



# Information sheet

**If you have any questions about the Green Hearts project you should find the answer below.**

**If not, just call us on 020 7323 0331 or email [greenhearts@lpff.org.uk](mailto:greenhearts@lpff.org.uk)**

## **Can I bring my children?**

Your children are welcome to walk around the path with you. They do not need to register as a participant and are using the path at their own risk.

## **Can my children come to the ground and play football or cycle while I exercise?**

We cannot allow any activity on our football or cricket pitches as we need to protect them for the schools and clubs that have hired them out.

## **Can I use my pushchair or bicycle on the path?**

The Green Hearts path is marked out on grass on the perimeter of the playing field so it is not suitable for pushchairs or bicycles.

## **Can I bring my dog?**

The only dogs allowed on the ground are Assistance Dogs.

## **Why do I have to wear the armband?**

The armbands have been given out to all registered Green Hearts participants to ensure your safety on the ground. They enable the groundstaff to recognise registered participants and let you know that other people exercising on the ground have permission to be there.

## **When are the led walks?**

The led walks take place on Fridays and Saturdays from 10.00-11.00am. Meet at the entrance gate. The walks are delivered by a qualified Walk Leader and are open to all abilities.

## **Will there be other activities on the ground while I am exercising?**

The groundstaff are onsite every day and they will be maintaining the pitches and facilities.

During the week there will be coaching courses taking place on the 3G pitch and use of pitches by local schools. At the weekend the grass football pitches will be heavily used on Saturday afternoon and Sunday morning by male adult teams and youth teams on Sunday afternoons.

## **Are there toilets I can use?**

There are toilets in the pavilion that you are welcome to use when the pavilion is open.

## **Are there any changing rooms?**

The only changing rooms on site are team changing rooms, they are not available for Green Hearts participants.

**Are there any lockers when I can leave my bag?**

There are no individual lockers on site.

**Is the ground open in the evenings?**

The ground is open during the summer evenings. There is a clock on the front gate signifying the closing time of the Green Hearts path each evening.

As there is no lighting on the playing field the path cannot be used during winter evenings.

**Why was the gate shut when I turned up on Wednesday at 2pm?**

The gates are only open when the groundstaff are on site. If they have to leave the site during the day then they will lock the gate to ensure site security.

**Can I use the path if it is raining?**

Yes. Just make sure you have suitable footwear and take care when walking around the ground.

**Can I register for Green Hearts online?**

Yes, you can use the following link: <https://mailchi.mp/bc4d2497da2f/greenhearts>

**Does Green Hearts cater for people with disabilities?**

We aim to be as inclusive and welcoming as possible. If you have any special requirements please contact us beforehand to discuss your individual requirements. Email [greenhearts@lpff.org.uk](mailto:greenhearts@lpff.org.uk) or call 020 7323 0331. The path is marked out on grass so it is not suitable for wheelchair users.