



THE NORDIC SCHOOL SPORTS CLUB HANDBOOK



 0777 007 160

 administration@nordicschool.net



Welcome Message

Welcome to the Nordic School Sports Club. This handbook is intended to provide information about the school Sports Club so that all its users have a sense of shared values, interests and goals as well as a clear set of guidelines for how to use the facilities and who is responsible for what. With this we hope to promote diversity, co-operation and harmony in our community.

Membership Overview

- A membership to the Nordic Sports Club gives access to the tennis court and swimming pool, including the adjacent changing rooms and bathrooms.
- Membership of the Nordic Sports Club depends on availability. There are limited spots available.

The Sports Club Goals

Members are part of a diverse community, practice sport and pass leisure time actively in a welcoming, homely and safe environment.



Our Facilities

01 Swimming pool

OPENING HOURS

The swimming pool can be used by members before 9:00 and after 16:30 during the weekdays. On weekends, public holidays, and school holidays the pool is open all day.

BOOKING THE POOL

There are various swimming clubs that rent the pool. Please visit the school office or call them on **0777 007 160**. Once you have come to an agreement with the administrator you can book the pool via our online system Skedda. The coach is responsible for sharing a list of names of all participants with the head of administration for security reasons. Coach contact numbers are at the bottom of the page.

IMPORTANT SAFETY INFORMATION

No guard on duty: Competent, on-site adult supervision is required any time a person under 17 years of age is in the pool or pool area. Please keep gates closed and latched at all times.

More pool rules to be found on the notice board by the pool.



02 Tennis courts

OPENING HOURS

The tennis court is open all hours.

BOOKING THE COURT

Members must book the tennis court in advance through the Skedda booking system. Access is given to all active members via an invitation sent upon payment for the membership. Sessions with coaches must be booked by the respective member being coached - contact numbers at the bottom of the page.

For more information please visit the school office or call them on:
0777 007 160 or **administration@nordicschool.net**.


NB: School activities take priority over Sports Club usage and may affect usage times or court bookings.


IMPORTANT INFORMATION

Players must wear white soled shoes and bring their own equipment. Light switches are located next to the squash back wall and the generator. Please switch off lights when finished using the court. Floorball teams using the court are requested to return the net once finished.

COACH GEORGE

COACH SALEH

 0713 243 701

 0686 540 335



03 Other facilities

AULA

Upon agreement with the school office it is possible to rent the soft play area known as the "Aula" at Nordic School. Once a contract is drawn up this space can be used for classes. Currently we have MMA - a mixed martial arts club, yoga for kids and music classes. The coach is responsible for sharing a list of names of all participants with the head of administration for security reasons. If a participant's name is not on the list they will not be allowed entrance to the school property.

FOOTBALL PITCH & BASKETBALL COURT

Upon agreement with the school office it is possible to rent the football pitch and the basketball court. Once a contract is drawn up this space can be used for classes. The coach is responsible for sharing a list of names of all participants head of administration for security reasons. If a participant's name is not on the list they will not be allowed entrance to the school property.

We currently have kids football classes with Abdullah. His number can be found below.

04 Events

It is possible to rent the school's premises and facilities for smaller or bigger events such as birthday parties. Please contact the administration for availability and booking. **Discount 30% for School Staff and Sports Club Members.**

FEE STRUCTURE

1. KIDS POOL PARTY

Includes 1 lifeguard
Two hours for max 15 people
Price TSH 300,000/=

2. KIDS PLAYGROUND

Two hours for max 30 people
Price TSH 200,000/=

3. KIDS PLAYGROUND & KITCHEN ACCESS

Includes 1 x kitchen staff
Two hours for max 30 people
Price TSH 300,000/=

4. PARTY INCLUDING POOL, PLAYGROUND & KITCHEN ACCESS

Includes 1 lifeguard and 1 kitchen staff
Two hours for max 50 people
Price TSH 450,000/=

5. OTHER EVENTS

Such as team building events, other schools, sports camps, charity events, parties.

Four hours for max 100 people
Price TSH 1,000,000/=

Every additional hour will be charged TSH 100,000/= but must end by 7pm latest.

REQUIREMENTS

Signed waiver
Guest list
50% deposit
Copy of I.D. of client
Letter of intent

Important contacts

01 Office



Ester Taratibu

Head of Administration

Key responsible for Sports Club - contact her on 0777 007 160 or administration@nordicschool.net



Line Bickmann

Director

If Ester is not available feel free to contact the headmaster on mail@nordicschool.net

02 Emergency contacts

IST CLINIC (24/7 open for emergencies)

0754 783393 / 0782 783393

AMBULANCE SERVICE (AGAKHAN)

0222 115 151

FIRE

114 & dial security below

SECURITY (G4S)

+255 758 818 091 (Responsible: Dickson)

+255 767 505 455 (Responsible: Godfrey)

POLICE (OYSTERBAY)

+255 715 009 961

Frequently asked questions

Can I bring a guest?

If you are a Nordic School Sports Club Member you can bring guests. You must sign them in at the gate and pay the fee at the gate via mobile pay. Cost per guest is 10,000 Tshs. In case of any issues please contact administration on 0777 007 160.

How much does it cost to bring a guest?

Members pay 10,000 Tshs per guest. Remember to sign guest names in the book at the gate.

Can non-members use the facilities?

No access for non members unless they are accompanied and paid for by a member guest or if they have signed up for one of the activities such as MMA, Floorball, Yoga, Swimming. Non members must confirm attendance with their instructor or coach before arriving to ensure they are not turned away at the gate.

Must I sign up before classes?

Non-members must sign up with their respective coaches or instructors before the class to ensure their name is at the gate. Failure to do so means you'll be turned away at the gate.

Can I drop off my children attending classes in the car park?

Please ensure young children are escorted by an adult and left supervised at all times. If the coach has not arrived, children should be under supervision by a guardian or parent. This is for their own safety as we have a swimming pool without any lifeguard on duty.

Who's responsible for the children attending activities organised by external instructors?

The instructor or coach is responsible and should not leave any children behind once classes are complete. This is a liability issue and could result in termination of the contract between the renter and the Nordic School.

Health & Safety

Safety Guidelines

NO CHILD LEFT UNSUPERVISED. The parents, instructor or coach is responsible and should not leave any children behind once classes are complete. This is a liability issue and could result in termination of the contract between the renter and the Nordic School.

Workplace Security

All instructors must confirm attendance and forward list of names to the sports club responsible via text message or email prior to classes starting. Anyone not on the list will be denied access. No drop in classes.

First aid and emergency response

It is up to each individual coach or instructor to ensure they have first aid and emergency response training. Furthermore, they must consult the office to stay informed about procedures in case of an emergency such as fire.

Drug Free Workplace

Use of drugs is strictly prohibited.

Fees

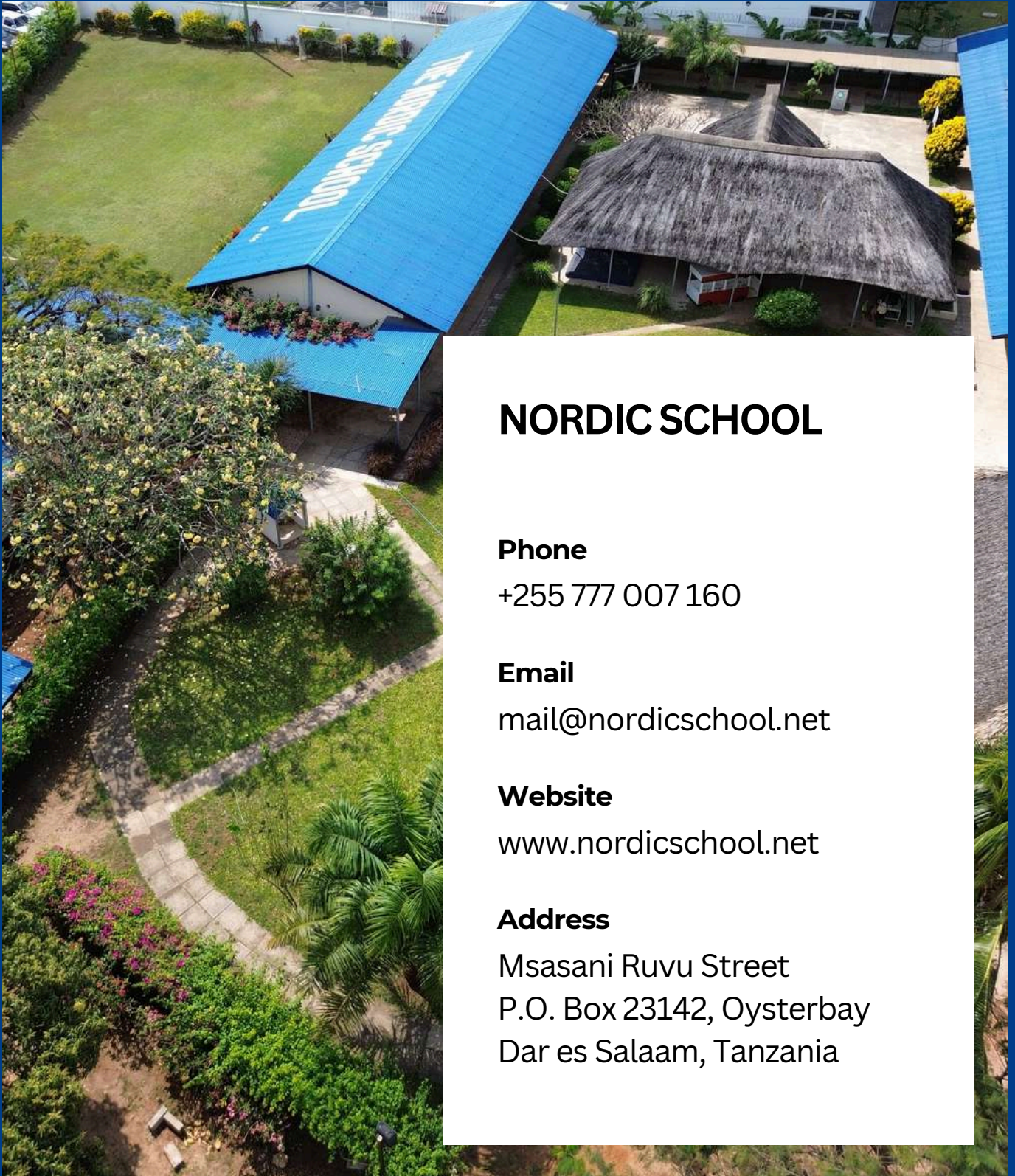
01 Single Membership

300\$ a year or 200\$ every 6 months.

02 Family Membership

500\$ a year or 300\$ every 6 months.

CONTACT US



NORDIC SCHOOL

Phone

+255 777 007 160

Email

mail@nordicschool.net

Website

www.nordicschool.net

Address

Msasani Ruvu Street
P.O. Box 23142, Oysterbay
Dar es Salaam, Tanzania