

AUSTRALIAN SPORTS MUSEUM 

RELAXED HOURS TRIAL



SATURDAY NOVEMBER 16, 2024

9.00AM – 11.00AM

All lights will be dimmed and sounds will be quieter.

Exclusive access for people with sensory needs and their guests only.

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ACKNOWLEDGEMENT OF COUNTRY

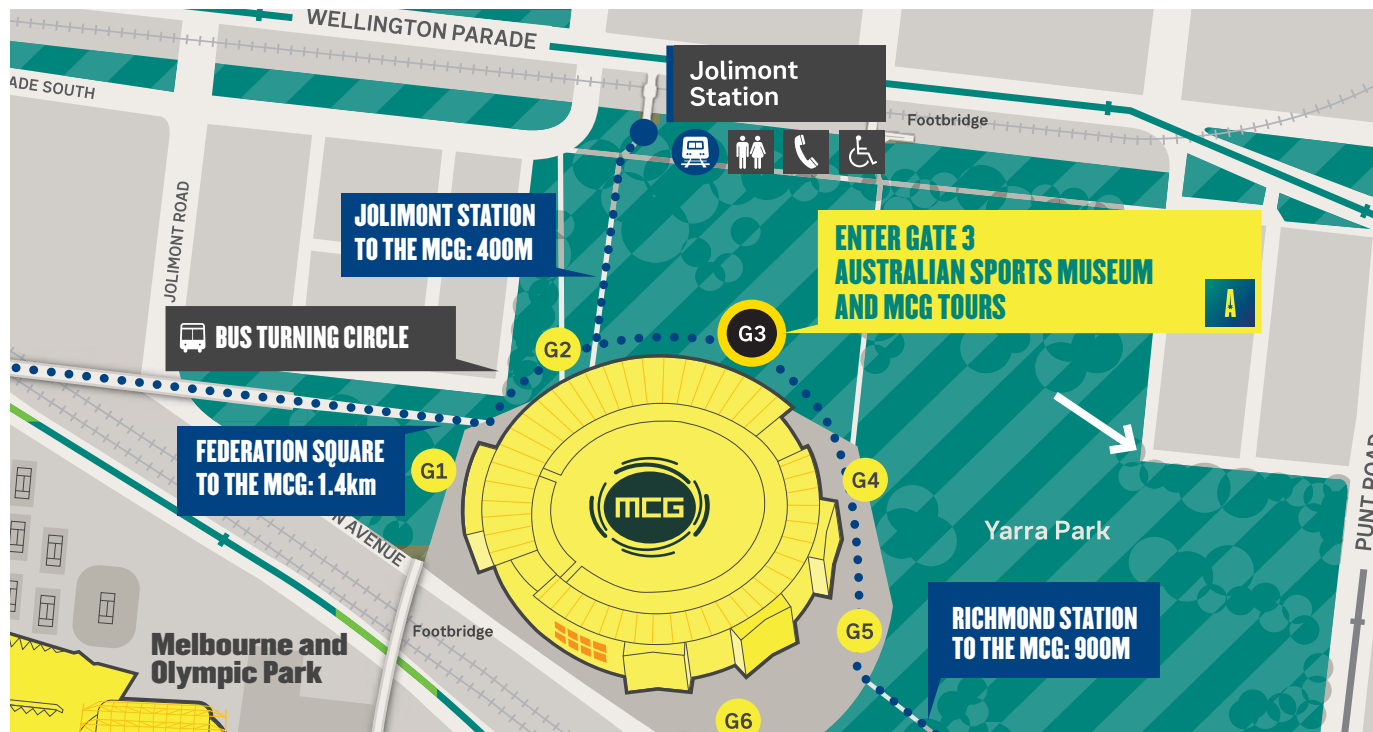
The Australian Sports Museum acknowledges the Wurundjeri Woi-wurrung as the Traditional Owners on whose country we are situated.

We recognise and respect the cultural heritage of Aboriginal and Torres Strait Islander peoples and pay respect to their Elders past and present.

STATEMENT OF INCLUSION

The Australian Sports Museum is committed to ensuring all visitors feel safe, welcome and included during their visit and when interacting with staff and volunteers.

ABOUT THE AUSTRALIAN SPORTS MUSEUM



The Australian Sports Museum (ASM) is inside the **Melbourne Cricket Ground** (the **MCG** or the '**G**'). The MCG is on the land of the **Wurundjeri Woi-Wurrung** in a suburb now called East Melbourne. The stadium was built in 1853 and is used mostly to watch **cricket**, and **Australian rules football**. There will be no sporting events on while I am attending Relaxed Hours in the Australian Sports Museum.



WELCOME

In the Australian Sports Museum, I can discover the history of Australian sport. I can learn about our national sporting heroes, from Olympians to backyard champions.

There are lots of ways for me to experience the Museum; see, hear, touch or play.

For more information, I can choose to visit: australiansportsmuseum.org.au

ABOUT RELAXED HOURS TRIAL

The Australian Sports Museum will be operating in Relaxed Hours.

When: Saturday 16th November 9:00am -11:00am

What: **Relaxed Hours** are special events for people with disabilities or sensory needs. These events make the environment calmer and more comfortable, with fewer sensory distractions and relaxed social rules.

The session is for people who might find loud or busy places hard, and their guests.

Here's what to expect:

- Sounds are quieter or turned off
- It's okay to make noise or move around as I need
- Fewer people are allowed in to avoid big crowds
- Extra staff are available in important places to help me join in

The Australian Sports Museum are holding this Relaxed Hours for the first time. This is sometimes called a pilot or trial. The Australian Sports Museum would like me to visit, and then give them feedback, so that Relaxed Hours are even better next time.

BOOKING TICKETS

The Museum is very popular, so it is best to book tickets before I arrive. I can buy tickets to visit the Museum before I arrive or from the front counter on the day.

For the Relaxed Hours, I must book my ticket before the day. This helps the MCG to make sure the Museum is less crowded and less noisy.

ONLINE

tickets.australiansportsmuseum.org.au/tickets/en/home

BY PHONE

(03) 9657 8879

TICKETS

All ticket prices are listed on the website here:

tickets.australiansportsmuseum.org.au/tickets/en/home

COMPANION CARD

Holders of a valid Victorian Companion Card can bring their companion to the Museum free of charge, when buying one ticket for themselves.

NOTE: The Australian Sports Museum does not accept cash, all tickets need to be bought with a bank or credit card.

REFUNDS

The Australian Sports Museum will offer refunds for the Relaxed Hours trial if your circumstances change or Relaxed Hours does not suit you.

Please email contactus@australiansportsmuseum.org.au or call (03) 9657 8879 to arrange a refund.

GETTING HERE

I can get to the Australian Sports Museum by different modes of transport. I can type in 'Australian Sports Museum' into my maps app to help plan my trip. The Museum is located inside Gate 3 of the MCG.



Jolimont Station (400m)
Richmond Station (900m)



Pick up & drop off via Bus Turning Circle (300m)
Corner of Jolimont St and Jolimont Tce



MCG / Wellington Pde Stop 10 (400m)
Trams 40 and 75
John Cain Arena / MCG Stop 7C (600m)
Tram 70



There is limited on-street parking (free and metered)
- Jolimont St
- Jolimont Tce
- Wellington Pde
- Clarendon St



Rowena Pde / Punt Rd (600m)
Bus 246



Accessibility car parking is available on site to
disability permit holders only
Contact Australian Sports Museum at time of booking

More information about getting to the 'G' can be found here: mcg.org.au/getting-around/getting-around

SENSORY INFORMATION

During my visit to the MCG, I might have different sensory experiences. There will be:



Very bright areas, bouncing lights, LED signs and reflective surfaces.



Very dark areas.



Quiet areas with no sound.



Smells (such as food, drinks and perfumes).



A place to use a ball or other equipment to play or test my skills.



Crowds.



People talking with microphones (through speakers, sounds playing automatically, or noises from a crowd).



Places where I can touch the items.



Areas for me to sit, including benches, chairs and ottomans.

I can see these icons on the next pages. They will tell me what kind of sensory experience I can find in each room or space.

WHAT TO BRING

ITEMS YOU CAN BRING



Your phone
Show your digital ticket / take photos



A bag
Large bags and backpacks will need to be cloaked



Noise cancelling headphones
If some sounds are too loud



Sensory tools or fidgets
To stimulate or regulate senses



Food and drink
I cannot take food and other drinks into the Museum and I will need to cloak them. I can drink water from the fountain or fill up my bottle in the Museum.



Glasses
To protect from bright lights or shiny things



Sunflower lanyard or pin
To receive additional support from staff

ITEMS YOU CAN'T BRING

To keep everyone safe, I can't bring some items inside the MCG, including:



Glasses and cans



Alcohol



Skateboards, scooters
and rollerblades



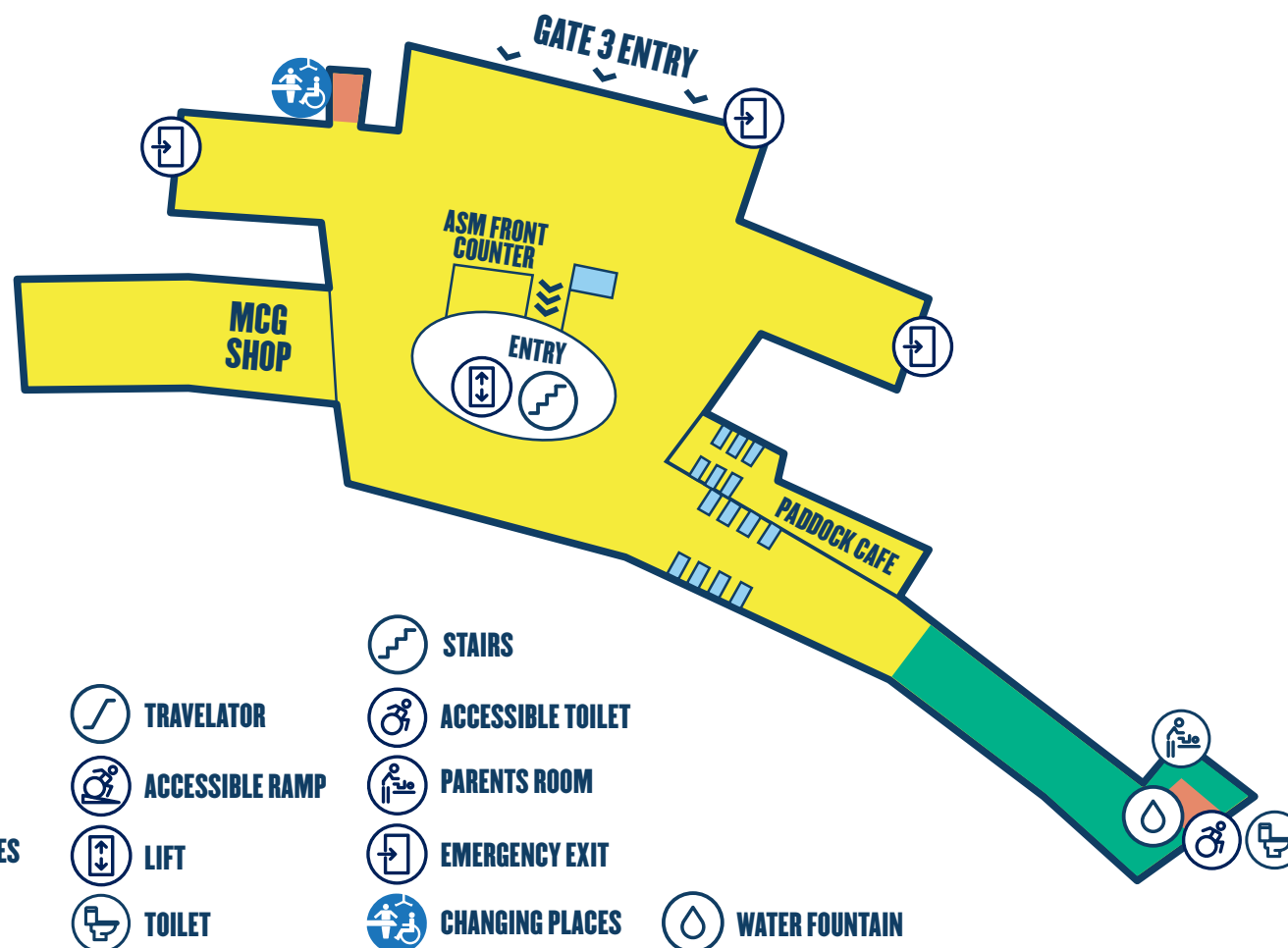
Selfie sticks



Commercial digital video
equipment including tripods

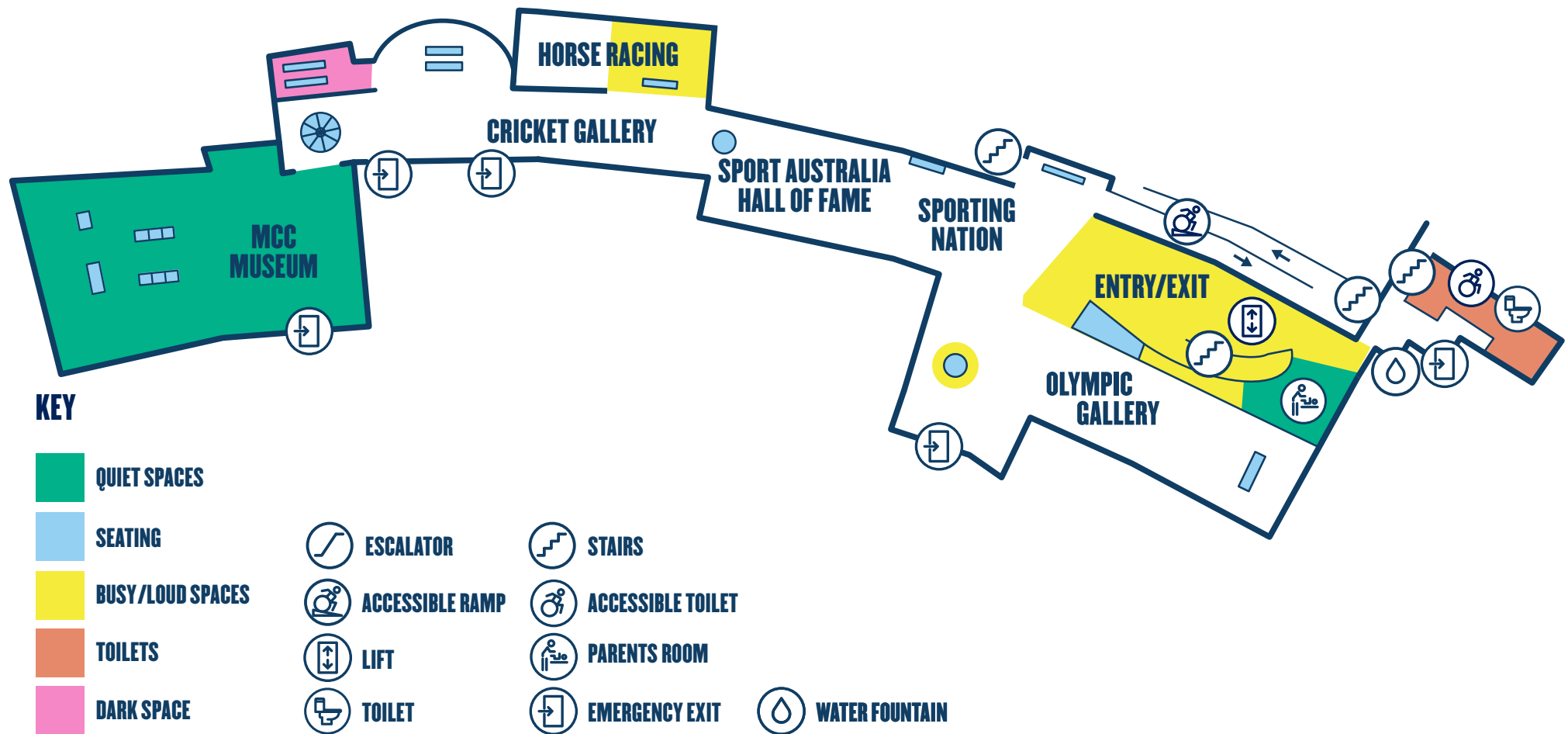
FINDING MY WAY

GATE 3 ENTRY LEVEL



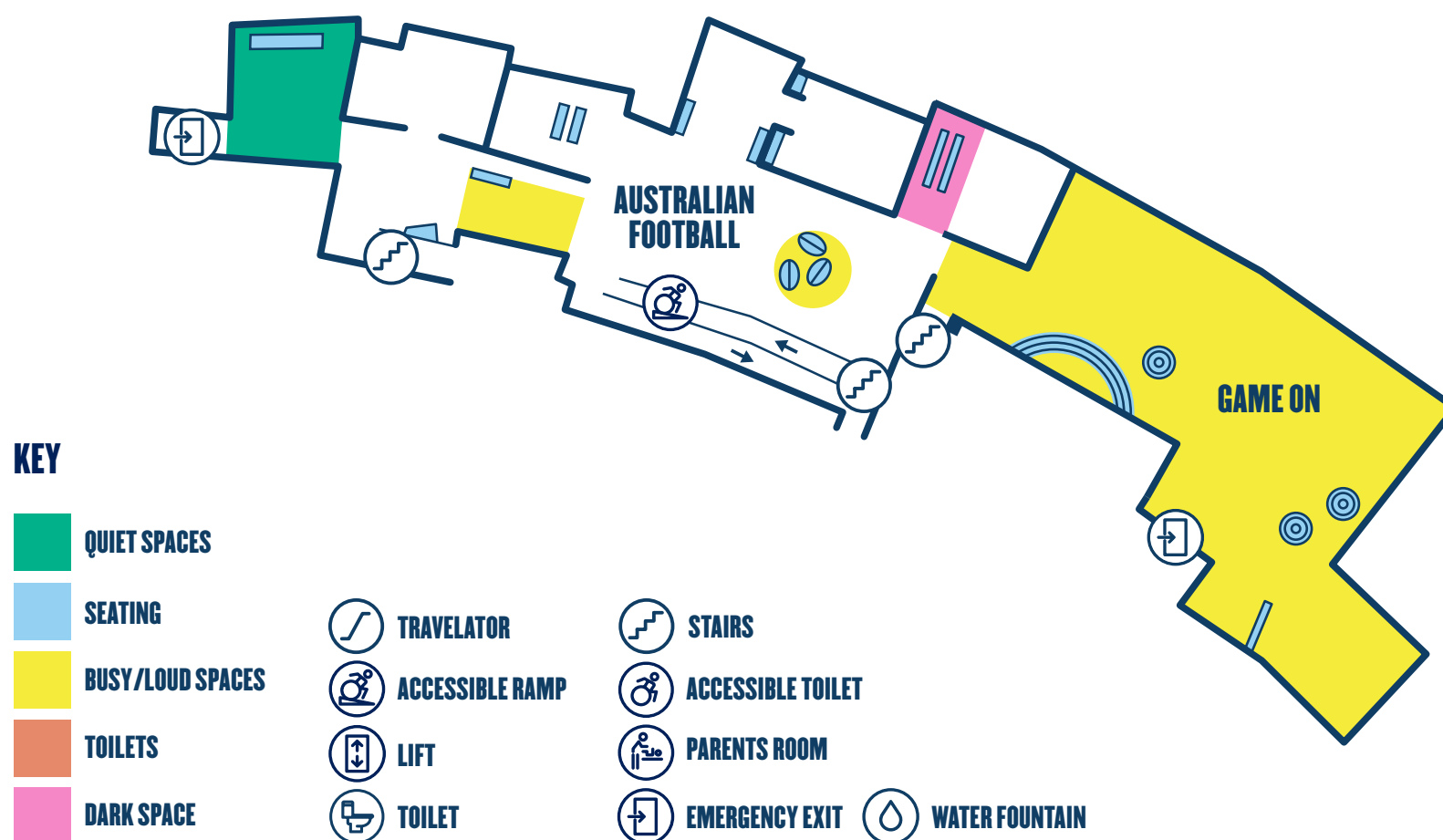
FINDING MY WAY

MUSEUM UPPER LEVEL



FINDING MY WAY

MUSEUM LOWER LEVEL





ARRIVING

Once I have arrived at the MCG, I will look for Gate 3. The Australian Sports Museum is inside Gate 3 of the MCG. There are some things I will have to do next. They are explained in the following pages.

The next steps include:

1. Security checks
2. Check-in
3. Cloaking (leaving big bags, and food and drink with ASM staff)
4. Entering the Museum
5. Choosing which way to go
6. Exploring the Museum



ENTRY AND SECURITY PROCESS

LOCATION: GATE 3

I will arrive at the **MCG's Gate 3** for entry into the Australian Sports Museum.

If I have a bag, the security guard may ask to have a look in my bag. I may be asked to take some things out so they can see all the way inside. They do this to keep everyone safe.

I can ask security for help if I need support.



When I arrive at the MCG I will need to check in before I can visit the Australian Sports Museum.

1. I will go to the Australian Sports Museum counter to check in. I may need to line up. There is an accessibility counter on the left hand side which includes a hearing loop and communication board.
2. I will show staff my ticket, they will give me a green and gold sweatband.



SWEATBANDS

I can choose to wear my sweatband on my wrist or carry it.

The green and gold sweatband has a chip inside it which works with the interactive displays in the museum. When I hold the sweatband next to a museum display, it means I can vote, answer questions and record scores. The sweatband is mine to keep. I can also look up my results later on a computer or phone.



CLOAKING

To protect the Museum from any damage and spills, all large bags and food and drink will need to be cloaked at the cloaking desk. Cloaking means a secure place where visitors belongings such as bags and jackets are stored while they look at the Museum.

1. If I have a large bag or food and drink, I will give it to the museum staff.
 2. I will receive a cloaking keyring in return.
 3. When I am ready to go home, I will give the keyring back to the cloaking desk, and they will give me my bag back.
- If I don't have anything to be cloaked, or if I have already cloaked my belongings, I can enter the Museum.



I will go through the glass sliding door and then down the stairs or glass elevator to enter the Museum. It will get darker as I go further into the Museum.

CHOOSING WHICH WAY TO GO

After I have gone down the stairs or lift, I can choose which way to go next. A Museum staff member will be located here, and can help me if I need.

There is a map on the wall to show me where I can go.

I can see information about the different exhibitions and spaces on the next pages.

I can choose to follow the suggested order on the next pages, OR choose to go my own way through the Museum.

It can take around an hour to see everything.

In the Museum I can choose to read, touch, jump, listen, run, climb, cheer, play! I can choose to touch things if they're not behind glass.

#1



OLYMPIC GALLERY

In this gallery, I will see objects from every summer Olympic games from Athens 1896 to Tokyo 2020/21 as well as the medals and uniforms of Australian Olympians.

Highlights:

- “Fatso” the wombat
- Alisa Camplin’s ski suit from the 2002 Salt Lake Winter Olympics
- 1956 Melbourne Olympic Games Cauldron



In this exhibit, I can sit down and watch Australia's sporting highlights on 15 different TV screens or look at the sports equipment in the display.

Highlights:

- Cathy Freeman's swift suit from the 2000 Sydney Olympics
- Clips of Australia's favourite sporting moments
- Kurt Fearnley's racing wheelchair



In this exhibit, I can explore every Hall of Fame inductee in history by touching the photos on the screen.

Highlights:

- Ian Thorpe's fan mail from Sydney 2000 Olympics
- Touch screen to explore Sports Australia's Hall of Fame inductees
- Layne Beachley's surfboard from her Surfing World Championship in 1998

#4



CRICKET GALLERY

In this gallery, I can learn more about Australian cricketers by touching the photos on the screen, reading about the items on display or by listening to the sounds of the match.

Highlights:

- Baggy Greens display
- History of Bay 13 and Richie Benaud costume
- Shane Warne's floppy hat
- Touch screen of Australian cricketers

#5



MCC MUSEUM

In this Museum, I can explore the rich history of the Melbourne Cricket Club (MCC), first formed in 1838. I will learn that the Club has managed the MCG since 1853.

Highlights:

- 'Blackham Ball' – the origin of the Ashes rivalry
- A model of the MCG
- History of the Melbourne Football Club
- Women of the MCC

#6



SHANE WARNE HOLOGRAM

I can choose to enter a dark room and hear from a life - sized hologram of the late Shane 'Warnie' Warne. 'Warnie' shares his stories playing international and domestic cricket.

The hologram starts automatically every 15 minutes.

#7



HORSE RACING GALLERY

In this gallery, I can choose to create my own horse and jockey and enter them in a race. There will be instructions and volunteers to help me.

Highlights:

- Michelle Payne's boots, goggles and helmet from her Melbourne Cup win in 2015
- Melbourne Cup trophies over the years

#8



BREAKING THROUGH

In this exhibit, I can watch breaking and control the break dancer.

Highlights:

- Hear from Australian breaker and Paris Olympian 'Raygun'
- Spin the wheel to move the break dancer

#9



AUSTRALIAN FOOTBALL GALLERY

In this gallery, I can learn all about Australia rules football by watching videos, hearing songs, and looking at the collection of AFL items belonging to amateurs, professionals and fans.

Highlights:

- The 1959 AFL Premiership Cup (first of the current design)
- History of Marngrook, 'game ball' played by First Nations people
- Giant footballs to climb
- Shane Crawford's 1999 Brownlow Medal

#10



AFL HOLOGRAM

I can choose to enter a dark room and hear from the life-sized holograms of AFL and AFLW Players, Bachar Houli and Tayla Harris.

The hologram starts automatically and alternates between the two players.

#11



GAME ON!

In the Game On area I can:

- kick footballs and shoot netballs
- climb the climbing walls
- Try horse racing, surfing and bike riding

It will be louder and busier in this part of the Museum.



QUIET SPACES

LOCATION: MUSEUM, LOWER BASEMENT

There will be a Quiet Space during the Relaxed Hours. A Quiet Space is a place where people can go if they're feeling overwhelmed or needing a break.

There can be lots of social, sensory and emotional experiences when going to a new place. If I feel overwhelmed or need a break, I can go to the Quiet Room at any time. I can ask a volunteer or a staff member to help me find the room.



QUIET SPACES

LOCATION: MUSEUM, LOWER BASEMENT

When I get to the space, I will see:

- places to sit
- sensory items
- device charging stations
- a large colour changing bubble lamp

I can bring my phone or headphones into the Quiet Room to help me feel comfortable.

It is okay to feel overwhelmed or have a meltdown. Staff will be near the Quiet Room and I can ask them for help or support.

The Quiet Room is not a social space to talk, but it is okay to make noise or talk about anything that will make me feel less overwhelmed.

I can stay as long as I need. When I feel relaxed and I am ready, I can leave the Quiet Room for others who might need to use it.



PARENTS' ROOM

LOCATION: MUSEUM, UPPER BASEMENT

I can use the parents' room in the Museum. This room has three feeding cubicles, change tables and a microwave. Pram parking is also available next to the parents' room.



LOCATION: GATE 3, LEVEL 1 AND MUSEUM, UPPER BASEMENT

Near Gate 3

I can choose the Changing Places bathroom with adult-sized change table and hoist.

In the Museum

I can follow the signs to find the toilet that I need:

- Female
- Male
- Accessible all-gender

All bathrooms contain hand dryers.. I might need to wear my noise-cancelling headphones if I find hand dryers too loud.

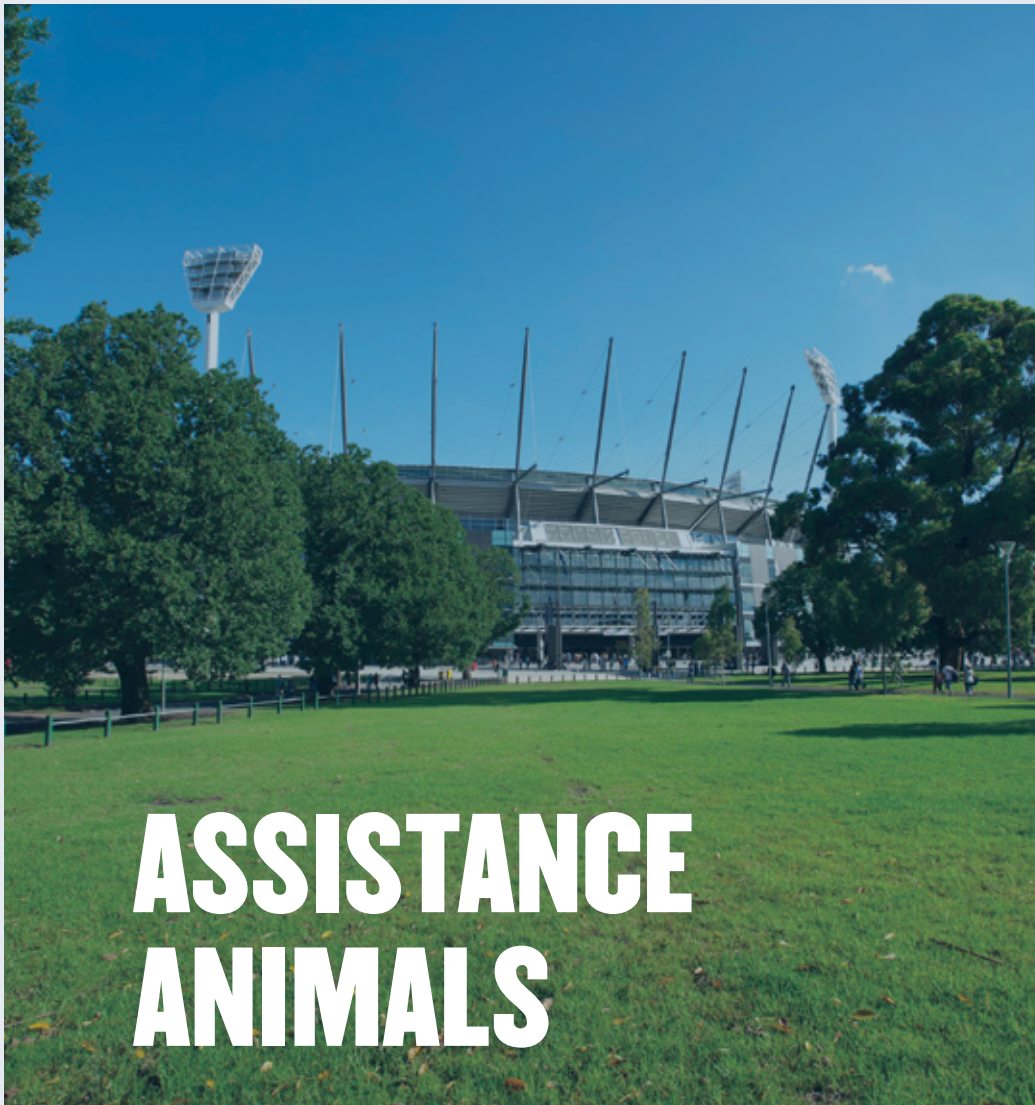


HIDDEN DISABILITIES SUNFLOWER

The Museum is a supporter of the Hidden Disabilities Sunflower. I can collect a free Sunflower lanyard from the Museum's check-in counter. I might be asked to complete a short form.

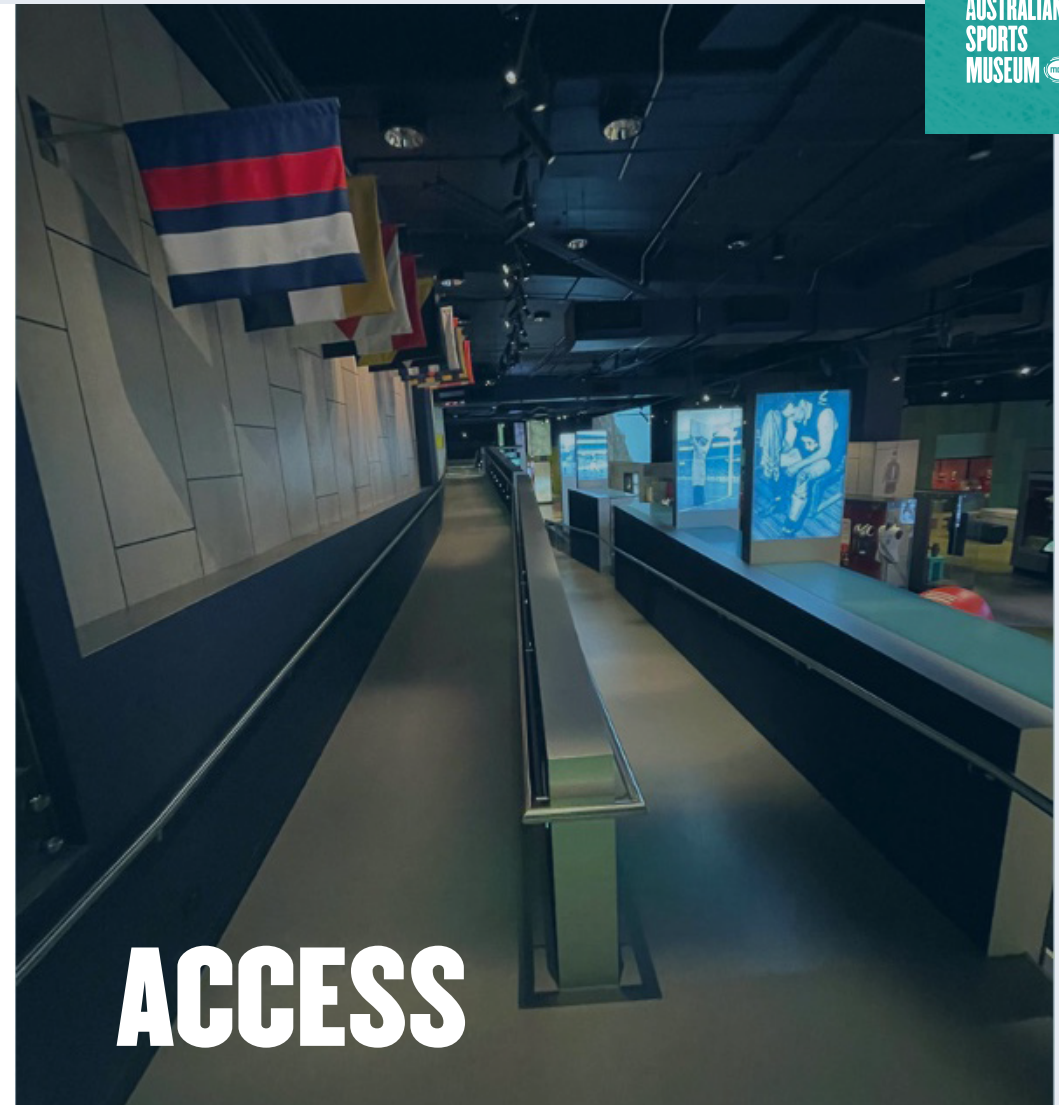
If I need help, I can ask the staff members wearing Sunflower Supporter Pins.

I can **keep** my Sunflower lanyard.



ASSISTANCE ANIMALS

My assistance animal is welcome in the Museum. The nearest dog relief area is outside Gate 3 on the grass.



ACCESS

I can access the Museum if i use a wheelchair, mobility aid or have a pram. The Museum is across three levels: ground, upper basement and lower basement. All levels are connected via a lift or ramp.



FOOD & DRINK

LOCATION: GROUND FLOOR

I can purchase food or drink from the Paddock Café if I feel hungry. The menu includes sandwiches, salads, pies and other pastry items. I can eat in the cafe or take-away.

The café does not accept cash. I need to pay with a bank card.



MERCHANDISE

LOCATION: GROUND FLOOR

I can purchase MCG merchandise from the MCG Superstore. It is on the Ground Floor, behind the Museum counter.

The MCG Superstore does not accept cash. I need to pay with a bank card.



STAFF & VOLUNTEERS

I can choose to ask for help from a volunteer or staff member at any time. They will be wearing uniforms and name tags.



THANK YOU FOR VISITING

Relaxed Hours end at 11.00am

I can stay in the Museum after 11:00am but the lights will get brighter, the sounds will get louder and more people will enter.

AUSTRALIAN SPORTS MUSEUM

