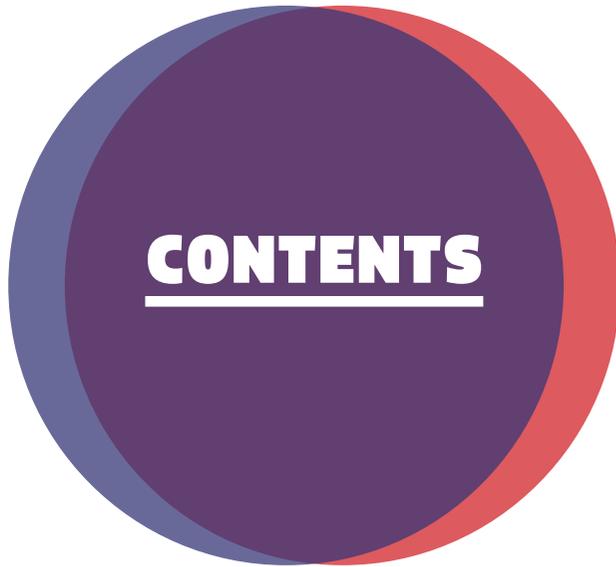


WALKING FOOTBALL

**A TOOLKIT TO SUPPORT DELIVERY OF A
SLOWER VERSION OF THE BEAUTIFUL GAME**





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INTRODUCTION

WALKING FOOTBALL A SLOWER VERSION OF THE BEAUTIFUL GAME

Walking football has become increasingly popular. 'It's exactly what it sounds like – a standard game of football where players walk instead of run.' It's designed to help people get fit or maintain an active lifestyle no matter what their age and fitness, as well as support people getting back into football if they have given it up due to age or injury.

Older people who play have seen many benefits: lower heart rate and blood pressure, less fat and more muscle, and better mobility.

And it's not just health benefits - Walking football also offers social benefits. Participants can meet new people, avoid becoming isolated, and interact with individuals and small groups.

This is one sporting activity that is suitable for all.

PARTNERS **AND FUNDING**

Starting a new Walking Football session doesn't have to be daunting. You can get support from national and local organisations. Whether you are looking for kit, financial support, or publicity, there are a number of ways to help kick-start your session.

YOUR LOCAL COUNTY FA

They can offer advice or best practice from other local Walking Football sessions, tell you about any current football projects that could support your session, and help promote your session.

THE FA MARS JUST PLAY SCHEME

This scheme supports recreational football across the country. It offers a choice of two support packages of kit or funding for recreational football sessions. It also advertises your session on The FA's Just Play website.

YOUR LOCAL AGE UK

Contacting your local Age UK is a great way to get the word out about your new session.

LOCAL PRESS

Walking Football is a great talking point. Often local newspapers are happy to include a story about your session to help attract new players. You can invite them to come and take some photos of your session.

BBC GET INSPIRED

A free online portal to help promote sporting activities on the BBC Sport & BBC Get Inspired websites.

YOUR LOCAL COUNTY SPORT PARTNERSHIP

Supported by Sport England, your local County Sport Partnership may be able to point you in the direction of potential funding schemes as well as share your session with their contacts.

YOUR LOCAL SPORTS THERAPISTS

Many private clinics and practitioners are keen to utilise alternative source of rehabilitation and could be great form of referrals.

LOCAL HOUSING ASSOCIATIONS

Housing Associations must contribute to their tenants' living environment. Many have a specific pot of Corporate Responsibility funding. If you know of a community suitable for walking football, contact the Housing Associations and tap into this free money.

YOUR LOCAL PROFESSIONAL FOOTBALL CLUBS

Both Football League and Premier League clubs host community schemes that deliver a range of activities. These schemes deliver projects in the local community ranging from reading schemes to alcohol misuse rehabilitation. Having a football club on your side can be a great asset, as they may offer their branding, experienced coaches and reduced facility hire.

MARKETING

Although walking football isn't age or gender specific, the typical participant is a man of retirement age. Participants will often have played affiliated football in the past, but have been out of the game for a number of years.

When promoting and advertising your walking football session you may want to consider the following messages:

COME AND JOIN US.

Living the same routine year after year can sometimes make you feel like you're going through the motions.

Joining in a physical activity with a group of people your age can be a breath of fresh air, make you laugh and give you a good time. It's a great way to get out more, meet new people and feel better.

JUST LIKE IT USED TO BE.

Remember how activity used to feel? Remember running errands as a child, or the feeling you once got from playing sport or riding your bike? There's no reason why you can't get that same pleasure – with activities that you know and feel good about and at your pace.



LIVE LIFE, NOT JUST EXIST.

It's sometimes easy to get stuck in a rut in retirement. A new activity is a great way to try something new and get the most out of life. Find something you love and you'll wonder how you ever survived without it.

STAY HEALTHY.

We all want to stay mobile and continue enjoying our daily activities independently. Doing a bit of regular activity will keep you feeling healthy and happier in later life.

ENJOY TIME TOGETHER.

Retirement brings with it more free time. Perhaps it's time to rekindle old friendships and get to know each other again? There's no better way than by doing a sport or outdoor activity together.

CONNECT WITH YOUR KIDS AND GRANDKIDS.

It's nice to be a spectator when it comes to your grandchildren's or children's lives, but even better to be a participant. Activities are a great way to spend quality time together and get to know them better.

THE BOREDOM BUSTER.

Retirement beats working any day – but at times you can get into a routine that quickly starts feeling like groundhog day. Taking up a physical activity can inject a buzz and energy into your routine.

When designing your leaflet or putting together promotional material there is a number of key statements that you may wish to use:

Join us down the local. Blokes – **GET BACK TO FEELING FIT AT YOUR LOCAL CLUB.**

No pressure, no jargon **JUST GREAT VALUE, ENJOYABLE ACTIVITIES**

Walk your way back to **FITNESS**

No courses to commit to, no membership, no pressure, just **COME AS YOU ARE**

HOW TO FEEL FITTER a bit at a time.

Great ways to get back to fitness with **FREE TASTER SESSIONS.**

A friendly welcome and no membership fees

MEET UP WITH FRIENDS old and new at your local club.

LIKE TO TRY A NEW ACTIVITY BUT DON'T KNOW HOW? WE DO. We're your everyday experts on activities walking football

Rediscover your competitive side @ _____

Traditionally, a walking football participant makes decisions based on their family, who are a strong influence in their decision making process – they rely heavily on them for opinions and advice. However, they can also be open to new products and services as long as they are presented in a reassuring and straightforward manner.

The marketing messages that walking football participants traditionally respond to is:

CHEAP	JARGON FREE	EVERYDAY	
HARD-WORKING	BASIC	DOWN-TO-EARTH	NECESSITY
TRADITIONAL	SENSIBLE	SIMPLE	



GETTING THE **MESSAGE OUT** **THERE**

- Local newsletters, notice boards and information points are widely used. Players tend to participate in walking football sessions that are within easy travelling distance.
- Paper or verbal methods will attract the traditional walking football participant much more than email and social media.
- Include images that participants can relate to. For example if you are advertising a walking football session that traditionally attracts males aged 50+ then don't use images of a teenage footballer.
- Avoid the overuse of images that can only take place in urban areas.
- Consider all the other equality groups (like those detailed here) who could be living in rural areas.
- Avoid stereotypes and be innovative with the images and text you use.
- Try to involve local volunteers who are a focal point for the community. Potential participants are much more likely to trust and listen to people who are an advocate of walking football and live in the local area.
- Don't just focus on the activity, as many people will go for the social side. If your venue has the ability to provide refreshments, then use it.
- Social media is a great tool for engaging with current participants. Setting up a Facebook group for example allows you to speak with participants on a regular basis and keep in touch with people who don't turn up every week.

WALKING FOOTBALL MARKETING PLAN

PLANNING

Schedule the session at an appropriate time and venue. Try and use a venue that is at the heart of the community and has regular footfall. A busy leisure centre or large community club is much more likely to attract participants than a community centre that is used by only a few people each week.

It is also important to consider the time and day of the session. Typically walking football sessions struggle when they are held on a Friday evening or a Sunday morning. Sessions over a weekday lunchtime also struggle to attract participants.

MARKETING

Once you know when and where your session will be, you can start thinking about how to attract people. Traditional methods of advertising have always involved putting posters and flyers in prominent places. But people consume advertising in many different ways now, so it's important you use a variety of tools.

Contact the local media and tell them what is happening. The local media love local news. Produce a press release that tells people what is happening, why it is happening and where it is happening then contact your local newspaper and radio station and ask for the relevant person to send it to.

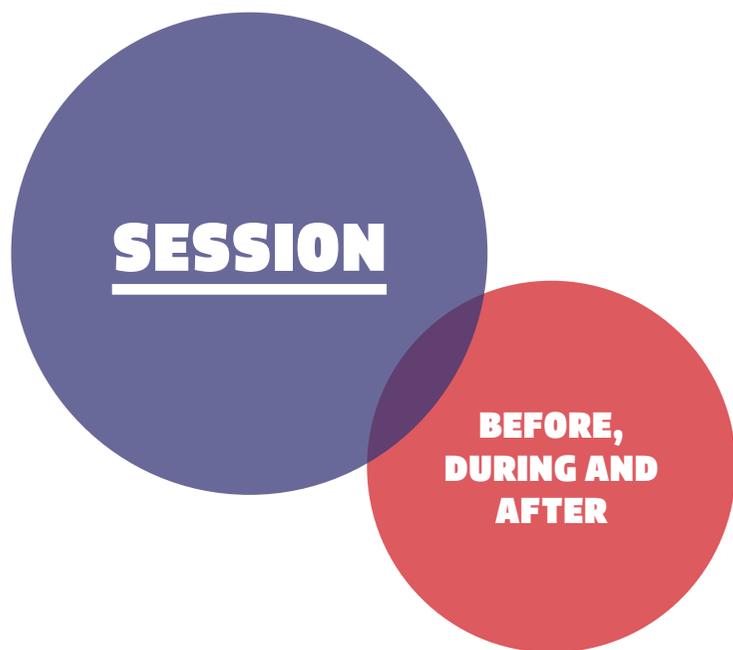
Contact local community groups to ask if you could have a few minutes to speak to the group. Take some flyers and tell them about the walking football session. A personal invite is a lot more friendly and gives people the opportunity to ask questions.

When you are advertising the session, remember it's not just the intended participant you are speaking to. Someone's daughter, son, wife or neighbour might be the one to pass the message on, so include as much relevant information as possible.

Continue to promote the sessions once they've started and report any good news stories. Send out a press release that tells people what's happening. Examples of stories could be 20 people turning up to the first session, or a 90-year-old participant. Producing regular press releases will keep the local media interested and attract new people to your session.

Use social media to keep people informed on what is happening. For example, you can use Facebook to create a social group where you can post pictures and videos. This will help keep current participants engaged and also open you up to a new audience.





BEFORE

Walking football has developed rapidly throughout 2014 following the television advert and there are now a number of sessions across the UK. It is important to have some guidelines for Walking Football so the sessions are consistent.

THE VENUE can be indoors or outdoors and the size of the pitch depends on the venue. The maximum recommended pitch size is a third of a full-sized pitch. This will really get the players walking around the pitch and meet their fitness levels. A full-sized pitch would be too big and the benefits of walking football would be lost – the ball would be doing the work and the players would have fewer touches of the ball. Look for a venue where costs are low and where they embrace walking football, so if the group take the session on in the future they will be playing at a positive, accommodating venue.

THE VENUE FACILITIES

Try and find a venue with facilities for refreshments. One of walking football's key strengths is the social benefit it can bring for the players, so tea and coffee after the game is very valuable.

TEAM SIZE depends on how many players turn up. Groups usually play 5v5, 6v6, 7v7 or 8v8 and the players should let you know if there are too many players on each team. Ask the participants how many players they want on each side. You can have roll on, roll off substitutes to cater for the number of participants.

AGE OF PLAYERS

Using the right imagery and wording on your marketing will naturally attract the age group you wish to get involved at your session. Avoid putting any age restrictions such as 50+, as you could then miss out on potential participants; players in their late 40s with health issues will benefit from your sessions and will be the perfect participant for walking football.

EQUIPMENT

All you need are 2 goals, bibs and a football. Jumpers for goalposts and a chance for the players to kick a football again. Most groups use a size 5 football but use whatever the players want – this could be a size 4 football or a futsal ball. Goals – use what is available to you! As long as they're safe to use, then they're perfect for a game of walking football.

CLOTHING

Most players won't have kicked a ball for years; they won't have shin pads, boots and a full kit! Keep it simple and encourage the players to wear something they feel comfortable doing physical activity in. If they turn up in week 1 in their jeans and t-shirt and they are happy playing football in them, then that's absolutely fine. As the players attend more sessions, they will naturally go out and purchase sports joggers, t-shirts and maybe even football socks and astro trainers! This is recreational football so players should be able to wear whatever they're comfortable in.

THE FACILITATOR LEADING THE SESSIONS should be approachable, flexible in their approach and able to welcome all abilities to create a friendly atmosphere for the players. They don't need any football-related qualifications but should be able to engage with the players and facilitate the session in a safe way. You may want to help them get the FA Emergency First Aid training if they don't already have the qualification.

HOST A TASTER EVENT

Host a walking football taster session on the day you intend to deliver a regular session so you can see what demand is like. If the taster event is a success, you can then deliver regular sessions and continue to increase the number of participants.

PLAYERS ARRIVE

When players arrive, make sure everyone is made to feel welcome. Agree at the start that if anyone needs a break, they can step off the pitch.

DURING

Always start the session with a warm up.

WARM UP

The players probably won't have kicked a football for years and may also be inactive. The warm up will be the most important part of the session so that the risk of injury is reduced and you can prepare the participants for the game. Introduce walking and dynamic stretches so that their muscles are ready for activity and, more importantly, their heart is slowly preparing for the physical activity.

WALKING

Walking is probably the most simple and effective thing to introduce to the warm up to prepare the players for the football.

STRETCHING

If the participants are inactive, their muscles will be at a high risk of 'pulling' and their balance could also be poor. The person leading the session should be very patient with the players when completing the dynamic stretches and should be aware of their balance. Encourage players to work in pairs and lean on each other for support if needed.

DON'T OVER-COMPLICATE THE STRETCHES!

Remember the players are not the England Team. While they need to stretch effectively, they don't need to complete a professional warm-up and may not be able to stretch their legs as far as you'd like them to. Include the stretching in a fun, enjoyable way and be patient!

DEMONSTRATIONS

The person leading the session should demonstrate all stretches and offer support to the players.

KEEP THE WARM-UP ACTIVITIES SIMPLE AND EASY TO UNDERSTAND AND CONSIDER WARMING UP THE MIND TOO IN PREPARATION FOR THE GAME:

Once warmed up the players should be divided into two teams and a game can commence.



NUMBER ONE RULE

Make the sessions FUN, ENJOYABLE and SOCIABLE

CREATE AN ENVIRONMENT where players of all abilities feel comfortable.

DURING

Warm up: Follow your throw

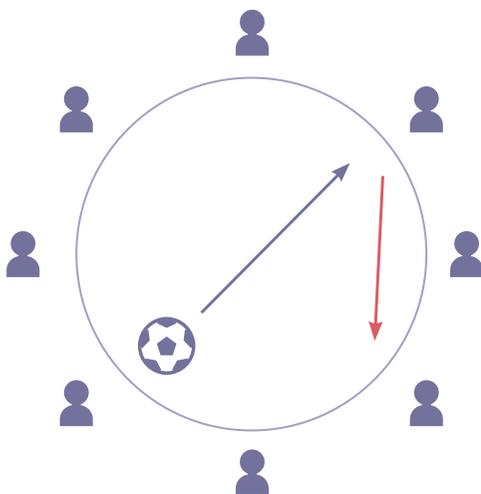
How do I deliver this warm up activity?

- Ask the players to stand in a circle and one person will start with the football in their hands.
- The person who starts with the football throws it to someone in the circle and follows their throw.
- The person who now has the football will then throw to somebody else and follow their throw.

Key Tips:

Encourage the players to shout the name of the person they're throwing the ball to. This will get their mind active too!

Encourage the players to progressively walk quicker when following their pass to increase the heart rate and prepare them for physical activity.



Warm up: Follow your pass

How do I deliver this warm up activity?

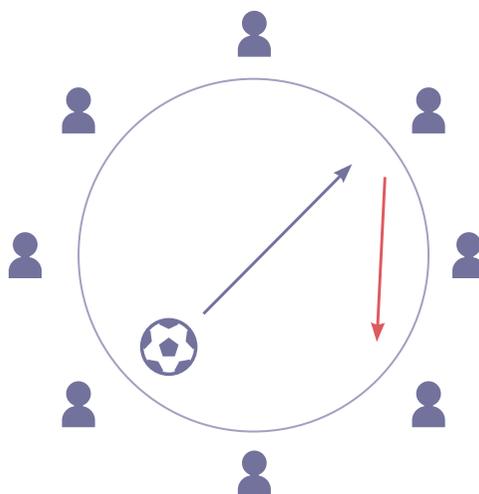
- Ask the players to stand in a circle and one person will start with the football at their feet.
- The person who starts with the football kicks it to someone else in the circle and follows their pass.
- The person who now has the football will then kick it to somebody else and follow their pass.

Key Tips:

Encourage the players to shout the name of the person they're kicking the ball to. This will get their mind active too!

Encourage the players to progressively walk quicker when following their pass to increase the heart rate and prepare them for physical activity.

Encourage the players to look up before passing the ball and pass using the correct part of the foot.



Warm up: Follow the leader

How do I deliver this warm up activity?

- Nominate one person from the group to be the 'leader' with all of the other players behind them.
- The person at the front will start walking around the sports hall (or the pitch) in different directions with everyone else copying them.
- The person at the front should decide the dynamic stretches for everyone else to copy.

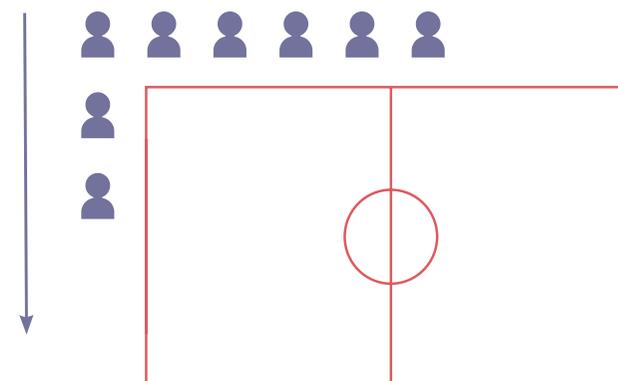
Key Tips:

Remember that the players may not have played football for years and will therefore need some guidance with the types of dynamic stretches. They may also need demonstrations.

Encourage the 'leader' to be creative to make it more fun.

Alternate the person at the front of the group so that different people get the opportunity to be involved. This will improve the player's confidence and skill-set.

Ensure that the warm up remains enjoyable and that the players interact with each other.



AFTER

POST FOOTBALL MATCH

Encourage the players to do static stretches so they cool down and don't feel too sore the next morning.

TEA, COFFEE AND A SOCIAL

This is probably one of the most valuable parts of the session. The players can socialise, make friends and have a laugh about the game.



“Walking football gets me out of my chair. The body and brain get exercise. Pulling on a football kit in my 70’s after years of thinking “no more football participation” is a really good feeling, plus the camaraderie over tea or coffee afterwards and the chance to make new friends.”

“I started playing walking football because some of the men in the bowls team started playing and talked me into it. I went down to Willows and really enjoyed it. I thought at my age playing football again was out of the question. I would never kick a ball again but now we play a game, we meet new people and have a good laugh and a joke and really enjoy ourselves.”

“Walking football has made me fitter and happier, introduced me to new friends, given me something to get out of bed for in the morning.”



CASE STUDY

KENT FA: FOLKESTONE TO FIRST CASE STUDY

Our first walking football session was held in Folkestone Sports centre. The session was a partnership between the Sports Centre and Kent FA and was run as a Just Play session. We advertised within the sports centre, around Folkestone and at Folkestone Invicta's matches.

The session was open to all ages and no restrictions were put on the participants. We regularly get 16 – 20 participants.

One issue is that as an open session, the football has become too competitive. The older and less able players are being knocked about. To resolve this, we're putting on another session so we can have an over-50s session and an open session. One session will be during the day.

Moving forward, we need to work with different partners such as GPs and SAGA for referrals (Folkestone based)

FARNBOROUGH WALKING FOOTBALL CLUB

Farnborough Walking Football Club has been at the forefront of Walking Football in recent years. You may recognise a few of their players from a well-known TV advert.

Farnborough's success comes from the people behind the club. Mick Quinn, the facilitator, is a local sports therapist and retired football league physiotherapist. He regularly refers local players to the clubs and is supported by both Hampshire FA and his local council, Rushmoor.

Rushmoor Council offer their 3G pitches at an incredibly low rate due to lack of usage during the day, while Hampshire FA have provided the club with funding, kit, equipment and marketing materials. Finally, local radio station Eagle Radio have proved a valuable ally, promoting the sessions and organising station vs club friendly matches.

EASTLEIGH WALKING FOOTBALL CLUB

Eastleigh WFC is an extension of Vanarama Conference side Eastleigh FC, and operates out of the Silverlake Stadium twice a week. Despite being one of Hampshire FA's youngest licensed clubs, the club already has over 30 players in just three months.

Every player is made to feel part of the family, with a pre-match chat in the club house to explain the rules to new members and a post-match pie and a pint for players who want to have a post-game debrief. Eastleigh Walking Football Club is a social hub for players aged 50 and over.



Ken Ward, 76

“I’ve liked football forever but finished playing when I was 27; the threat of injury put me off but I’ve always wanted to try and get back into it. Walking football came up and it’s a great way to do just that. I initially thought I’d look silly but then I came to the session and enjoyed it so much, the atmosphere is superb!”

Alan Smith, 67

“I always liked football but never really played regularly, just played in the odd match when some help was needed. Recently I’ve realised that I need to do some exercise and saw Walking Football being advertised on TV and in the local paper...the rest is history! It’s fun, enjoyable and has so many social benefits too! All abilities are welcome and you don’t have to worry about having lots of skill either as everyone makes you feel welcome”.



THE PLAYERS STORIES

The following reflections are from participants in the Walking Football Project Glossop near Manchester. Along with the project organiser, Mick Owen, this evaluation focusses on the six stories of Allen, Keith, Peter, Graham, Bill and Tony highlighting the changes it has made to their lives. They identify the positive impact this intervention has had on their health and well-being.

Clinical and anecdotal evidence has shown how Walking Football delivered by the community for the community can provide a positive intervention in promoting exercise as a form of preventative 'medicine', improved social cohesion and reduced social isolation.

Mick
57 years old
(Glossop Walking Football project organiser)

Mick has been involved in the development of Walking Football since 2012 with the aim of improving health and well-being of men over the age of 50. In the early stages there was limited interest but a high profile launch event followed by an article in a local newspaper allowed Mick's social enterprise to "hit a network (of participants) that we hadn't created".

Walking Football was one element of a 'doorstep physical activity' initiative designed to be tailored around the needs of the local community with an emphasis on exercise, socialising and friendship. There was to be no coaching or 'competitive culture' instead the company's

activators create a place where mental and physical health is at the centre of the project's philosophy. Driven by a desire to reach men who are of an age where many are retired and in need of social contact as well as physical activity and need help to "leave the places they hide", Mick has successfully made a difference to the lives of many. He identifies the diversity among the group – retired architect, school caretaker and engineer with age range from late 50's to early 70's. Their meeting place is a football pitch and such coming together "might not happen elsewhere".

His care and passion for the project is evident "the idea that someone came to football, got turned off and went back to sit on the couch haunts me (so) we have people with time, jobs to do and it's all about keeping the group together".

These findings were presented by Richard Cheetham, Senior Fellow in Sports Coaching at The University of Winchester as part of a research project; "New hips, new knees, new friends – the Social Capital of Walking Football: A case study of The 'Gentlemen of Glossop'".

Keith
72 years old

Keith had described himself as a “bit of a couch potato” before he started Walking Football. He was persuaded to go along and watch a session three years ago and within minutes he was taking part. In his words (he) “hasn’t looked back since” and “to say it has changed my life is an understatement”.

He retired in his early 50’s due to heart problems and prior to taking part in the project the visits to the hospital were frequent in order to monitor his health. Three years on and three stones lighter, Keith has acknowledged the significant health benefits which have been directly attributed to his participation in Walking Football. Now his hospital visits are just once a year for his “annual MOT” and there has been a pronounced impact on his family because his previous sedentary lifestyle had become a frustration and one “where I was a pain to live with”. Now he is able to enjoy playing actively with his grandchildren and is much happier and healthier through being more active.

Keith identified the social aspect as equally important as the environment that has been created which is centred on making friends within and beyond the session itself. Meeting up with fellow players at other times has been something to celebrate and he feels very strongly about helping out people in similar situations in their retirement.

Bill
63 Years old

Bill has been involved with the project almost from the start and plays four times a week. He has been given an unofficial ‘ambassador’ role which means he introduces newcomers to the group. Mick calls to make him aware that there will be some new faces in the following session and he greets them and ensures they are made to feel at ease. “I say to them they can just watch or join in but 9 times out of 10 they get stuck in”.

In the 18 months since he started with the Walking Football, Bill has left behind a life of isolation, depression and inactivity. “I look forward to every session” whereas previously “I used to be sat in my bungalow watching television”.

This ‘isolation’ and lack of social contact is a common feature in the lives of many people in their retirement years and especially among men. The transformation experienced by Bill is one of someone struggling with mental and physical health issues to an optimistic, energetic supporter of the initiative. Despite suffering from arthritis, diabetes and a heart condition these do not prevent him from ‘putting his boots on’ each week.

Allen:
64 years old

Allen has been involved in walking football for 18 months and believes it has helped not only to improve his level of fitness but also to ‘fill the void’ that comes with retirement. He was introduced to the project through friends and is now one of the biggest advocates of walking football - “we now try to find guys in a similar situation” and encourage them to join in. At his first session no-one was concerned about his level of skill but more importantly that he was made to feel very welcome.

Upon his retirement, Allen had struggled to adjust. His social world ‘had contracted’ and that feeling of belonging that comes with being part of an organisation had been lost along with any “purpose to (his) life”. Walking Football has since become the catalyst for new friendships, a feeling of belonging and improved health. In addition he has also become instrumental in developing a local research project called “Tunics for Goalposts” – a study to trace the history of the 1914-15 Glossop FC team and the effect of the First World War on the players. Without the Walking Football initiative none of this would have been possible. Allen believes an environment where players show great camaraderie and respect for one another is of huge importance and this is reflected in his final comment; “these people turn up with new hips, new knees.... new hearts, - and it takes a lot of effort to get out there initially - (but) people are non-judgemental (and) just incredibly supportive”.

Graham
69 years old

Graham retired at the age of 65 from his role as school caretaker and responded to an advert for the Walking Football programme at the venue where he does some part-time work. The challenge of retirement for some was in his words, “all about filling your time”; finding things to do that were with like-minded people and that were a more productive option than “sitting in and watching telly”. He was very keen to promote the Walking Football for, among other benefits, the social aspect.

Graham had described himself as ‘solitary’ and while he was happy in many respects with this, the project had enabled him to “meet new people and to talk” especially about having survived bowel cancer. “You can tell other people” and, having overcoming the challenges faced he feels able to say to others “I have done it, so can you”. This message was one Graham really wished to emphasise and showed that the project had so much to offer ‘off the field of play’. Graham, like many of those interviewed, has found that Walking football has allowed him to find a ‘space’ and an opportunity to talk through concerns that are associated with retirement days. His enthusiasm and belief in the football project was clear when he commented that “I will be still be here when I am 95”.

When asked what makes this particular programme successful he commented “it’s like being a teenager again you are back with the lads”. It has restored “a bit of pride” into his life.

Peter
62 years old

Pete started playing walking football after he saw an advertisement for the project in a local newspaper. He had retired early due to poor health which was the direct result of an extremely stressful and demanding career. In the six months following his first 'kick of the ball' he has noticed the significant impact on his physical and mental well-being. "Trying to do fitness on your own is difficult" and the Walking Football has provided the incentive needed for him to become more physically active. It has benefited Peter in his management of diabetes ("it has been a form of self-preservation") and the laughter and camaraderie within the group has helped to reduce stress.

In our conversation it was really noticeable how much emphasis Peter placed on the supportive environment at the sessions where, for example, health concerns could be shared with others. "The Big C (cancer) is a massive word" and by talking with the new group of friends (some of whom had experienced cancer treatment) it became common to share feelings and subsequently reduce anxiety. There was a great deal of empathy towards individuals who were making their first visit to the football as these tentative first steps back into exercise could be quite nerve wracking. "I try and welcome people before we start, it can be difficult walking into something new. If you are not very good (we) tell them they will improve, it will get easier I feel it is part of my job to help 'break the ice'".

Peter echoed what others had intimated regarding the philosophy of the Walking Football project - "we don't take it too seriously, afterwards we shake hands and come again next week".

Tony
70 years old

Tony, a retired architect, was encouraged to join by an old mate he met in B&Q and had also been made aware of the gentle form of the game by a television advert. His 'motto' of "you are never too old to try something new" is reflective of a very positive attitude to his retirement years and he is also involved in dancing and bowls. He had initially only turned up to watch and see what Walking Football involved but within minutes he was 'thrown a bib' and put into a team. Tony has never regretted his decision.

The social aspect that comes with the football is a vital ingredient and Tony has been to St George's Park, home of the Football Association's development programme on one of the outings organised by the group. Whilst on holiday to Guernsey he even enquired as to whether there was such a scheme on the island with a view to organising a fixture and weekend away for the Glossop players.

Tony won the 'battle' with prostate cancer and has since been able to support those with a similar condition. He described the moment he was diagnosed as "a dreadful day" and now his experience and advice has been invaluable to others.

To ask what involvement in Walking Football has meant for him you are met with a large grin and one simple word - "wonderful".



EDITABLE TEMPLATES TO PROMOTE ACTIVITY AND REGISTRATION FORMS TO INCLUDE MEDICAL AND INJURY DISCLAIMER

REGISTRATION FORM

Name _____

Gender _____

Date of birth _____

How did you hear about the session?

Phone number _____

Postcode _____

Medical conditions? _____

Email address _____

The data collected on this registration form will be used by _____. _____ will use the detail given on the registration form when reporting participation data to By completing the detail above you give permission for the data to be shared with _____

MEDICAL FORM

NO PERSON WILL BE ALLOWED TO PARTICIPATE AT THE EVENT WITHOUT A SIGNED & COMPLETED MEDICAL FORM
PLEASE COMPLETE IN BLOCK CAPITAL LETTERS

First Name

Last Name

D.O.B.

Home Address

Postcode

Contact Telephone Numbers (Daytime)

Male

Female

Do you consider yourself to have a disability

Yes

No

If yes, what is the nature of the Impairment

Physical Impairment

Learning

Hearing Impairment

Visual Impairment

Current Status (Please Circle)

Fit

Unsure

Ill/Injured

Medical Information (Medication/allergies/dietary requirements etc...)

Doctors Name

Address

Telephone Number

Next of Kin (BLOCK CAPITALS):

Emergency Contact Tel. No. (s)

I can confirm that I understand the above and that the information I have provided on this form is correct to the very best of my knowledge.

I can confirm that I am well & healthy to partake in physical exercise and understand that it is my responsibility to seek the advice and approval of my doctor before undertaking regular exercise.

Signature

Date

RULES



When looking to play a game there are many variations you can use depending on numbers, facility type and player abilities. The one rule which is uniform regardless of whether you are playing for fun or for trophies is around defining WALKING. For this we suggest the following:

A PLAYER WHILST MOVING AROUND THE PITCH MUST HAVE ONE FOOT IN CONTACT WITH THE GROUND AT ALL TIMES.

For those who are looking at a more formal set of laws to use then we would recommend you use the FA Small Sided Football Laws of the Game (**available here**) and consider the addition of one or more of the below:

- A player whilst moving around the pitch must have one foot in contact with the ground at all times. If both feet are off the ground in the motion of moving around the pitch, with or without the ball, then the player is deemed not to be walking and a direct free kick is awarded to the opposition.
- Teams can include Male and Female players.

For a social game then there are some points for consideration when setting your rules

- Team of 5 or 6 a side
- Rolling Substitutes
- 5 or 6 substitutes named in squad
- No running with or without the ball
- Where possible played on 3G or 4G Artificial Turf
- Two Touch football or no restrictions
- Size 4 or Size 5 balls
- Each team has a non-playing match official
- Each team is allowed one "TIME OUT per half
- TIME OUT are 1 min long
- Restart TIME OUT's with indirect free kick
- No drop ball
- Players allowed in area or players restricted from the area
- Kick-in not Throw-in
- Blue Cards with Sin bins
- Ball over head height
- Every third player in a team who runs in sin Binned
- Scoring in the area or scoring outside of the area
- Goalkeeper can throw and kick at any time (in their box)



JUST PLAY!
The FA *Mars*

 **ageUK**
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