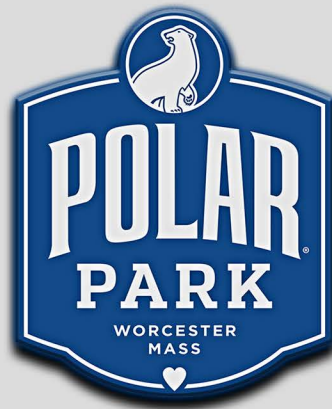


Going to a Worcester Red Sox game at Polar Park



I am going to a Worcester Red Sox baseball game in Worcester, Massachusetts. I may go with my family or friends to Polar Park.



My family or friends may park in the parking garage or in a parking lot. After we park, we will walk to Polar Park.



Once we get to the Polar Park entrance, we may need to buy tickets at the ticket window. There might be a line to buy tickets, but that is ok. A lot of people like to see baseball games. If we already have our tickets, we will not need to wait in the ticket line. I will try to stand quietly and wait to get tickets.



Before we go inside, there is a metal detector that looks like a big doorway. There is a security guard there too. The security guard may ask us to take things out of our pockets or remove our coats. The security guard may also look through our bags. It is ok for security guards to do these things. Their job is to keep everyone safe.



One at a time, my family or friends and I will walk through the metal detector doorway. The metal detector might make no sound or might make a beeping sound. Sometimes the security guard will have to do an extra safety check. If I have to do the extra safety check, I will try to follow the directions and stand in one place with my arms out. I can stand like a statue while the security guard waves a long wand around me. The extra safety check helps to keep everyone safe too.



A staff member will check our tickets. The ticket taker will use a small machine that scans our ticket. Once all of our tickets have been scanned, we can go into the park and get ready to watch the game!



Once inside Polar Park, we may have to walk up some stairs or elevator. There may be other people walking on the stairs or riding the elevator too. I can go quietly up the stairs or the elevator.



Sometimes there are a lot of people in the park. If there are a lot of people in the park, it can get loud. It is okay if it gets loud; people are excited to see the Worcester Red Sox! If it gets too loud, I can cover my ears until it gets quieter. I can also give myself a big hug. A big hug can help me stay calm. If I brought my headphones from home, I can put them on.



We will walk around the outside of the park to find the section where our seats are. This is called the concourse area. Around the concourse there may be a lot of people. There are also places to buy food, drinks, and team merchandise.



My family or friends may stop and look at the food, drink, or team merchandise. Maybe my family will buy food, drinks, or merchandise, but maybe not. If my family or friends stop at any of the stores in the concourse, I can look at all the choices.



There are also bathrooms around the concourse. The bathroom toilets have a handle to flush when I am done.

After I go to the bathroom, I will wash my hands by turning on the water, getting soap and rubbing my hands together under the faucet. To dry my hands, I will pull a paper towel from the dispenser on the wall. When I'm done, I will throw the paper towel in the trash bin.

Sometimes the bathroom gets loud and has funny smells. I will try my best to stay calm because I won't be in the bathroom for very long.

If I need more space or a quieter place to use the restroom, there are family restrooms located throughout the ballpark on each level and at Country Bank Fan Services.



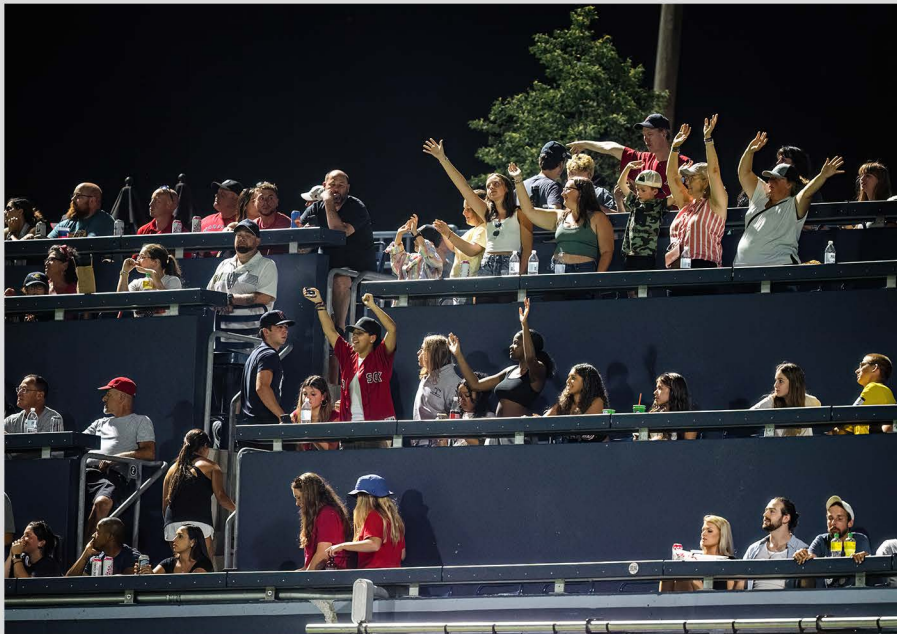
When it is time to go to our seats, I can help my family or friends find where we are sitting. The section number, row number, and seat number are on the tickets. There are also signs around the concourse with the section numbers that help us find our seats. If we have trouble finding out seats, there are helpers, called ushers, that can also help us.



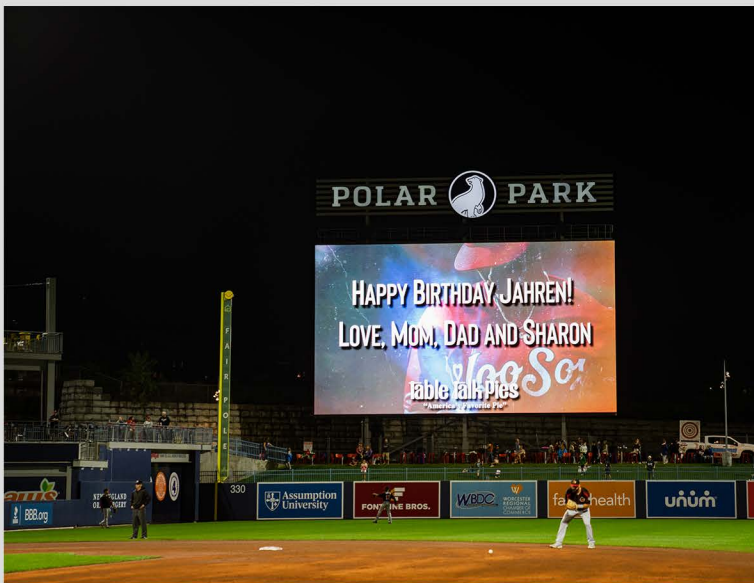
To get to our seats, we might have to go up or down some stairs. There might be people already sitting in the row where our seats are. That's okay; they want to enjoy the game too! If I need to go past someone to get to my seat, I can say "excuse me" and walk carefully past.



There are many seats in Polar Park and the seats are close together. I might have to sit next to someone I don't know, and it might feel like they are too close. If I feel like they are too close, I can sit with my arms close to my body. I will try to stay in my seat during the game.



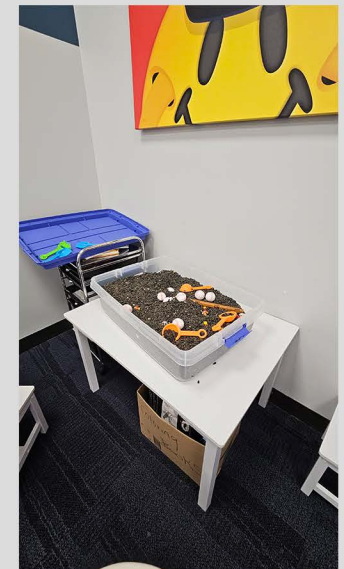
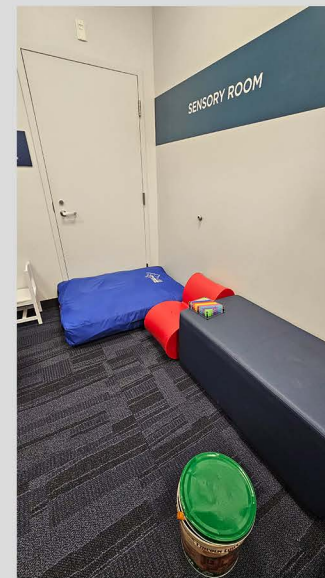
From my seat, I may be able to see the large video board. Sometimes there are advertisements, announcements, videos or songs that play. I can watch the videos that are on the video board. Sometimes the video board is used to get the fans excited, and it can get loud. If its too loud, I can cover my ears and wait until it is not so loud. The light from the screens may be bright sometimes. If it is too bright, I can close my eyes until it is not so bright.



The park has speakers all around it. There might be music over the speakers, or there might be voices such as the Public Address Announcer. The job of the Public Address Announcer is to tell everyone what is happening before and during the game to help them get excited about the home team. The music also helps to get people excited. If the music or the announcer is too loud, I can cover my ears until it gets quieter.



If I need a break, there is the Sensory Friendly Room where my family or friends can take me. This room is located in the Country Bank Fan Services Center. This room has flexible seating, sensory gadgets and technology, dim lighting, and a TV I can watch the baseball game. When I am ready, my family or friends can take me back to our seats.



Before the game starts, the players will come out on the field to warm up. They will throw the ball to each other and run around.



The National Anthem will be played before the start of the game. During the National Anthem, players and fans can put their right hand over their hearts and stand in the direction of the flag. Some people will also sing along. I will try to be quiet during the National Anthem. If I know the words, I can sing along using my inside voice.



When the National Anthem ends, someone will say “play ball” and the baseball game will begin. The WooSox players will run into the field and take their positions. The visiting team will send one player at a time to home plate to try and hit the ball.



Baseball games have 9 innings. The pitcher is going to throw the ball, the hitter is going to try to hit the ball and the fielder is going to try to catch the ball.



Between each of the innings, there may be fans on the field playing games or singing songs. You may see the WooSox team mascots. The mascots names are Smiley Ball, Woofster the Wonderdog, Roberto the Rocket and Clara the Heart of the Commonwealth. The mascots like to say hello to fans, dance and play games.



Sometimes the ball goes into the stands. The person who catches the ball can keep it.



In the middle of the 7th inning, we will all sing Take Me Out To The Ball Game. There is an organ player in the stadium who plays the song and fans will sing along.



If our team hits a home run over the wall, fans will cheer and clap their hands.



Sometimes a freight train or passenger train will pass by Polar Park, behind the video board. The train may blow its horn, this is the conductor's way of saying "hi" to all the fans.



When the game is over, it is time to leave with my family or friends. We will walk back to where we parked the car. A lot of people will be moving around at the end of the game. That's okay; they are all going home too. I will try to walk quietly back to the car. Maybe I can come back to a baseball game at Polar Park again soon.