



## Sensory Experience Guide

### Planning a Trip to a Pokémon Championship Series event.

*A Resource for Neurodivergent and Disabled Trainers.*

Pokémon Championship Series events feature many areas that may be highly stimulating to some trainers. This guide is for Trainers who are neurodivergent, who have anxiety or PTSD, or who are otherwise sensitive to their environments. It lists different sensory elements that you may encounter at various locations inside the event venue.

We have identified several different kinds of sensory experiences that might be present at Championship Series events. We have also made recommendations for accessibility items you may want to bring to the event to help make your visit more enjoyable and comfortable. We hope it will help you enjoy your time with us!

Please note that these are only recommendations and for guidance, to be brought and/or used at your discretion.

Category	Sensory experience	Description	Suggested Accessibility Items (not provided)
SOUND	Loud noise	May be sudden loud noise or sustained noisiness, like crowd noise.	Noise cancelling headphones
SIGHT	<ul style="list-style-type: none"><li>Bright light</li><li>Special effects</li><li>Low light</li><li>Flashing light</li></ul>	<ul style="list-style-type: none"><li>May be bright overhead lighting or illuminated displays.</li><li>May be specialty lighting or other visual effects, like video.</li><li>May be areas of low lighting or dark areas, such as stage side seating.</li><li>May be flashing or color changing lights in the venue or worn as decoration on attendees' clothing or costumes.</li></ul>	Dark glasses
SMELL	<ul style="list-style-type: none"><li>Food smells</li><li>Operational odors</li></ul>	<ul style="list-style-type: none"><li>May be smells of food from communal areas in the venue.</li><li>May be operational odors from cooking or beverage making, such as coffee.</li></ul>	Masks or gum
TOUCH	<ul style="list-style-type: none"><li>Light touch</li><li>Breeze</li></ul>	<ul style="list-style-type: none"><li>May be light touch from passers-by brushing past in crowded areas.</li><li>May be light breeze from air conditioning or ventilation.</li></ul>	Long sleeve tops
TIME	Wait time	May be periods of waiting in queues or for access to shop or tournament areas.	<ul style="list-style-type: none"><li>Fidgets or other stim toys</li><li>Personal entertainment items</li></ul>

In addition, please note that common areas inside the event venue may also include sensory experiences that some trainers may wish to be aware of; these include (but are not limited to) strong smells, bright lights, crowds, and loud noise.

Some of these spaces are also public or open to many attendees. We may not be able to control what people may wear, bring, or do in these spaces. This guide is not an exhaustive list of sensory areas or sensory elements and there may be overlap of different sensory elements in spaces. For more information about accessibility provisions in common areas, please contact the venue directly to make your experience as comfortable as possible.

	<b>SOUND</b> (Amount of noise or sound to hear) e.g. Sudden or loud noises	<b>SIGHT</b> (Amount and type of lights and visual input) e.g. Flashing lights	<b>SMELL</b> (Amount and type of olfactory input) e.g. Food smells	<b>TOUCH</b> (Amount and type of tactile input) e.g. Air conditioning	<b>TIME</b> (Expectations on wait times) e.g. Lines
Tournament Hall	✓	✓ Flashing lights	✓	✓	✓
Registration and Badge Pick-Up Area	✓	✓ Bright lights	✓	✓	✓
Activities	✓	✓ Bright lights	✓	✓	✓
Side Events	✓	✓ Flashing lights	✓	✓	✓
Stage and Seating Area	✓	✓ Flashing lights	✓	✓	✓
Communal Areas of the venue	✓	✓ Bright lights	✓	✓	✓

A Quiet Room will also be available to Trainers who require it.

***Note: Tournament Badges are required to enter the event hall, where the quiet room is located.***