

Sensory Room Overview

Location: D Corridor, Room D23

Capacity: One person at a time only.

What is the Sensory Room? The Sensory Room is a specially designed space that provides a calming environment for students who experience sensory overload, anxiety, or other challenges. It offers a quiet retreat to help students self-regulate and feel more comfortable in their academic environment.

Accessing the Room

- Students need access on their student card for the Salto lock on the door.
- Disability/Counselling staff will request access from the Card Office and cc the student on the email.
- Students must keep their cards active by using the encoders around campus.
- Access is removed when teaching ends but will be reinstated when the student reactivates their card for the next academic year.

Rules for Using the Room

- Use the room for a **maximum of 30 minutes** at a time (to ensure everyone gets use of the room)
- **No eating** inside the room (to keep the room clean and avoid strong food smells).
- **Use the resources** provided and **leave them in the room** for others (e.g. fidget tools/Lego etc)

Resources in the room:

- There is a large wing-sided chair.
- There is a black remote control, press the power button to turn on the lamp. You can adjust the lighting settings on the remote control.
- There is a Galaxy Lamp, and the power button is on the base.
- There are some headphones on a hook secured with a security cable. There are instructions provided if you want to connect to them by Bluetooth.
- There is a basket of fidget tools and a basket of Lego if you wish to use them in the room.
- There are some sound absorbing tiles on the walls to improve the acoustics in the room.

Managing the Room

- Please use the door sign to indicate when room is/is not in use.
- Please close the door when leaving (**you need to rescan your card before pulling the door closed**).
- Currently, there is no booking system; students may use the room as needed. If necessary, an online booking system may be introduced in the future.
- Access is granted based on need; it will not be automatically offered to all students. This ensures those who require the space most will have access.
- The Disability Service/Counselling Service (depending on who you are linked with) may check in for student feedback on the room.