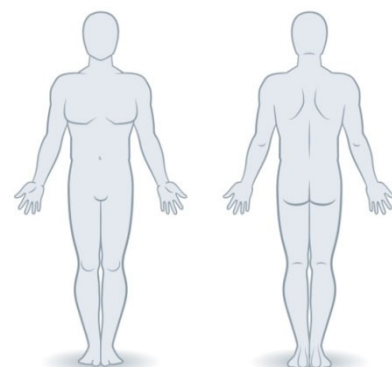
**Move**



**Rest**



**Stand**



**Where it hurts**



**Sit**



**Too tired, had enough**



**Relax**



**Hurts**



**Hold**



**Lift**



**Wait**



**Hungry**



**Thirsty**

### Sport & fitness types



**Swimming**



**Gym**



**Pilates or yoga**



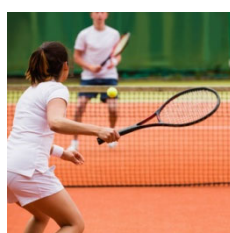
**Team sports**



**Cricket**



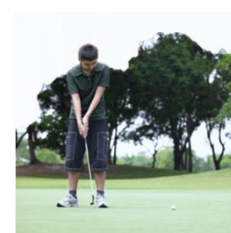
**Football or rugby**



**Tennis**



**Soccer**



**Golf**