



Linlithgow Academy Hockey Club

Procedures for home matches

Upon arrival

- Please arrive at least 30 minutes before matches are due to start.
- Check the pitch and pavilion are unlocked. If not, go round to the front entrance of the school to fetch the janitor on duty.
- Linlithgow teams generally change in rooms 1 and 2, with the away teams in rooms 3 and 4.
- Ensure first aid kits, which are stored in goalkeeper bags, are in place at the side of the pitch.
- If you are first aid qualified, you may wish to bring a thermos flask full of ice.

Oranges

- Speak to Sheena Addison in the Social Area to cut-up/collect oranges.
- Ensure that each Linlithgow team captain has two bags of oranges for their half-time refreshments.

Teas

- All players may have a free cup of juice and a biscuit each after their matches.
- Helpers, umpires, visiting staff etc should also be given a free drink and biscuit.
- Spectators will be asked to make a payment for refreshments.
- Second-hand clothing will be on sale.
- Visiting groups, eg swim tuition, should be encouraged to make use of this service.