

# **CARLISLE RUGBY FOOTBALL CLUB**

## **Grounds Protocol**

- 1. Pitches One and Two must be preserved at match quality.**
- 2. In inclement weather, training must take place on the Pitch 3 and the lights not used on Pitch 2.**
- 3. Under no circumstances should repetitive exercises be used on any playing surface including the dead ball areas. This must include pre-match practice.**
- 4. Repetitive exercises should be carried out on the area adjacent to the allotments behind Pitch Two as far as the grandstand.**
- 5. Repetitive exercises may be used on the strip of ground closest to the wooded area adjacent to Brunton Park.**
- 6. Balanced use of the fields must be achieved.**

**If there is any doubt as to whether the fields should be used or not for training, reference should be made to Norman Laycock.**