

Club info for Walking Football Bedford

Our Sessions started in October 2012. They are recreational - for all ages, abilities and fitness levels ... the opportunity to kick a ball around there are no cups or medals. Walking Football isn't an exact science – the aim is to create a safe environment where everyone can take from the Sessions what is important for them

CHARITY

This Season we will be supporting 2 Charities – Bedford Open Door (a free and confidential counselling service for young people) and Bo4ld (for people with learning difficulties). We collect any overpayment of playing subs (many people will drop in a £5 note and not take the £1 change) and any individual contributions to donate at the end of the Season **(donations are purely voluntary)**

SESSION FORMAT

Our Sessions are played as a series of matches with the Teams sorted randomly on the night from those attending. We take it that everyone will be at the Session unless they advise us prior that they aren't going to make it (if we don't see or hear from anyone for a month we will remove you from the Register and relevant email group). **We fully appreciate and respect that people won't be able to get along every week ... please let us know if you can't**

We ask everyone to take a turn in goal during the Session ... please bring a pair of gloves to wear

We do have Referees that cover most of our Sessions. This Season we will also involve those of you attending to Referee matches

PLAYING KIT

Footwear needs to be Astro boots or trainers. NO studded or bladed boots please

We supply bibs for the matches – we suggest you play in whatever is comfortable

FACILITIES

We have access to the changing rooms and toilets at Bedford Schools Gordon Fields. The changing rooms at the Uni aren't available but there are toilets in the main Uni building (Gateway) on the right-hand side as you turn into the car park or at the Reception to the Sports Arena. Toilets are available at Kempston Rovers

EMERGENCY ACTION PLANS & DEFIBRILLATORS

We have Emergency Action Plans for the Emergency Services in place at all of our venues (can forward document to anyone on request) – all have Defibrillators available

REGISTRATION & MEDICAL FORMS

Everyone must supply us with 2 signed hard copies of our Registration/Medical Forms before they can play. By completing the Registration & Medical Forms we expect you are in good physical condition and do not suffer from any disability that would prevent or limit your participation in Walking Football. Should you have any concerns please consult your Doctor before playing

Please note we keep a set with us at each of the Sessions in case of emergency. If you attend sessions at different venues, we will need a set of forms for each one (if any of your details change you will need to supply us with new updated forms)

PLAYING RULES

We use the FA Walking Football Laws of the Game as the basis for our sessions. They are bullet pointed on our website. Please remember it is strictly minimal contact. We also use 3 touch to condition our sessions

INJURIES

Please make us aware if you pick up an injury at any of the sessions. We always try to mitigate any issues where possible. Prevention is better than cure – please warm up beforehand (there are a number of ideas for that on our website)

FA AFFILIATION & INSURANCE

We are Affiliated to the Beds FA and carry Public Liability & Accident Insurance. Any Personal Injury Insurance is down to you as an individual to arrange

QUALIFICATIONS

All of us who run the Sessions/Groups have been DBS checked (formally known as CRB) and also have the FA Introduction to First Aid in Football Qualification

GDPR

We hold your information in two ways:

The Reg/Medical Form is hard copy - we have these with us at sessions/matches in folders. They are not shared or shown to anyone other than Club Officials/Session Leaders. We will shred forms of people who no longer attend

Email addresses and phone contacts. These are held in email or phone text groups - again they will not be shared or shown to anyone other than Club Officials/Session Leaders. **We hold no other personal details digitally**