

AUTISM IN RACING



CHELMSFORD CITY
RACECOURSE

Chelmsford City Racecourse **Visual Story**

This easy read guide was produced by Autism in Racing with support from our partners.

Travelling to Chelmsford City Racecourse

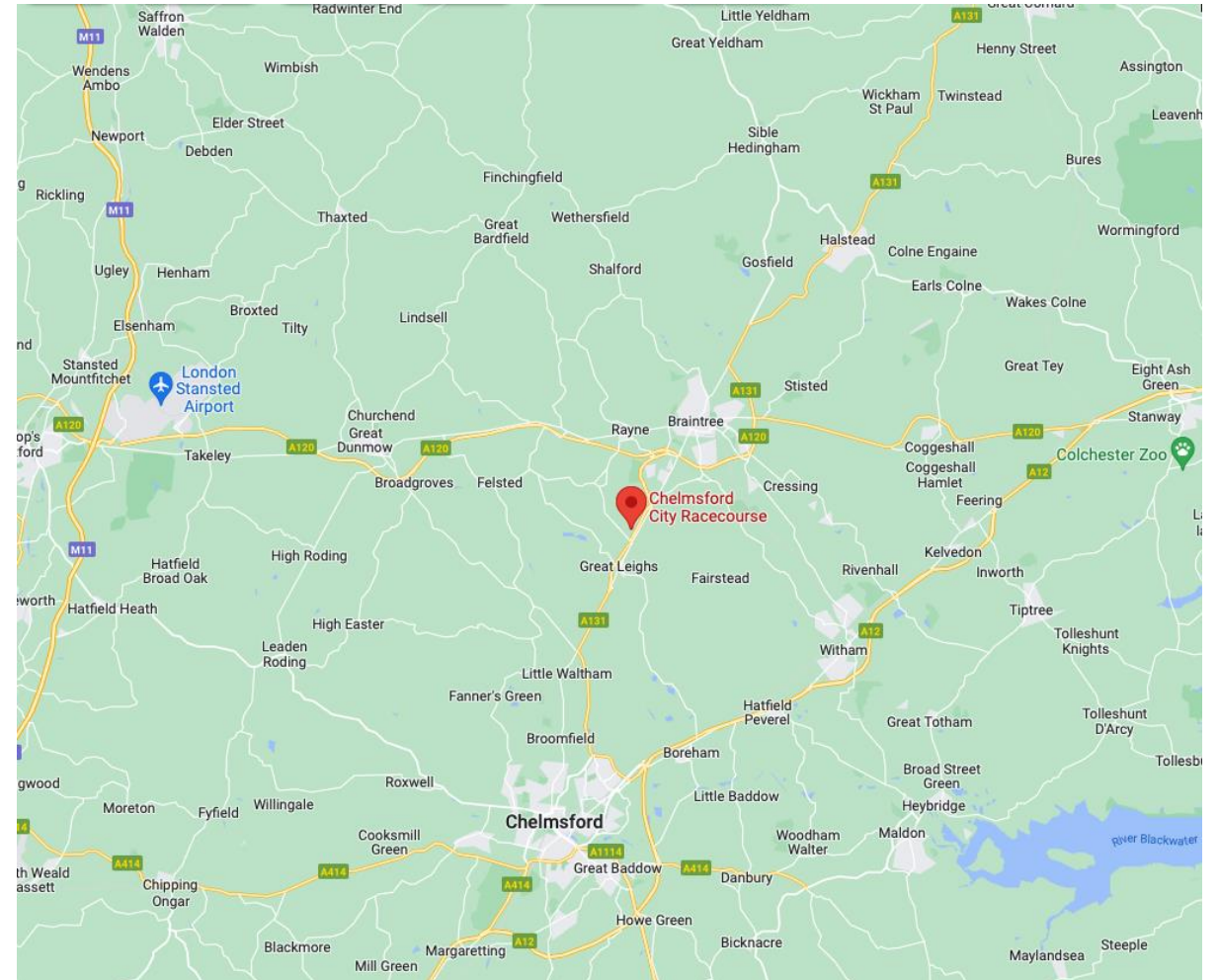
You will be coming to **Chelmsford City Racecourse** for the day.

[Click here](#) to find out about accessibility on the Chelmsford City Racecourse website.

You can travel to the racecourse by car, bus, or by train and taxi.

For directions please [click here](#)

You will be provided with a free racecard at the ticket office before you enter the racecourse.



Arriving at Chelmsford City Racecourse

Chelmsford City Racecourse is a venue where horseracing takes place.

You may have to wait in a queue outside with other people before going into the Ticket Office.

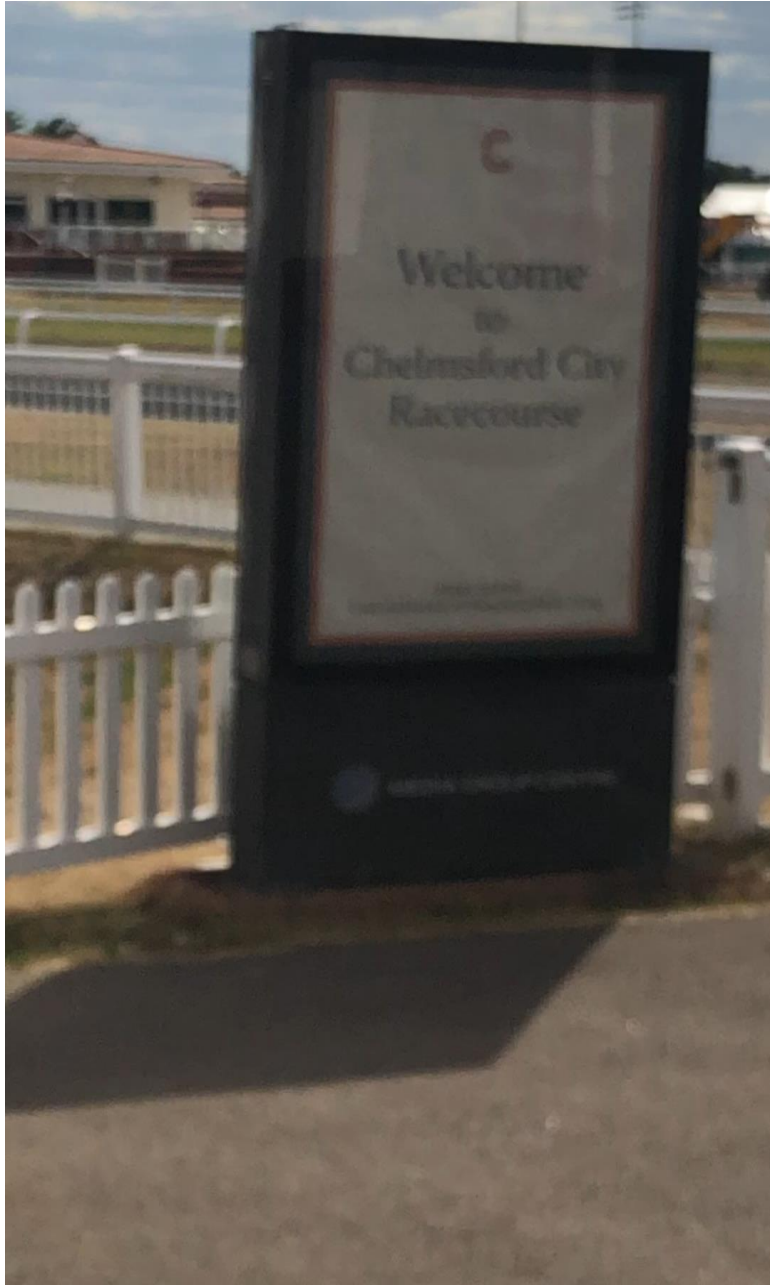
You may have to wait with your family or with your teacher. There may be people who you don't know who are also waiting.

There may be bag searches and security staff at the entrance, this is just to make sure everyone is safe.

Your accompanying adults will be required to bring photo ID with them.



Watch a video of the entrance here



Watch a video of the racecourse here



What to expect when you arrive

Inside the ticket office where our team will be on hand to welcome you.



When walking to the racecourse you will pass through a tunnel.



The Queen Charlotte marquee is a private area where you can go away from the crowds and see the horses.



What happens at Chelmsford City Racecourse?

On a raceday, there are six or seven races where horses and riders race against each other.

The horses walk around the parade ring before each race to warm up, this is a good place to see the horses, by standing near the rails.

The picture on the right shows the private garden for the Queen Charlotte marquee. The horses will walk along the horse walk onto the track. They will then ride anticlockwise around the track and pass the garden area after the final bend on their way to the winning post.



Horsewalk

Private Garden area

Racetrack

Sensory Stimulus

There are different sights, smells and sounds that you might notice, for example:

You may see crowds, and people dressed up for their day at the races. Jockeys wear colourful silk tops and hats so that you can identify them during a race.

You may smell food coming from the restaurants and food vans.

You will hear an announcer talking about the horses.

You may hear the crowd cheering during races as they support their favourite horses. You will see the horses galloping past at up to 35 miles per hour during a race!



What happens at Chelmsford City Racecourse?

The riders mount the horses in the parade ring, then move on to the racecourse ready to start their race. Each race takes between 1 and 5 minutes.



The winner is the horse and rider who passes the winning post first. The horses and riders then return to the parade ring to a place called the winner's enclosure.

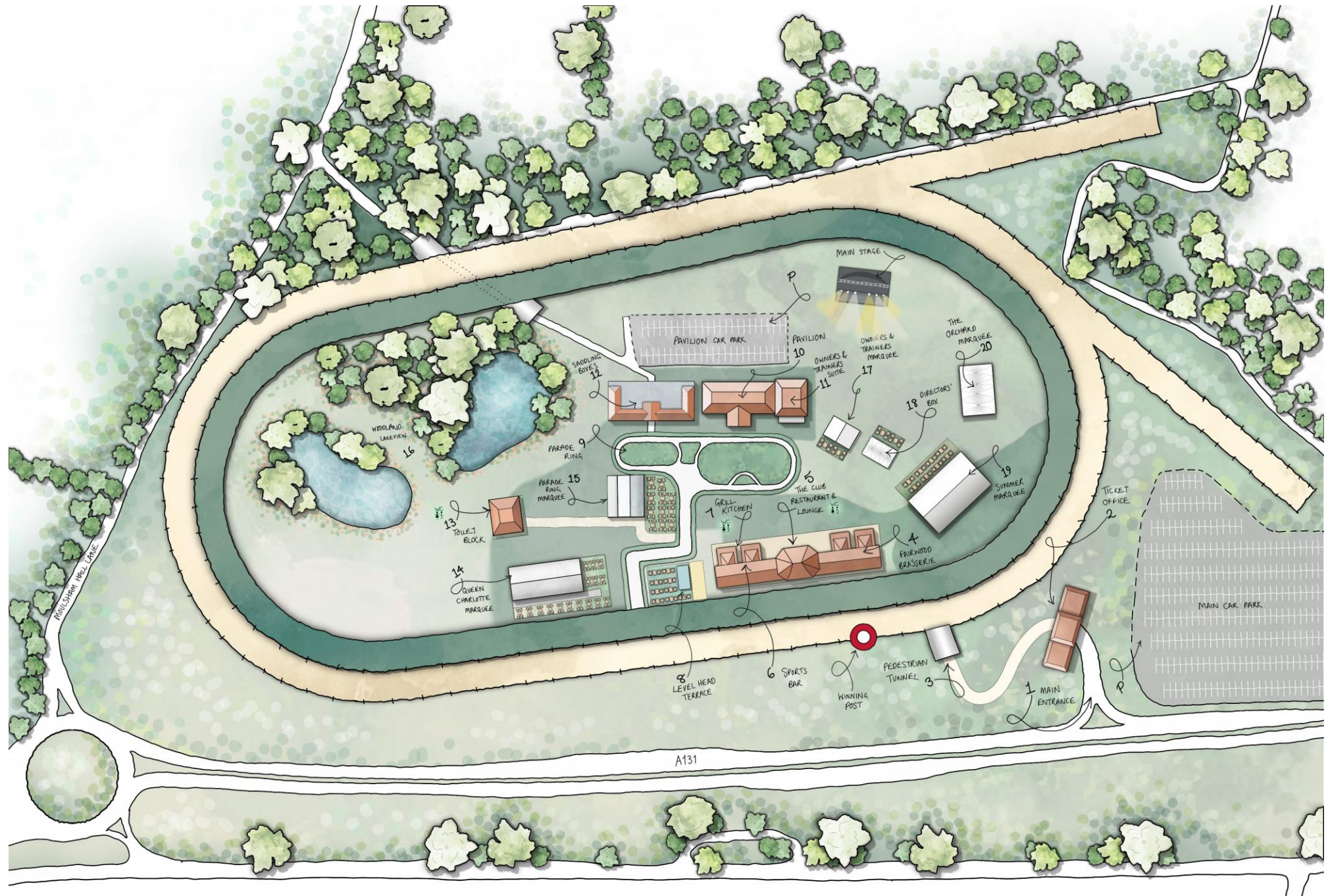


Who works at Chelmsford City Racecourse?

You can look at the horses but you must not touch them or go too close.

The people who work at Chelmsford City Racecourse are very friendly and you can ask them for help if you need it.





Where you can buy food at the racecourse

Food is available to buy from the Grill Kitchen located in the Sports Bar.

The Racecourse can get busy but you can go to the private Parade Ring marquee for some quiet time, or the sensory room.



Time to leave Chelmsford City Racecourse

After you have seen the horses race, the racecourse will close at the end of the day and it is time to go home. You may want to leave earlier or later to avoid busy crowds leaving the racecourse.

As you are leaving to go home you can say goodbye to the racecourse staff.

After your day at the racecourse you can tell your friends and family about all the horses you saw.

Everyone at the racecourse is looking forward to seeing you soon!

