



TURF TRAINING REGULATIONS

- Training is strictly limited to 1 (one) hour time slots
- All fitness is to be conducted on the grass fields **NOT ON THE TURF**
- All persons must wear appropriate foot wear for a synthetic turf
- Footwear with spikes are **NOT** permitted on the synthetic turf
- Footwear **MUST** be thoroughly cleaned before entering the synthetic turf area
- Alcohol, food, chewing gum or glass are not permitted on the synthetic turf
- Water & sports drinks in plastic containers may be taken onto the synthetic turf
- Players and umpires are not permitted to wear jewellery, body piercing or fashion accessories, including but not limited to bobby pins.
that may cause injury to another player or damage the synthetic turf
- Jumping off or climbing on fences surrounding the synthetic field is strictly prohibited.
- Smoking is not permitted on the turf, its surrounds or HBHA Hockey Complex in its entirety
- Team/s vacating the turf are to leave it clean & tidy ensuring they vacate the area promptly.
- No unauthorised person/s may enter or remain in the technical bench area
- The hitting of balls inside the technical/team bench area is prohibited
- Moving or tampering with the water cannons is prohibited
- ONLY authorized Hervey Bay Hockey Association officials may operate the watering system
- Hitting up in the Goal Circle's **during training is not permitted** (only during pre-game warm-ups)
- Upon completion of all training, goal boxes are to be positioned on the side line
- Hitting a hockey ball in the direction of the club house is not permitted at any time.
- Deliberate repetitive hitting up against the side retaining walls is not permitted at any time.