

SUSSEXSPORT

# Match Day Information Pack

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## Falmer Sports Complex at the University of Sussex

The enclosed information may be useful when using the facilities at the Falmer Sports Complex, at the University of Sussex.

### Directions / Campus Map

Address:

Falmer Sports Complex

University of Sussex

Pavillion Road

Brighton

BN1 9PL

Reception: 01273 877125



# SUSSEXSPORT

## Parking

Parking is very limited at the complex, and regulated through the day, 7 days a week.

All cars **MUST** be parked in a designated bay. If there are no available spaces, then users must park in an alternative car park, highlighted in Blue on the map below.

All access signs must be obeyed, as emergency access must be maintained at all times.

Coach access is limited up Pavilion Road. It is recommended that players be dropped off at the bottom of Pavillion Road, and park in one of the other car parks.

Mini buses may use the normal car park if a space is available.



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## Parking Charges

Parking charges apply Mon – Fri, 9.00-5.00, all year round. Evenings and weekends are not charged, but are still patrolled, so parking rules must still be adhered to at all times. Users of the facilities may purchase a non-transferrable scratch card from reception for £2 per day, which is usable in all car parks.

## Footwear

We have 3 different types of pitch – Grass, 3G and Astroturf - which have specific footwear requirements, to minimise the risk of personal injury to users, and also to reduce the damage to the pitches.

If you are not wearing suitable footwear for your playing surface, you will not be able to play, regardless of the event. The footwear guidelines are described below.

### Moulded Circular Multi-stud Boots

3G Pitches ✓

Grass ✓

ATP ✗

The recommended footwear for all competitive training and matches on 3G surfaces.



### Astroturf / 3G Trainers

3G Pitches ✓

Grass ✓

ATP ✓

Trainers with a dimpled sole are the recommended footwear for all training on 3G surfaces.



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### Plastic Bladed Boots

3G Pitches ✓

Grass ✓

ATP ✗

Can be used, but some tests have shown restrictions to rotational movements when using blades on 3G surfaces. Therefore, they are allowed, but NOT recommended.



### Training / Running Shoes

3G Pitches ✗

Grass ✗

ATP ✓

Flatten the surface, and do not provide enough grip on grass or 3G, increasing risk of injury.



### American Football Specific Cleats – Plastic Moulded

3G Pitches ✓

Grass ✓

ATP ✗

Combination of blades and round moulded studs – Rotational movements on the front of the foot are safe, with power of blades at the heel. “Sharks” are suitable for all surfaces.



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### Metal Studs of ANY variety

3G Pitches



Grass



ATP



Not allowed on any artificial surface.



### Changing Rooms

We have a limited number of changing rooms at the facility. For match days you will be allocated a changing room. Please be aware that due to the limited number of changing rooms, your changing room may not be able to be locked, or you may need to clear the changing room while playing for another team to use.

### Lockers

We have a number of bag lockers and small valuable lockers. These all require a padlock to secure them. Please either provide your own or they can be hired from reception for 50p.

### Food / Drink Provision

We have a food and drinks vending machine located at reception, which offers a range of soft drinks and snacks, as well as protein snakes / bars. There is also a hot drink vending machine.

During term time, the Bar will be open at various times. Wednesdays and weekends, it will be open from 12.00-10.00pm, and has a fully stocked bar and kitchen with food menu.