



Troon AFC Walking Football

Tournament

1st May 2022

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Age UK



Entry Pack

Thank you for entering our Tournament on 1st May 2022. It's great to have you taking part and we thank you in advance, for your support and cooperation. We are really excited about this first tournament we have organised. We aim to ensure that everyone enjoys the day and that everyone is safe and has fun. Some teams are travelling a very long way so we'll aim to have as much game time as possible for everyone. We have extended out venue hire time to accommodate this.

In this pack you should find everything you need for the tournament. If you think we've missed something please let us know and we'll do our best to fix it.

In this entry pack you'll find copies of, or links to:

- The teams who have entered
- How to pay
- Times and format of events and equipment needed
- Location, parking, maps and site maps
- Maps for toilet and changing room location, defib locations, nearest food places
- Risk assessment, health and safety info., first aid info
- Rules of the game
- Refereeing
- Contact details
- Action Points (in red)

1. Entered Teams

50s... Troon, Penwith, Falmouth, St Agnes and Duffers Utd (Barry Town)

60s... Troon, Penwith, Exeter Strollers, St Austell Saints, St Austell Sinners

70s... Troon, Exeter Strollers

Ladies... Troon

2. How to Pay

Payment of **£30 PER CLUB** should be made by BACS to the account below.

Please use your **team name as the reference** and please **email** troonafcwalkingfootball@gmail.com when you have paid.

Bank Account: **Troon AFC Youth**

Sort Code: **30-88-22**

Account Number: **30501860**

3. Times and Event Format

[See Attached Timetable](#)

70s Format: teams will play each other several times. Match length 20 mins with no half time. Opportunity for 1 match 70s vs Ladies if both teams agree

All games **will start and finish on the same signal**. Teams will get a 1 minute warning. The match will then start whether the teams are ready or not! Make sure you know which pitch you are due to be on.

50s and 60s format will be the same as each other: Group format with each team playing the others (hopefully twice). 10-15 min matches with no half time. 3pts for a win etc.. Group final and 3rd 4th place matches.

Opportunity for 50s winner to play 60s winner if both teams agree

All games **will start and finish on the same signal**. Teams will get a 1 minute warning. The match will then start whether the teams are ready or not! Make sure you know which pitch you are due to be on.

A full match timetable will be provided at a later date. We have 4 pitches.

What you need to bring:

1. Boots for 4G (no metal studs or blades) Trainers, dimple soles or moulded studs are acceptable.
2. Shin pads compulsory for each player
3. Coloured bibs for subs
4. Player medication as needed
5. Your sign up form with player contact details on
6. Your own refreshments
7. A first aid kit with your players needs in mind, eg: have you got glucose or a snack for the diabetic in your team?
8. You might want to bring folding chairs and umbrellas too!

9. Location, parking, maps and site maps

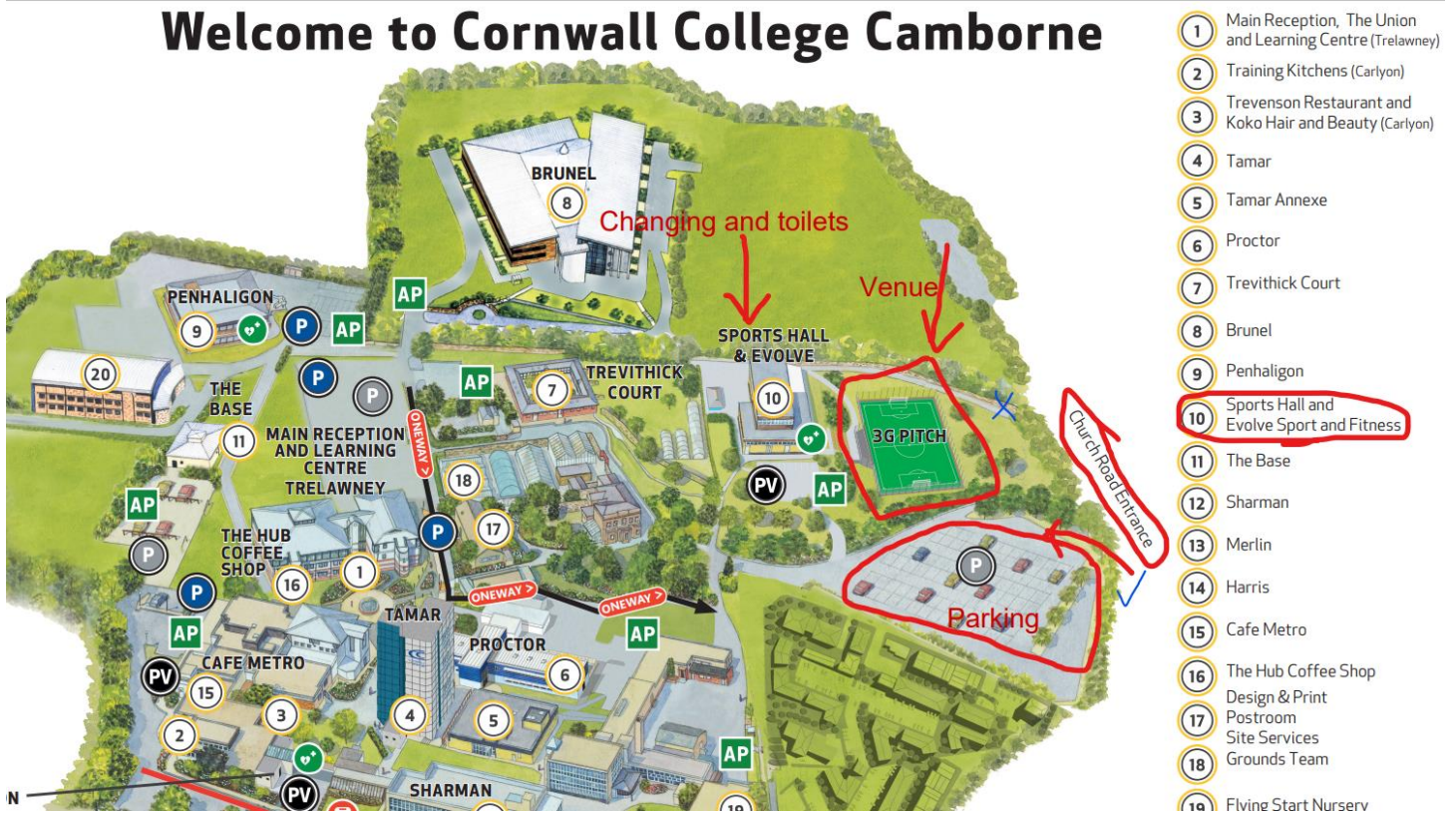
The venue is Cornwall College Camborne, in Pool near Redruth TR15 3GF
Be careful to use the CHURCH ROAD entrance (and not TREVENSON ROAD)

Venue website: <https://www.cornwall.ac.uk/locations/cornwall-college-camborne/>

Venue site map: https://www.cornwall.ac.uk/wp-content/uploads/2021/11/CCC_map_Nov-2021.pdf

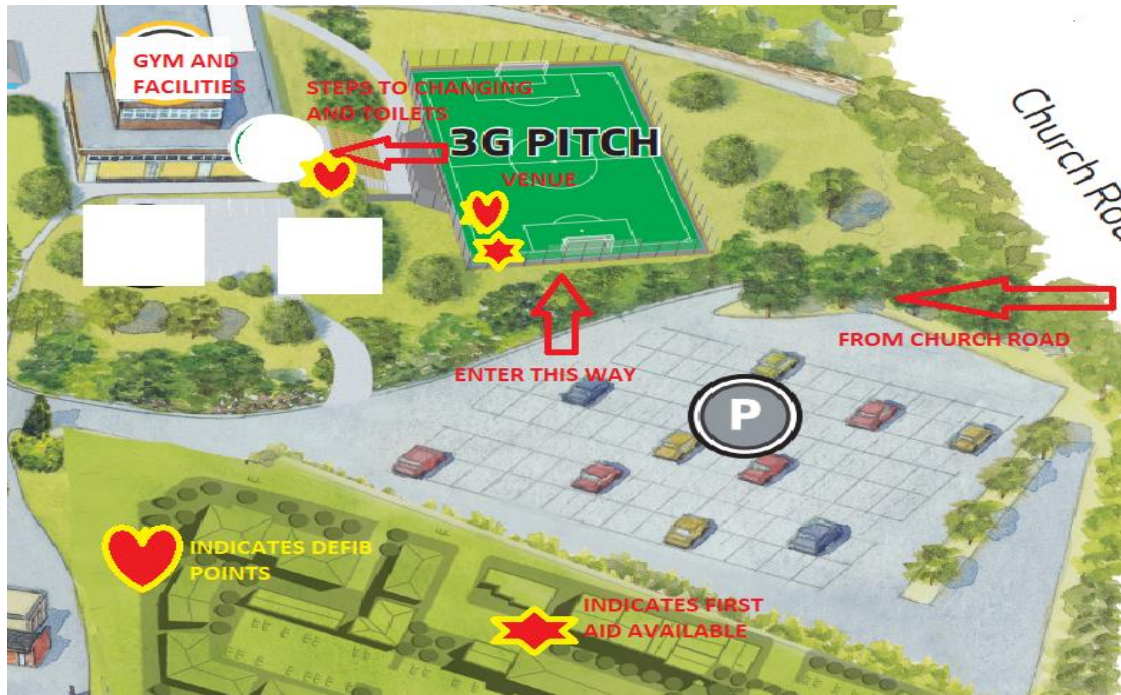
(We will be on the site marked 3G Astro on the right of the map but please note, this has now been upgraded to 4G). Enter the right hand car park via Church Road)

Welcome to Cornwall College Camborne



There is ample free parking right next to the pitches. Access to the toilets and changing rooms is via a flight or steps from the pitches or a path up from the car park.

10. Maps for toilet and changing room location, defib locations, nearest food places



Toilets and Changing...The adjoining gym has male and female changing rooms and toilets but they are small. There is nowhere indoors to store your kit. Toilet access is via a flight of steps. Other people will also be using the facilities. **PLEASE NOTE: Troon AFC Walking Football Club firmly believes in full inclusivity and the involvement of family members in the sport. As such we fully expect the highest standards of conduct and behaviour (see Code of Conduct attached). Families and children, as well as members of the public will be present at this school facility. During the course of the day, please make sure that if a member of your team needs to use the toilet, that they actually use the onsite facility toilets rather than the field or adjoining woodland. We do not want a repeat of the incident at Newquay!!!!**

First Aid and defibs: The venue has a defib attached to the gym and one pitchside in a locked cabinet. The lead first aider (identified by wearing a pink hi viz jacket) will also have a portable defib as well as a basic first aid kit for cuts and grazes, bumps and sprains. Please ask for a cold pack or heat spray or first aid of any sort if you need it. Please also read our health and safety policy attached below. **Each team should bring their own first aid kit with their own players' needs in mind.**

The nearest place to find food will be in Pool, right next to the A30 where you'll find Costa, McDonalds, Subway, KFC and a Table Table carvery restaurant 'The Copper Coast' But remember it's a Sunday so they may shut early!!

11. Risk assessment, health and safety info., first aid info

Insurance ... All 50s, 60s and 70s teams are FA affiliated and fully insured.

Risk assessments ...

POTENTIAL RISK	INDICATED BY	MITIGATED BY	RESPONSIBILITY OF
Accident to vehicle or person in car park	Damage or injury to person or property	Speed limit 5mph and general care in car park	All users. Troon AFC WF accept no liability
Weather hazard	Lightning or strong winds forecast or happening	Event cancelled	Troon AFC WF
Severe health event pitch side or on pitch	heart attack, stroke, diabetic hypo etc	Players, captains, refs and organiser aware of health conditions. Defib use and ambulance called ASAP. Event ends	Players have a responsibility for their own health and warning signs. Managers and captains have duty of care for their teams. Venue and event lead first aider has a duty of care for first aid and whether to call emergency services (see H&S policy below)
Trips and falls off the pitch	A trip or a fall on steps to changing area or on path to car park	Everyone aware that the steps are steep (handrail) and the path can be muddy and slippery	Everyone attending. First aid available.
Trips or falls on the pitch	player on the floor after a fall or injury tackle	Players know the rules. Game stops. Injury time limited to 2 mins per match	Players, Refs, First aid as needed

Troon AFC Health and Safety in Walking Football

Troon AFC Health and Safety Statement

YOUR health and YOUR safety are our top priorities.

We will do everything we can to make sure that walking football sessions are safe and that everyone has fun but it is important to remember that accidents happen. There may be strains and sprains, muscle and tendon 'pops', bumps and falls. These things could happen anywhere and at any time but we are particularly aware of them in walking football and we know that it can be scary to experience, or to see.

Keeping everyone safe is all of our responsibilities. We are people 'of a certain age' and need to be that little bit more careful.

Here are some things we can do to minimise the risks and deal with accidents if (and when) they happen:

1. Chris and Sarah are both trained First Aiders and FA accredited for first aid.
2. We always have a first aid kit and defibrillator at sessions and follow good hygiene
3. We will follow the latest FA and club guidance regarding COVID and players will make sure that they have read this guidance on the club website.
4. **We will not hesitate to call an ambulance if there is any doubt about an injury. We may not ask your permission to do this.**
5. We will give the form you filled out on entering the tournament, to paramedic crews so that they know the medical conditions you have told us about...so have YOU told us everything the hospital will need to know?.
6. **If we call an ambulance, depending on the nature and severity of the injury, the tournament may have to end early. We know that you will understand the need for this in the unlikely event of this happening. Offer to help if you feel you can, or are trained to do so, otherwise please help with tidying things away as our focus is now on the casualty only.**
7. **If you are hurt, we will call the emergency contact person you told us about on the form you filled in and let them know what's happening. We may not ask your permission before doing this.** Have YOU given us the correct contact information?
8. We will give you time to warm up before the tournament but only you know your niggly aches and pains... so do you take steps to warm up in a way that suits you? Do you use muscle supports or deep heat type sprays or creams to keep you moving?
9. Only you can know which movements or skills cause you discomfort. Listen to your body and try not to get over excited in a match and make a movement you know will hurt you.
10. Stop as soon as you feel a twinge or a pain leave the match or team. Carrying on when you are in pain is not bravery. Give yourself a moment...most little twinges will pass.
11. Ask for an ice pack or heat spray if you need one...we keep lots at pitchside.
12. If you fall, try not to land on elbows, wrists or knees. Landing on your side or rolling as you fall will help. Falling is frightening, both for the one who falls and those around. Take a moment. Catch your breath. Try moving gently. Ask for help if you need it, whether it's first aid or just a hand up.

And finally, as they say on Crimewatch, don't let these things scare you. Most of the time there are no accidents or injuries. Let's all just be careful, thoughtful and have fun with walking football.

Troon AFC Walking Football Code of Conduct

The objectives of our Club are to promote the physical, mental and emotional health and well-being of our members through providing facilities and programmes that promote the game of Walking Football eg. providing sessions, matches, tournaments for members meeting the Club's Code of Conduct.

We all have a responsibility to promote high standards of behaviour within walking football therefore, this code of conduct has been developed with players and coaches. Troon AFC Walking Football Club adopted these for both casual sessions and competitions.

On and off the field I will:

- Place the well-being, safety and enjoyment of each player above everything, including winning.
- Ensure that the session coach, team manager and/or referee is made aware of any medical condition, or on-going injury prior to play
- Participate in group warm ups and cool down activities to ensure that I am prepared for the tournament and to build a team ethos
- Be responsible for undertaking any personal stretches and warm ups I may need, before or after participating in group activities
- Adhere to the rules and **ALWAYS respect the match officials' decisions.**
- Always display and promote high standards of behaviour and promote fair play through the active encouragement of others.
- Make allowances for and encourage Members with different skill levels and physical abilities and not seek to take advantage of Members with different skill levels and physical abilities.
- **Never engage in, or tolerate, offensive, insulting or abusive language and behaviour.**
- **Never engage in bullying, intimidation or harassment** and to always speak to teammates, the opposition, spectators, referees and my coach/manager with respect.
- Remember we all make mistakes, so win, draw or lose with dignity. Shake hands with teammates, the opposing team and the referee at the end of every game.
- Be a positive ambassador for your club.

All players have signed up to this Code of Conduct, signed on their behalf by the Manager/Captain/Coach. Persons breaching this Code of Conduct, as adjudicated by the Refs and or Troon AFC Staff, may have a warning or may be asked to leave the tournament.

7. Rules of the game

FA Rules will be followed. There will be a refs briefing for all participants before the start of your tournament. You will have the opportunity to ask questions at this point.

https://ouwalkingfc.co.uk/wp-content/uploads/2020/02/2020-Walking-Football-Referee-A5-Journal-FINAL-SINGLE-PAGES_BOOKLET.pdf

8. Refereeing

We will provide trained referees but please have a nominated person from your team on standby to referee if needed.

9. Contact Details

Troonafcwalkingfootball@gmail.com

<https://www.troonafcwalkingfootball.com/>

Chris 07545220728

10. Anything Else?

Have we missed anything? Is there anything else you need to know. You will have seen that we have (optimistically) entitled this document 'V2' so if we need to update it we will send you a new copy...V3.

We're looking forward to the day and hope you are too. We hope to have a relaxed, friendly competition and a celebration of Walking Football. See you there!

[Spare Entry Form](#)

	TEAM NAME				CATEGORY (50S, 60S, 70S, LADIES)		
	CONTACT PHONE						
	CONTACT EMAIL						
	PLAYERS:						
	FIRST NAME	LAST NAME	AGE ON 15 T MAY 20 22	DATE OF BIRTH	MEDICAL CONDITIONS WE SHOULD BE AWARE OF	EMERGENC Y CONTACT NAME	EMERGENCY CONTACT PHONE NUMBER
1							
2							
3							
4							
5							
6							

7							
8							
9							

WE AGREE THAT WE HAVE APPROPRIATE INSURANCES IN PLACE AND CAN PROVIDE DOCUMENTATION TO THIS EFFECT IF REQUESTED.

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WE AGREE TO ABIDE BY THE TROON AFC WALKING FOOTBALL CODE OF CONDUCT

SIGNED ON BEHALF OF THE TEAM		SIGNATURE	NAME	CAPTAIN/COACH/MANAGER?

	Pitch 1	Pitch 2	Pitch 3	Pitch 4				
12:30			Troon 70s warm up					
12:45			Captain meeting					
12:55			Troon 70s v Exter G1				Refs	
1:10			Break				Pitch 1	Kevin
1:15			Troon 70s v Exter G2				Pitch 2	An Other
1:30			Break				Pitch 3	Jason
1:35			Troon 70s v Exter G3				Pitch 4	Allen
1:50			Break					
1:55	50s Captains Meeting		Troon 70s v Exter G4					
2:10			Break	60s Captains Meeting				
2:15			Troon 70s v Exter G5					
2:30	Troon 2 v Penwith	Troon 1 v Barry	70s Presentations					
2:45								
2:50	Falmouth v Barry	St Agnes v Penwith	Troon v Exeter	St Austell Saints v Penwith				
3:05								
3:20	Falmouth v Troon 1	St Agnes v Troon 2	Troon v Penwith	St Austell Saints v St Austell Sinners				
3:35								
3:40	Troon 1 v Penwith	Troon 2 v Barry	St Austell Sinners v Penwith	St Austell Saints v Exeter				
3:55								
4:00	Falmouth v Penwith	St Agnes v Barry	Troon v St Austell Sinners	Exeter v Penwith				
4:15								
4:20	Falmouth v Troon 2	St Agnes v Troon 1	Troon v St Austell Saints	St Austell Sinners v Exeter				
4:35								
4:40	Troon 1 v Troon 2	Barry v Penwith	60s Final	60s Third Place				
4:45								
5:00	Falmouth v St Agnes		60s Presentations					
5:15								
5:20	50s Final	50s Third Place	50s Fifth Place					
5:35	50s Presentations							
5:45	Troon Select XI vs Troon Women							