



Vantaa

Information for Sports Afternoon Participants



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TRAINING DATES

Please check possible exceptional arrangements here:

[Myyrmäki's free sports afternoon for third graders | Vantaa](#)

Training sessions will be held from January 19 to April 13, 2026, for a total of 11 sessions. No Sports Afternoon activities will be organized during school holidays (winter holiday on February 16 and Easter on April 6).

Equipment

- **Clothing suitable for physical activity**
 - Acrobatics instruction: clothing that does not get caught on equipment or fall over the child's face.
- **Footwear**
 - Dance: bare feet or clean socks
 - Acrobatics and gymnastics: bare feet
 - Indoor ball games: indoor sports shoes
 - Athletics and football: sports shoes suitable for both athletics and football
- Long hair tied back in a ponytail
- Jewelry and watches removed if they may get caught, break, or cause injury to others
- Water bottle (the only drink allowed during sports is water)

SNACKS

Participants will receive a small snack from the school. The weekly snack package always includes a snack biscuit and either a smoothie or a fruit soup. Flavor options vary.

Children's food allergies reported to the school are taken into account in the Sports Afternoon snacks. This means that allergies reported to the school will be

considered if the registration has been completed in good time. Please note that the transfer of information takes approximately 1.5 weeks.

Transfers

Walking or cycling as part of the transfers increases everyday physical activity, serves as a warm-up, and helps with recovery from exercise. At the same time, children learn time management, how to move safely in traffic, and how to plan routes. Transfers can be made either under the supervision of a Safe Adult or independently, starting from the school.

The guardian must inform whether the child will generally travel from school to the Sports Afternoon and back to school independently or under the supervision of a safe adult.

For the trip to the activity, the child has two options:

- I want my child to always travel to the Sports Afternoon under the supervision of a safe adult.
- Not necessary. My child may also travel independently on foot, by bicycle, or using a self-purchased HSL ticket.

Supervised transfers

The Sports Afternoon is an extracurricular leisure activity outside of school. "Safe adults" make supervised transfers possible and guide children in using public transport (HSL) if it is part of the journey from school to the Sports Afternoon.

Transfers are handled partly by school staff and partly by young people employed through DreamChasers ry. Volunteers may also assist with transfers.

Safe adults have received training in traffic safety and instruct the children to act safely. Ultimately, the responsibility for the child's transfers lies with the guardian, especially if the child does not follow the instructions given. The child's HSL travel is paid for when transfers are made together with the school's safe adult.

We always try to arrange the transfers as part of the Sports Afternoon organization whenever possible, but they cannot be guaranteed in all situations, for example during the flu season.

Independent transfers

Independent travel from school to the venue where the activity takes place and back home always requires the guardian's prior consent. Please notify the transfer-related information by using this form [registration link removed from the published version], if you have not already done so during registration.

Transfers by bicycle always take place independently, as we have not yet been able to arrange supervised transfers for children who cycle. Independent travel (on foot, by bicycle, or using a self-purchased HSL ticket) is possible if the child is familiar with the traffic rules required for the route, and the route to the sports venue and back home is familiar. When using public transport independently, the child must have a self-purchased HSL ticket.

Note! Before independent travel, children will gather in front of the school's main door. A safe adult will give instructions and permission for independent travel.

Any changes to the consent must be announced to the activity organizers (e.g., by text message or email to the project coordinator

) — never via the child — so that the information can be communicated to those responsible for the transfers.

Return journeys

There are several options for the return journey. The child may return fully or partly under supervision. The child may also leave the sports venue independently or be picked up.

☐ Yes, my child must always* return to the school with a safe adult. After that, they may continue home.

☐ Not necessary. If my child lives along the return route, they may leave the supervised transfer earlier.

☐ My child will always* be picked up from the training venue, for example, by a guardian.

☐ My child will sometimes be picked up from the training venue, for example, by a guardian. We will inform the project coordinator. Otherwise, the child will return to the school with a safe adult.

☐ My child may return home independently on foot, by bicycle, or using a self-purchased HSL ticket. My child is familiar with the traffic rules required for the route and the route from the sports venue to home.

**If you select "always," you cannot make other selections at the same time.*

As part of the Sports Afternoon, research related to transfers is conducted. Therefore, children are asked how they travel independently (walking, cycling, etc.), or if a guardian picks them up, whether they leave the sports venue, for example, by car.

Addresses Of Sports Venues

- Dance (Virtatalo, Rajatorpantie 8)
- Tricks and acrobatics (VVS Temppis, Vetokuja 1E)
- Indoor ball games: basketball, handball, and floorball (Energia Areena, Rajatorpantie 23)
- Soccer and track and field (Myyrmäki-halli, Raappavuorentie 10)

Schedules

In most supervised transfers, public transport (HSL) is used. The safe adults responsible for the transfers choose the most suitable route and line for each situation. Routes may vary, as there are many bus and train connections, and different factors affect the transfer schedules. This also gives children the opportunity to practice real-life travel in changing conditions, preparing them for independent use of public transport in the future.

Askisto, Kaivoksela, Martinlaakso and Pähkinärinne

Departure from school under supervision approx. at 12:30

Sports Afternoon 13:15–14:15

Return to school under supervision by approx. 15:00

Hämeenkylä, Kivimäki, Rajatorppa, Uomarinne and Mårtensdals

Departure from school under supervision approx. at 13:30

Sports Afternoon 14:15–15:15

Return to school under supervision by approx. 16:00

Chartered transport

For logistical reasons, some transfers are made using chartered transport.

All participants from Askisto and Pähkinärinne schools use chartered transport. In addition, transfers between Hämeenkylä – Mårtensdals and Kivimäki – VVS

Temppis are made using chartered transport. When traveling to Temppis, Mårtensdals and Kivimäki use the stop at Vantaankoski railway station. Chartered transport may only be used by participants for whom it has been designated as part of the transfer arrangements. The schedule is indicative.

Indicative timetable:

12:35 Askisto School

12:45 Pähkinärinne School

12:55 Vantaan Energia Arena

13:00 Virtatalo

13:15 VVS Temppis

13:45 Hämeenkylä School

13:55 Vantaankoski Station, Stop ID: V1739

14:05 VVS Temppis

14:20 Departure from VVS Temppis

14:30 Virtatalo

14:35 Vantaan Energia Arena

14:45 Pähkinärinne School

15:00 Askisto School

15:20 Departure from VVS Temppis

15:25 Vantaankoski Station, Stop ID: V1742

15:35 Hämeenkylä School

Responsibilities and Insurance OF Leisure Activities

The Sports Afternoon* is organized in connection with the school day, but it does not constitute actual school instruction. Instead, it is part of *Harrastusten Vantaa* ("Vantaa of Many Hobbies"), and therefore a leisure-time activity. The activities are based on the **Youth Act**, not on the Basic Education Act.

What does this mean?

- Activities are planned and carried out in cooperation with schools.
- If an accident occurs during the activity, it is not considered a school accident.
- Compensation for accidents is based on the insurance taken out by the municipality or the organizer of the activity, as well as on general liability rules.
- If the activity has been arranged appropriately and no one has acted negligently, compensation will be paid by the municipality or the insurance in accordance with the insurance terms.
- The child's own leisure-time insurance may also apply.

**The Sports Afternoon is part of the "Harrastamisen Suomen malli" ("The Finnish Model for Leisure Activities") development project and corresponds to the activities in Vantaa known as Harrastusten Vantaa, that is, Vantaa of Many Hobbies.*

Insurance company's operating instructions: Seeking treatment and follow-up treatment

The participants are covered by the city's Residents' group accident insurance.

The participants' group accident insurance

1. Accidents requiring urgent care – CALL 112
2. The injured person can be taken in for non-urgent care at either a public or private health care provider
 - **The guardian can contact** the Pohjola Health Advisor service, which provides home care instructions, assistance in selecting the place of treatment and direct billing permission to a private hospital/clinic.
 - **Phone xxxxx**, open daily x-xx
 - When calling, state that the policyholder is the City of Vantaa, and the accident insurance is policy number [policy number]

3. The expenses must first be paid by the participant's guardian. The hospital/clinic deducts the Kela reimbursement, after which the expenses can be claimed from the insurance.
4. A representative designated by the city submits the accident report in Pohjola's loss report channel. For the Sports Afternoon, please contact the Sports Afternoon project coordinator.
5. The insurance covers medical treatment expenses up to the maximum limit of Medical Treatment Cover.
6. For follow-up care, Pohjola may refer the patient to its partner hospital or clinic for the examination or procedure with a payment commitment