

## INFORMATION SHEET – September 2021

**Qualification to join:** Be a Stowmarket u3a member. You don't have to be an expert player – even if you've not played since your teens, you'll soon pick up the basics again. The objective is just to enjoy yourself and exercise mind and body in the process.



**Venue/ Resources:** We play at **the St Peter's Church Hall, Stowmarket** and use the equipment (4 tables, nets, balls and bats) loaned by the **Stowmarket Table Tennis Club**. There is a small charge per session for this. The STTC have their own session each Monday morning and leave the tables up for the afternoon.

**Session frequency:** Alternate Monday afternoons, 2.00 pm – 3.30 pm

**Costs:** On joining, group members must sign up as 'Club Play' members of the TTE (Table Tennis England) which is currently free\*.

1. Hall Hire - £11.00 per hour, thus 1½ Hours £16.50. STTC equipment usage/training contribution, £2.00 per session. **Total £18.50 per session.**
2. The founder members agreed that, in order to ensure costs were covered irrespective of numbers attending each session, we would pay up front at the start of each **6 session/3 month period**. This also means that members are committed to no more than 3 months at a time. The amount paid may vary depending on the current number of members, for example, 14 members would pay **£8.00 for 6 sessions** (very cheap per session compared to alternatives elsewhere).
3. Subscriptions can be paid by bank transfer or cheque.

**Bank Transfer:** Please ask for details.....[webmaster@u3astowmarket.org.uk](mailto:webmaster@u3astowmarket.org.uk)

**Cheques:** Payable to **Stowmarket U3A**, 'Table Tennis' written on reverse.

**Things to know:** Table tennis is an active sport and in accordance with our U3A procedures a Risk Assessment has been prepared, *a copy of which is available to view any time*. Key items include:

1. Always wear appropriate clothing and suitable footwear, light weight and with good grip to avoid slipping.
2. Make yourself aware about the location of the emergency exits, fire extinguishers and first aid kit
3. The tables are heavy. Do not attempt to dismantle or put up unless you have been shown the correct procedure.
4. Ensure that you have provided names and contact numbers in the event of emergency.
5. All group members are responsible for their own belongings/ equipment and their own decision to participate – but as a supportive group we are encouraged to keep an eye on each other and support appropriately.

\* Go to <https://tabletennisengland.co.uk/membership/register-or-renew/> (when asked for Club, in the dropdown select 'Stowmarket Table Tennis Club')