

## THINGS YOU CAN DO:

- ✓ Wear clean boots mud will contaminate the pitch
- ✓ Wear the correct boots refer to the recommended footwear guide
- ✓ Use adequate water bottles only water in suitable bottles are allowed on the pitch
- ✓ Move goals using wheels two people per goal to prevent damage and injury

## THINGS YOU CAN'T DO:

- \* No chewing gum
  gum will damage and contaminate the pitch
- No smoking on or near the pitch
- No food or drink of any discription on the pitch (excl. water bottles)
- Swing on the crossbars to prevent damage (they will bend) and injury