Sports-club trial checklist

Club / activity / trial date: _____

Contact / safeguarding lead: _____

Ask before attending

[ ] How are beginners welcomed and supported?

[ ] What kit is essential, and can we borrow it?

[ ] What are the full costs and cancellation arrangements?

[ ] Can we discuss access needs or adjustments?

[ ] What safeguarding policy and coaching qualifications apply?

[ ] How do supervision, collection and reporting concerns work?

Notice during the session

[ ] Instructions are understandable.

[ ] Children get opportunities to take part.

[ ] The coach responds constructively to mistakes.

[ ] Staff can explain how parents raise concerns.

Ask your child afterwards

Which part did you enjoy: _____

Was anything confusing or uncomfortable: _____

Would you like another visit: _____

Our decision

[ ] Try again [ ] Ask a question first [ ] Try another activity

Next step / date: _____

Reference: NSPCC, What makes a good sports club? A checklist supports your enquiries; it is not a guarantee of a club’s safety.