

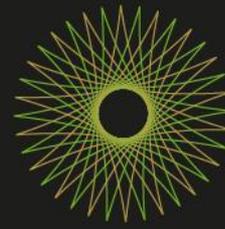
Oriam Walking Football

What is Walking Football?	Football, but without any running. A slower version of the beautiful game. Aimed at over 50s, it is the perfect opportunity stay fit, keep an active lifestyle and meet likeminded people.
When and where?	<p>Oriam, Scotland's Sports Performance Centre based at Heriot Watt University, currently run two Walking Football sessions a week.</p> <ul style="list-style-type: none">• Wednesday - 12:30-13:30• Friday - 13:30-14:30 <p>Both sessions take place on our Academy Synthetic pitch. There is no need to pre-book, just turn up as often as you like.</p>
Cost	<p>**First session is free for new players**</p> <p>Non-members - £3 per session. Please pay this at reception, on arrival. Oriam members - Free. Walking football is included in your membership, along with free court hire, and access to our gym and wide range of exercise classes.</p>
Changing Facilities	<p>Where possible, we will always try to provide a private changing room with showers in the Academy, for the Walking Football Club. When this is not possible, public changing and shower facilities are available along the main corridor from reception. Lockers in the public changing rooms require a padlock. These can be purchased from reception for £5.</p>
Committee	<p>The main contact/organiser for Oriam is Calum Easton - c.easton@hw.ac.uk He is assisted by a committee of current players. If you have any enquiries, please contact them in the first instance.</p> <ul style="list-style-type: none">• Main Contact - Deric Oliver - dericandjoan@btinternet.com• Ewan Connolly - econnolly42@yahoo.com• Alan Thomson - alan.thomson11@blueyonder.co.uk• Alan Hope - allanhope1960@hotmail.com• Les Hughes - leslie.hughes7@btinternet.com
Rules	Please see Appendix 1 for a list of rules.
Code of conduct	Please see Appendix 2 for Oriam's Code of Conduct.
Contact Info.	All players are required to complete the contact information form, in Appendix 3 .
Emergency	<p>In the event of an emergency and no staff member is present, players should contact reception using either a mobile phone (0131 451 8400) or one of the red emergency telephones situated in the Academy. The closest one to the pitch is located on the wall across from the entrance by the storage cupboard.</p> <p>All Oriam staff are qualified First Aiders, and trained in the use of a defibrillator.</p> <p>The contact information form includes emergency contact information, which will allow us to contact any next-of-kin in case of an emergency.</p>

Oriam

Scotland's Sports Performance
Centre, Heriot-Watt University,
Edinburgh EH14 4AS

Telephone: 0131 451 8400
Email: info@oriam.hw.ac.uk
Web: oriamscotland.com



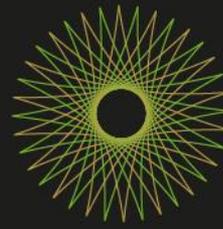
Appendix 1 - Oriam Walking Football Rules

1. Players must refrain from openly wearing jewellery or watches. Tape may be used to cover rings
2. Boots with plastic or moulded studs must be worn at all times. Trainers are not permitted.
3. Shin pads are not compulsory but advisable
4. Running or jogging on or off the ball is not permitted by any player – which includes the goalkeeper
5. The format is non-contact football – no slide tackling.
6. All free kicks are indirect
7. A goal cannot be scored directly from the kick-off, even from a deflection into the goal from an opposing player or the goalkeeper. The ball must be touched by two players of the same team before a goal can be scored
8. If the pitch contains touchlines a kick-in shall replace a throw-in
9. If a pitch contains goal lines corners are in play
10. Slide tackling and slide blocking are not permitted
11. Players may not play the ball whilst grounded
12. Players may not hold onto goals, walls etc. during play, in order to shield the ball, hold the ball up or prevent access to the ball by opposing players, except to prevent a collision, correct balance or briefly use as a distance safety gauge.
13. Tackling across a player at the barrier/wall is not permitted
14. Shoulder charging or barging is not permitted
15. Tackling from the side or behind where definite contact has been made is not permitted
16. Reckless or over-excessive intent without contact is an infringement
17. Outfield players may not enter the penalty area intentionally
18. An attacking player may not enter the opposing penalty area except by momentum
19. A penalty is awarded if a defending player enters the penalty area deliberately to gain position to another part of the pitch for any reason; to play the ball back to the goalkeeper; to block a shot on goal; or deny a clear goal scoring opportunity. When a defending player enters the penalty area inadvertently, has gained no advantage or does not affect play, no penalty can be awarded and play continues
20. If two opposing players come into contact on the penalty area line and the defender enters the penalty area not by their own volition, no penalty can be awarded
21. Goalkeepers may not egress from the area except by momentum - in such cases a penalty is awarded to the opposition
22. The goalkeeper may elect to either throw the ball out under-arm (a bowling action) or kick it out from the ground
23. The whole of the ball must be over any pitch line to be considered out.
24. A one-step penalty is used for a spot kick
25. There is no restriction on pass backs to or from the goalkeeper

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Appendix 2 - Oriam Walking Football Code of Conduct

All players, playing at Oriam or at an external event on behalf of Oriam United, are expected to:

1. Adhere to the rules at all times.
2. Place the well-being, safety and enjoyment of each player above all else, including winning.
3. Display and promote high standards of behaviour.
4. Promote fair play.
5. Always respect the match official's decisions.
6. Never engage in or tolerate offensive, insulting or abusive language or unsporting behaviour.
7. Never engage in bullying, intimidation or harassment.
8. Speak to and treat my team-mates, the opposition, spectators and my coach/manager with respect.
9. Remember we all make mistakes.
10. Win or lose with dignity.
11. Shake hands with the opposing team and the referee at the end of every game.
12. Be an ambassador for the club.

Players found to break the rules and/or the Code of Conduct may:

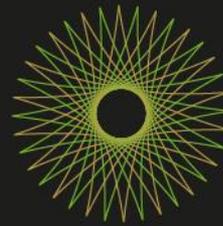
- Be required to issue a formal apology to team-mates, other team, referee or team manager.
- Receive a formal warning from Oriam.
- Be required to serve a suspension, banning them from attending any Oriam Walking Football activity for a given amount of time.
- Be banned from all future Oriam Walking football activity.
- Be banned from Oriam.

The Code of Conduct will be enforced in the first instance by the Committee. They will pass on any issues to Oriam where necessary.

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Appendix 3 - Player Contact Information and Declaration

This information will only be used to keep you informed about Walking Football, other Oriam run activities that may be of interest, and to contact any next of kin in case of emergency. It will not be shared with any third parties.

Player Name	<input type="text"/>
D.o.B.	<input type="text"/>
Email Address	<input type="text"/>
Phone	<input type="text"/>
Any medical details	<input type="text"/>
Emergency Contact Name	<input type="text"/>
Emergency Contact Number	<input type="text"/>
By signing, you agree to adhere to rules stated in Appendix 1 and the Code of Conduct stated in Appendix 2.	
Signature -	<input type="text"/>
Date -	<input type="text"/>

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