



MATCH DAY INFORMATION

East Court Recreation Ground



Team Colours:

Shirt - Red and Black

Shorts – Black

Socks – Red / Black www.awjfc.net

Ashurst Wood Junior Football Club looks forward to welcoming your team!

Please ensure your coaches, match officials, spectators and players, ALL play their part and support the FA's Code of Conduct.

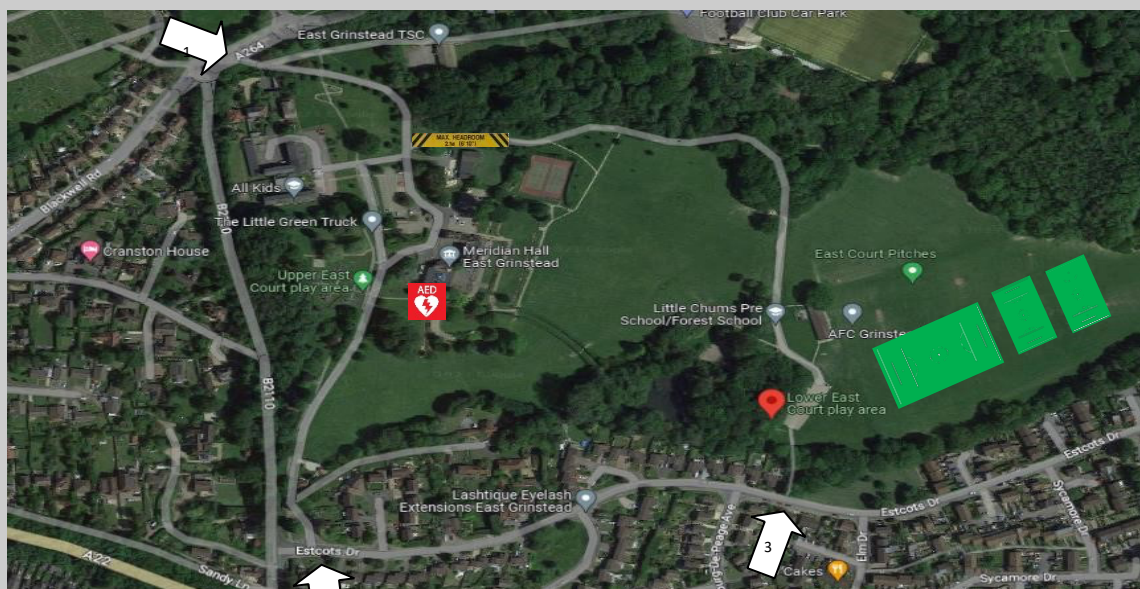
PITCH DETAILS / FACILITIES

Pitch Address:

Lower East Court Recreation Ground, College Lane, East Grinstead, RH19 3LY [Directions](#)

Parking:

Parking is available in the Lower East Court play area car park, and in the Upper East Court car park adjacent to Meridian Hall. Both car parks can be accessed from access points 1 and 2. Parking in Estcots Drive is also possible but will be limited. We request that all participants respect the residents of East Grinstead and park considerably in accordance



Map Key



& 7v7

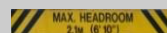


Access point

Defibrillator



Height restriction



with the Highway Code. Parking is at your own risk. No responsibility will be upheld by Ashurst Wood Junior Football Club.

11v11

Facilities: The Pavilion is located adjacent to the football pitches with changing rooms and toilet facilities. If you require use of the changing rooms on match day, please arrange this in advance with the Ashurst Wood coach.

ACCESS POINTS

Access Points:

1. **Holtye Road** – Access Road
2. **Estcots Drive** – Access Road
3. **Estcots Drive** - Footpath

EMERGENCY ACTION PLAN

Club Name:

Ashurst Wood Junior Football Club **Pitch**

Address:

Lower East Court Recreation Ground, College Lane, East Grinstead **Post**

Code:

RH19 3LY

what3words Reference: **dime.faster.flood**

FIRST AIDERS / HELPER INFORMATION

Contact the relevant Ashurst Wood matchday coach for:

- Match day first aider or helper
- Emergency contact number
- Pavilion key
- Queries about this Emergency Action Plan

First Aid resources can be found on our website: www.awjfc.net/Welfare

FIRST AID EQUIPMENT AND FACILITIES**First Aid Room:**

If required, the Pavilion can be used as a First Aid Room.

Defibrillator (AED):

A defibrillator is located on the public toilet block wall in the Upper East Court car park. The defibrillator is registered with the ambulance service; the code can be obtained by calling 999.

Upper East Court car park

College Lane, East Grinstead, RH19 3LY

Distance – 0.1 mile walk or 0.4 mile drive from Lower East Court play area car park

what3words Reference: **obey.quest.chops**



Figure 1 – East Court AED

EMERGENCY ACCESS ROUTE

There is no pitch access for emergency vehicles.

In an emergency, an ambulance should be directed to the Lower East Court play area car park.

what3words reference: **dime.faster.flood**

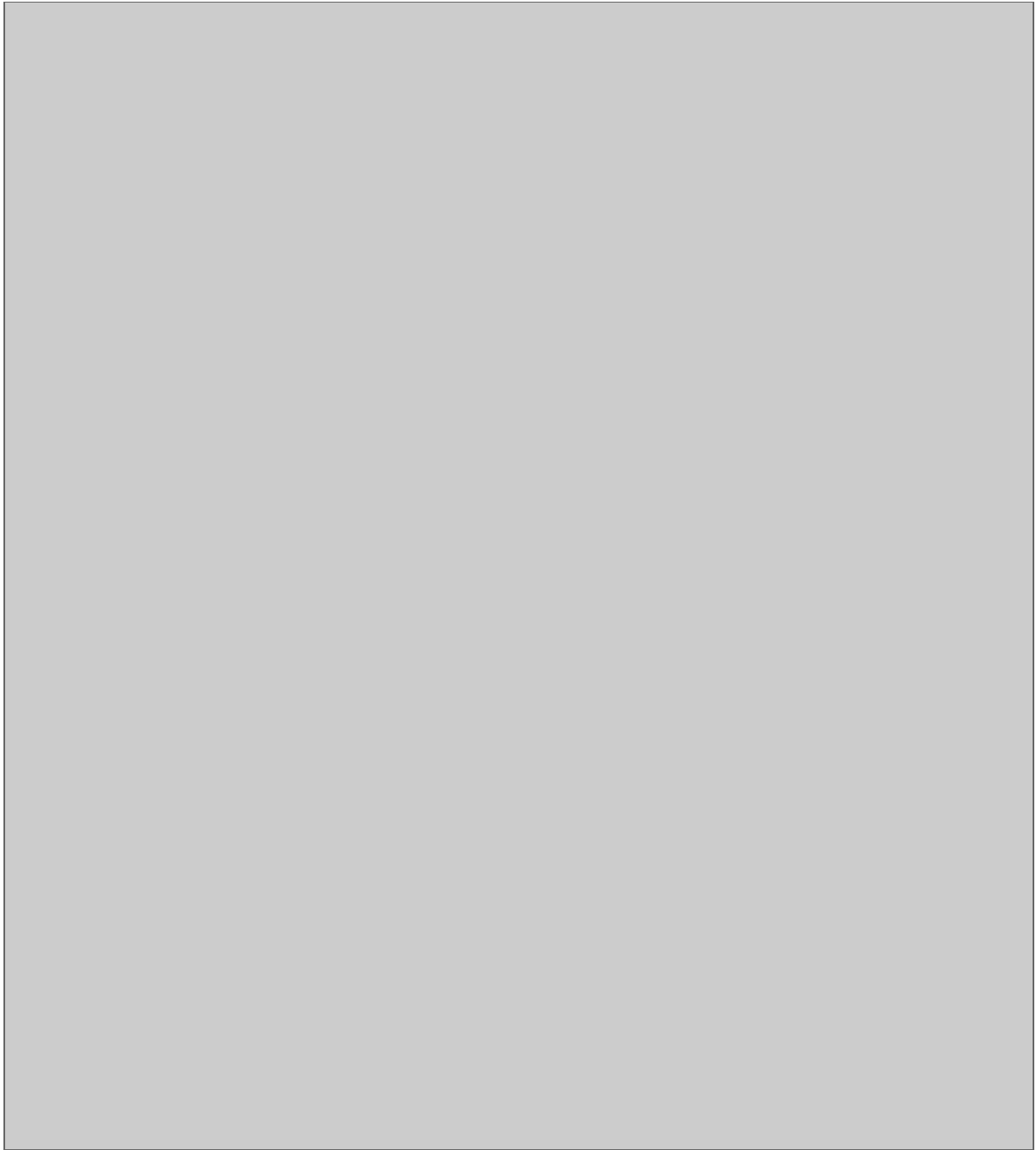
Note: Maximum vehicle headroom is 2.1m, 6' 10"



Figure 2 – Vehicle height restriction at entrance road to Lower East Court play area car park

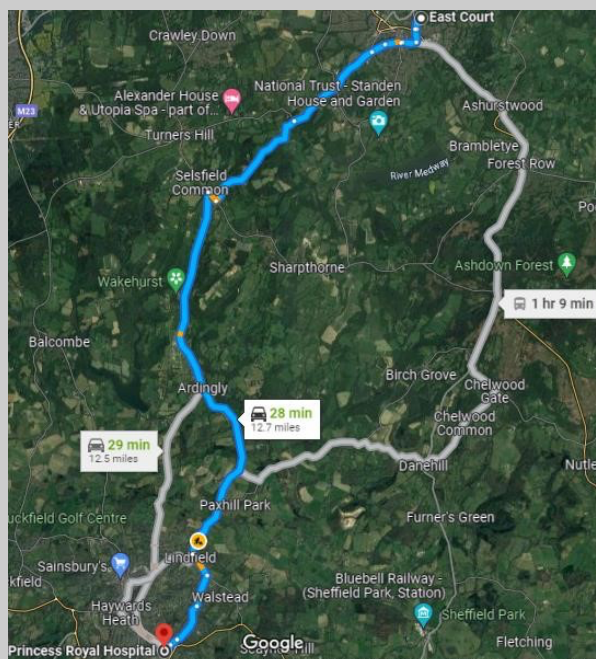


Figure 3 – Lower East Court play area car park

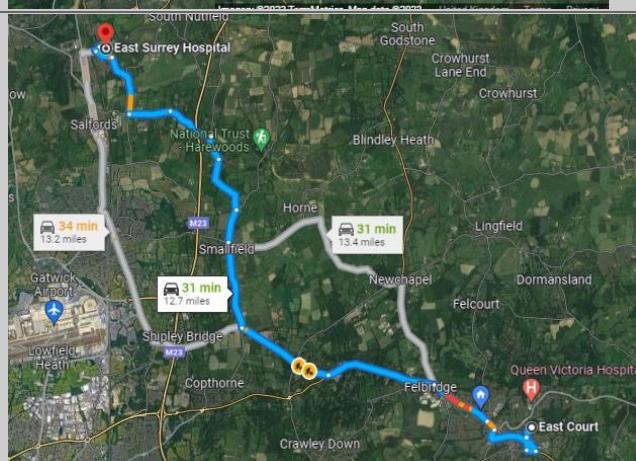


OTHER INFORMATION

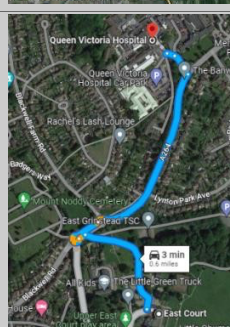
Nearest A&E / Trauma Hospital:
 Princess Royal Hospital,
 Lewes Road, Haywards Heath,
 West Sussex, RH16 4EX



Alternative A&E / Trauma Hospital:
 East Surrey Hospital,
 Canada Avenue, Redhill,
 Surrey, RH1 5RH



Nearest Walk-in Centre (Minor Injuries):
 Queen Victoria Hospital,
 Holtye Road, East Grinstead,
 West Sussex, RH19 3DZ



We ^{do} only
positive.

