

## **Parent Pre-Session Preparation for Disc Golf** **Schools and Youth Organisations**

Children should wear suitable trainers, t-shirt, shorts, alongside [if required] suitable waterproof clothing.

All jewellery should be removed and long hair tied back.

Completed activity information form prior to first session.

We provide all disc golf kit so there is no need to buy anything, although your child should bring a water bottle.

**DEDICATED, INNOVATIVE AND FUN  
DISC GOLF COURSES**

