



FRAMLINGHAM HOCKEY CLUB



Health & Safety

All players should always play and train in suitable clothing and full protective equipment, which includes the following;

- ✓ Suitable footwear ie. Astro boots.
- ✓ Shin pads
- ✓ Gum shield
- ✓ Gloves if desired
- ✓ Protective face masks can be provided for those on the defensive line during a penalty corner.
- ✓ Goalkeepers should be fully kitted up during training sessions and warm up.

It is the responsibility of each individual to ensure reasonable precautions are taken to reduce the likelihood of injury and to act responsibly when engaging in any activity as part of Framlingham Hockey Club.

Note for parents & guardians of under 18's - All under 18's must be collected from the astro pitch itself after training, or permission given for each child to leave unattended. Once they have left the pitch on which they are training, they are no longer in the care or under the supervision of Framlingham Hockey Club.