



MATCH DAY INFORMATION

Cowden Recreation Ground



Team Colours:
Shirt - Red and Black
Shorts – Black
Socks – Red / Black
www.awjfc.net

Ashurst Wood Junior Football Club looks forward to welcoming your team!

Please ensure your coaches, match officials, spectators and players, ALL play their part and support the FA's Code of Conduct.

PITCH DETAILS / FACILITIES

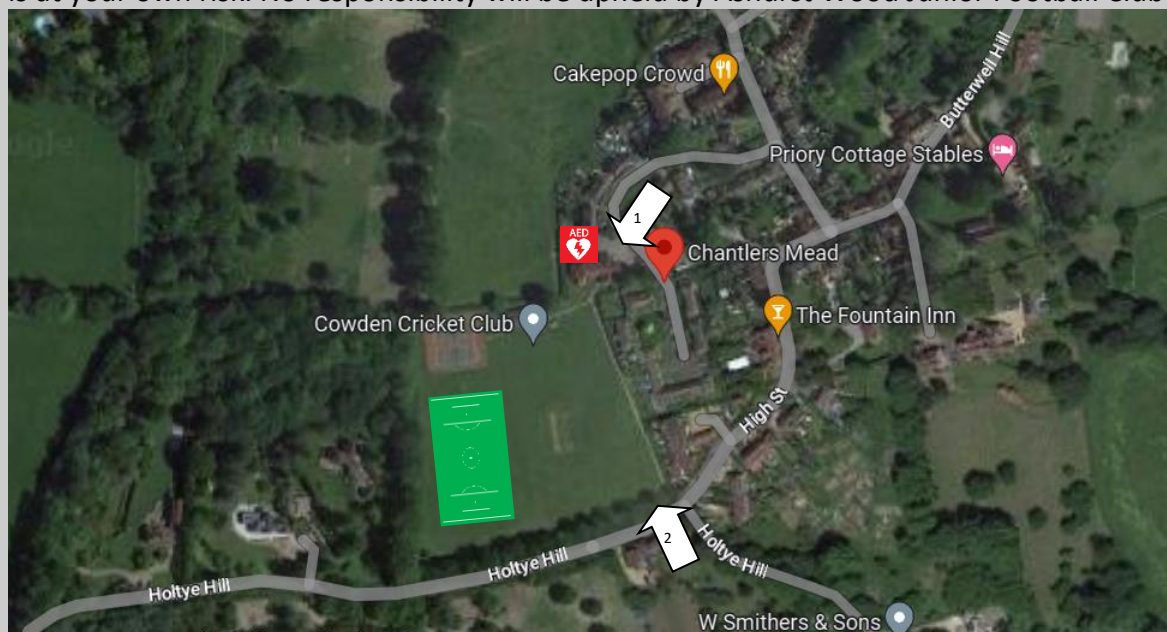
Pitch Address:

Cowden Recreation Ground, Chantlers Mead, Cowden, TN8 7HU

[Directions](#)

Parking:

Parking is available in the Memorial Hall car park at access point 1. Limited parking in the High Street is also possible at access point 2. We request that all participants respect the residents of Cowden and park considerably in accordance with the Highway Code. Parking is at your own risk. No responsibility will be upheld by Ashurst Wood Junior Football Club.



Map Key



11v11



Access point



Defibrillator

Facilities: The Pavilion is located adjacent to the tennis courts with changing rooms and toilet facilities. If you require use of the changing rooms on match day, please arrange this in advance with the Ashurst Wood coach.

ACCESS POINTS

Access Points:

1. **Chantlers Mead** – Access to Memorial Hall car park
2. **High Street** – Footpath

EMERGENCY ACTION PLAN

Club Name:

Ashurst Wood Junior Football Club

Pitch Address:

Cowden Recreation Ground, Chantlers Mead, Cowden

Post Code:

TN8 7HU

what3words Reference: **Sailor.runner.picked**

FIRST AIDERS / HELPER INFORMATION

Contact the relevant Ashurst Wood matchday coach for:

- Match day first aider or helper
- Emergency contact number
- Pavilion key
- Queries about this Emergency Action Plan

First Aid resources can be found on our website: www.awjfc.net/Welfare

FIRST AID EQUIPMENT AND FACILITIES

First Aid Room:

If required, the Pavilion can be used as a First Aid Room.

Defibrillator (AED):

A defibrillator is located on the Memorial Hall wall in the car park. The defibrillator is registered with the ambulance service; the code can be obtained by calling 999.

Memorial Hall

Chantlers Mead, Cowden, TN8 7HU

what3words Reference: **attend.label.liability**



Figure 1 – Cowden AED

EMERGENCY ACCESS ROUTE

There is no pitch access for emergency vehicles.

In an emergency, an ambulance should be directed to the Memorial Hall car park at access point 1 or the High Street at access point 2.

what3words reference:

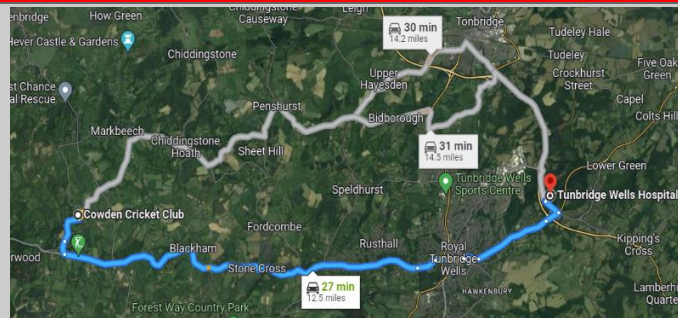
Memorial Hall car park – [Slides.dull.riders](https://www.what3words.com/?w3w=Slides.dull.riders)

High Street – [bike.hogs.piles](https://www.what3words.com/?w3w=bike.hogs.piles)

OTHER INFORMATION

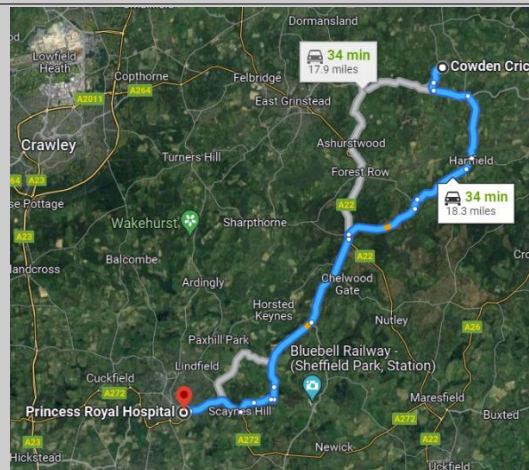
Nearest A&E / Trauma Hospital:

Tunbridge Wells Hospital,
Tonbridge Road, Royal
Tunbridge Wells, Tunbridge
Wells, TN2 4QJ



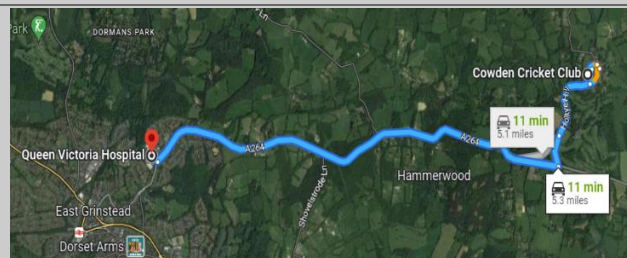
Alternative A&E / Trauma Hospital:

Princess Royal Hospital,
Lewes Road, Haywards Heath,
West Sussex, RH16 4EX



Nearest Walk-in Centre (Minor Injuries):

Queen Victoria Hospital,
Holtye Road, East Grinstead,
West Sussex, RH19 3DZ



*We do only
positive.*

