

# WELCOME



# TO ADULT HOCKEY AT BHHHC







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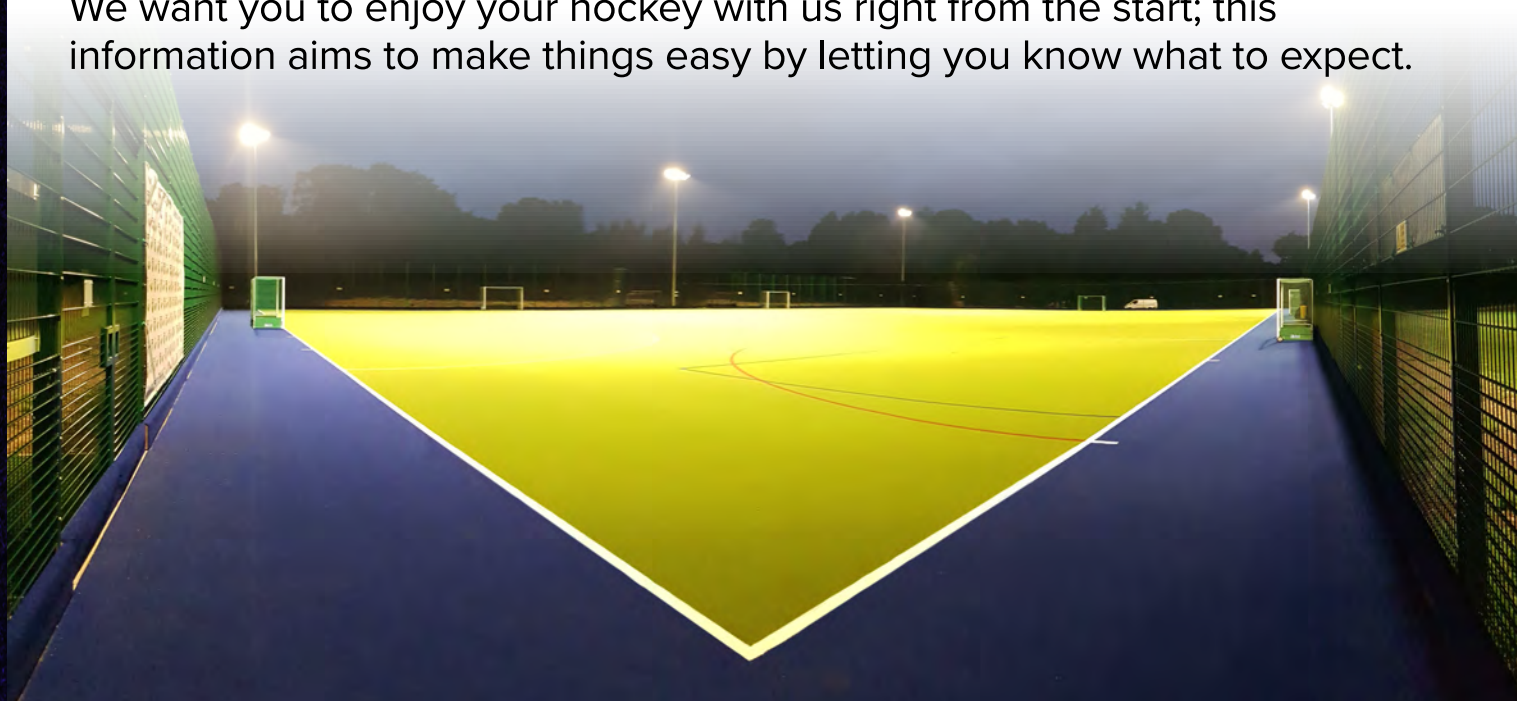
**Berkhamsted and Hemel Hempstead Hockey Club (BHHHC)** (est. 1903) has a long history of providing a safe and friendly environment for people to enjoy hockey and get together with others.

The clubhouse is set in idyllic Hertfordshire countryside and boasts a new, state of the art AstroTurf pitch plus grass pitches for nostalgic summer hockey.

We are a rapidly growing club that currently has 5 Men's and 4 Women's adult hockey teams playing league hockey. We have a vibrant training and development programme for adults and youth ranging from 4 years and above.

So, whether you're an experienced player, a complete beginner, returning to play or are transitioning from youth to adult hockey, we very much look forward to meeting you and welcoming you to our club.

We want you to enjoy your hockey with us right from the start; this information aims to make things easy by letting you know what to expect.



# GETTING STARTED

*[berkohockeyclub.com](https://www.berkohockeyclub.com)*

Firstly, you will need to join the club by registering through the club website

*<https://www.berkohockeyclub.com>*

You might find our registration guide helpful: *[tinyurl.com/bhhhcregdoc](https://tinyurl.com/bhhhcregdoc)*

You will have been in contact with someone at the club, but if you are not sure which team you'll be playing for, sign up for a lower team and you will be moved by the club captain if that team isn't the best fit for you. You will also be allocated a club number which you need to have printed on to the back of your shirt when playing league matches.

In addition, England Hockey require all players to register with their Game Management System (GMS). GMS is a system that records hockey matches in England, it holds all club team and player records as well as game data entered by the team captains or managers.

Information on how to register via *[www.englandhockey.co.uk/play/gms-player](https://www.englandhockey.co.uk/play/gms-player)*

Finally, we record all hockey related injuries using a digital platform, SportSmart.

The programme enables effective risk management and injury prevention for sport. When you register with the club we will add you to the platform.

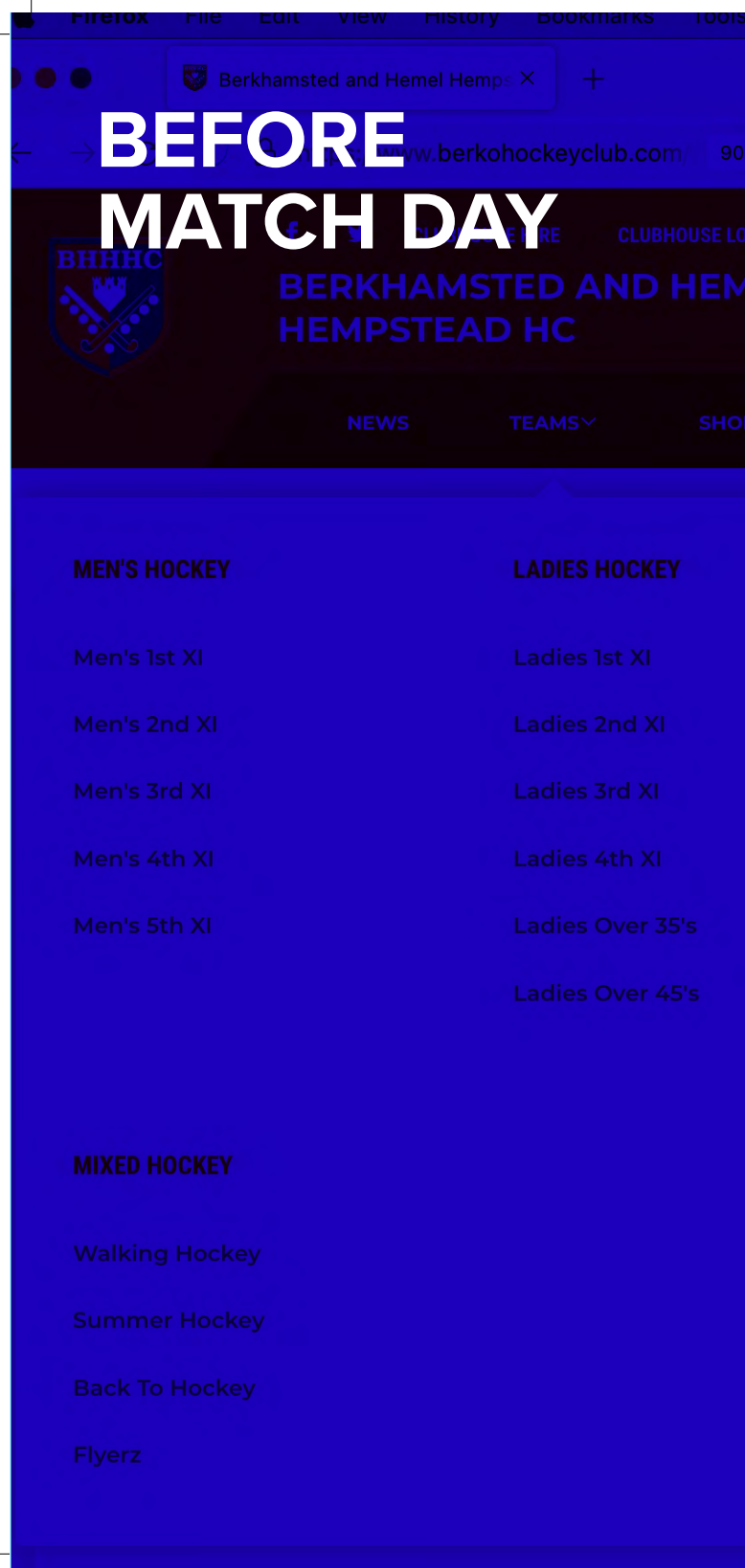
If you would like more information on how personal data is kept safe please read the privacy notice here: *[tinyurl.com/BHHHCpodiumPrivacy](https://tinyurl.com/BHHHCpodiumPrivacy)*

If you would prefer to opt out please email *[h\\_s@berkohockeyclub.com](mailto:h_s@berkohockeyclub.com)* to let us know.

## **Subs and match fees – what's the difference?**

BHHHC charge subscription fees and match fees to cover the costs of playing hockey. Hockey subscription fees (subs) are due at the beginning of the winter season, and match fees at each game played. These fees enable the club to provide coaching, umpires, pitches, insurance, kit and league entries for members. Once you have registered as a member, subscription fees will automatically be requested and payment is straight forward via the website on pitchero. Weekly match fees are due on the day you play and again is straight forward using Pitchero. For full information of prices and concessions visit:

*[tinyurl.com/BHHHCSubsMatchFees2023](https://tinyurl.com/BHHHCSubsMatchFees2023)*



Please indicate before Monday evening your availability to play the following Saturday. If you are not sure please record yourself as a 'maybe', adding a little explanation if possible. This really helps the captains know who is available for selection.

You will get a message via Pitchero indicating which team you've been selected to play for. Please confirm that you are playing at that stage, so that the squad is sure you are coming.

Club policy is to create the best possible teams in order to win matches; we also need to ensure there is adequate cover for each of the teams, so it's possible you could be asked to play up or down from your usual squad.

All times and locations of matches are published on Pitchero. Times stated are actual push-back times, teams will normally meet ½ hour before the match for warm up and team tactics. This is an important part of the preparation to play, so please do try to arrive on time.

It's very usual for teams to share lifts, particularly for away matches as its good fun and obviously better for the world. Let your captain know if you would like a lift. If you are U18, our safeguarding policy advises against travelling with just 1 other adult, so we always try to get you in a car with several others.





# ON MATCH DAY

## BHHHC Home kit

White tops  
Blue shorts/skort  
Blue and red stripe socks

## BHHHC Away kit

Red top  
Blue shorts/skort  
White socks (any plain white football type sock)

All kit can be ordered from: [tinyurl.com/BHHHCclubKit](https://tinyurl.com/BHHHCclubKit)

Players usually come in their kit ready to play; we do have changing facilities at the club but they are shared, so are accessible to all club members. It is standard to wear home kit even when away from home, unless there is a colour clash with the opposition. Captains will let the team know if there is a need to switch to the away strip. If you don't have a red 'away' top it is often possible to borrow one, just ask.

Remember to bring water with you to matches.

## Keeping safe

Having the right equipment helps to minimise risk of injury, take a few minutes to make sure you have that equipment for safer play.

**It's mandatory for U18s to wear a properly fitting mouth guard, full length hockey shin pads, a (L) handed hard-shell glove plus a face guard if defending a short corner. It is highly recommended that all players also follow this guidance.**

The club has worked with market leaders, Opro to create a bespoke Instant Custom-Fit mouthguard, which provides high quality mouth protection. For details on how to order, please check the club website. High-impact guards are always required for hockey.

Our supplier **Chiltern Sports**, has a range of sports equipment: Hard shell protective gloves are available in a range of sizes. The Left hand is most vulnerable to impact, however protective gloves can be worn on both hands to reduce risk of injury. **All Under U18s training and playing in adult teams must wear a glove on (L) hand as a minimum.** If you regularly defend short corners a face guard must be a part of your protective gear. We have a few club faceguards which you may borrow if they are available on the day until you get your own equipment sorted

Hockey astro shoes provide stability and some foot protection from impact with the ball compared with other types of footwear. Hockey Astros are suitable for use on the astro surface, and will reduce the risk of slipping and ankle injury. Trainers do not provide these same benefits.

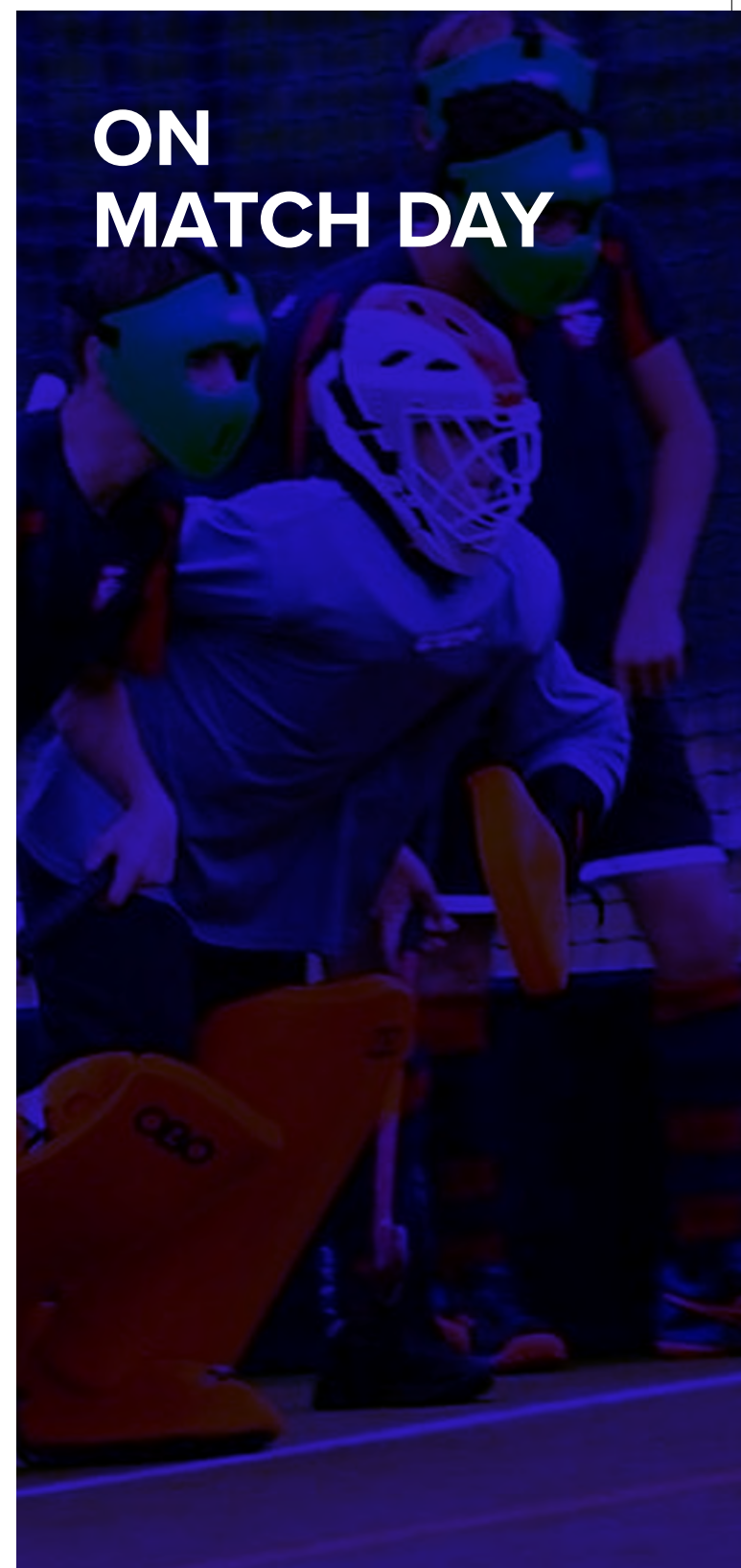
Goal Keepers obviously need full protection. If you don't have your own kit, the club does have kit to borrow. Ask either the Ladies or Men's Club Captain for specific help and advice.

Each team carries a first aid kit and we aim to have a first aider in every squad. If you or your child has a medical condition that might require a first aider to take action in an emergency or you carry medication with you that might need to be used, please let your captain or coach know. They will pass on the information to the first aiders in your team so they might be better prepared to help you if and when it's needed. If your medical condition changes, it's your responsibility to make sure you keep your captain/coach updated. All first aiders and captains are aware to treat all personal information sensitively.

### **Last minute changes and team chat**

Any last minute changes will be communicated using messaging on Pitchero. Most teams also have a WhatsApp group for everyone over 16. You will be invited to join for general hockey chat. If you are Under 16 playing in an adult team, your parent or guardian can join the WhatsApp group on your behalf.

Obviously sometimes things change for you too, if you are running late or your availability changes last minute, please make sure your captain has got that message so they can plan the necessary changes.







## AFTER THE MATCH

Remember to thank the umpires as without them the games can't take place. We give '3 cheers' to the opposition, led by the captain and thank individual opposition players.

It's standard practice for the team to go back to the club house for post-match 'teas'. If you would like food please let the captain know by Thursday. If you don't want to eat, just come back for a drink and a chat. This is the time for teams to choose their player of the match, it's an easy way to get to know your team mates.



## TRAINING

**Monday Night All Club Training** is held at Cow Roast, Tring, HP23 5RF Young players are welcome from 13 years upwards. Both men and women train together in energetic drills and match practice.

**Performance Training** takes place on Wednesday evenings. This session is for players in the 1s and 2s. If you are not in those squads yet but are aspiring to get in, you may be invited to join them.

**All timings for these sessions are advertised on Pitchero, please check there for any changes to your slot and for additional opportunities to play.**

**Walking Hockey** takes place in term time on Tuesdays at 1pm. It's mixed hockey at a gentler pace for all ages and abilities. Contact [walking@berkohockeyclub.com](mailto:walking@berkohockeyclub.com) for more information or check the website.



## SOCIAL LIFE

Our clubhouse is in a stunningly beautiful location. It really is a great part of club life to return to the clubhouse after home matches for post-match chat, food and use of the bar.

Socials are also hosted throughout the year at the club. Your family/friends are also most welcome to play and/or just join you in enjoying the all the extra events that are very much part of being a member of BHHHC.

For further information watch out on Pitchero or contact the social secretary via [social@berkohockeyclub.com](mailto:social@berkohockeyclub.com)



# COMMUNITY OUTREACH & VOLUNTEERING

## WHO IS WHO?



As a club, we enjoy participating in community activities and welcome the community to our club activities. We take part in the yearly Berkhamsted Rotary Santa Sleigh journey through town as well as dedicated charity drives.

Our club also runs an active Hockey PE and afterschool club provision in our local community and has coached hockey in more than 14 schools over the past two years. We have around five qualified coaches, delivering the sessions and enabling more children to experience hockey. We also facilitate yearly inter-school tournaments to support competitive integration through hockey.

For further information contact:

*[schools@berkohockeyclub.com](mailto:schools@berkohockeyclub.com) or [chair@berkohockeyclub.com](mailto:chair@berkohockeyclub.com)*

It can be hard to know who is who at the start.

Your main point of contact will always be your team Captain.

Club members who fulfil particular roles can be seen on the website, but if you're not sure please just ask your captain or a teammate.

If you have an idea or suggestion please let us know. We are keen to hear from you.

If something has happened that you are not happy about, we also want to hear about it.

Again, your first point of contact is your captain or alternatively the Women's or Men's club captain

*[ladiescc@berkohockeyclub.com](mailto:ladiescc@berkohockeyclub.com) or [menscc@berkohockeyclub.com](mailto:menscc@berkohockeyclub.com)*

Problems of a personal nature can be directed to the welfare officer  
*[welfare@berkohockeyclub.com](mailto:welfare@berkohockeyclub.com) or [welfare phone: 07783 329156](tel:07783329156).*













**HOCKEY**

SINCE 1903

**ASTRO**

SINCE 2022

