



FAQS

Bedford Walking Football Club: a guide

Welcome to the Bedford Walking Football Club FAQs - a short guide to The Club to get you up and running - well - walking.

Bedford Walking Football Club's focus is on allowing players of all ages and abilities to keep playing the game they love.

By staying active and mentally engaged through football, we offer a place where you can enjoy playing football, get a bit fitter, improve your mental health and make friends on and off the pitch.

We play on Monday nights all year round starting at 7pm.

We're fully insured and affiliated with the Bedfordshire F.A.

BWFC was formed in 2012 - it's one of the longest running walking football clubs in the country.



What is Walking Football?

Walking football is a slower-paced version of the traditional game designed for people of all ages and abilities, particularly those who want to stay active, enjoy football, and keep playing the game they love for longer. Running is not allowed, and physical contact is minimised.

Who is Walking Football for?

Walking Football is for everybody. We have no age limits and cater for all abilities.

Is walking football safe for people with health conditions?

Walking football is designed to be a low-impact activity, making it suitable for people with certain health conditions or mobility issues. However, we recommend consulting your doctor before starting if you have any concerns.

How is walking football different from regular football?

Key differences include:

- Running is not allowed - at least one foot must remain on the ground at all times.
- Tackling is minimal with none allowed from behind or the side.
- Smaller pitches and teams between 6 to 8 aside normally.
- Matches are shorter - we play five, 14 minute matches a session.
- Emphasis is on skill, strategy, and enjoyment rather than speed or aggression.

How do I join the club?

You can join by contacting us via email or through our website.

You'll need to fill in a Registration & Medical form and return it to us before you play for insurance purposes.

Do I need to have previous football experience?

No prior experience is necessary. Walking football is about having fun, staying active, and meeting new people.

Are there membership fees?

£5 a session to cover the costs of equipment, pitch hire, insurances, affiliations and other expenses. We offer flexible payment options, including pay-as-you-play tap payments on the night and Bank Transfers.

Where are the sessions held?

Up until Easter we play at:

Gordon Fields Astro Turf Pitch, Brickhill Drive, Bedford MK41 7PZ

After Easter we play at:

University of Bedford Astro Turf Pitch, Polhill Ave, Bedford MK41 9EA

All sessions run from 7pm until around 8.30pm.

We play 5 fourteen minute matches, rotating teams so we all play each other.

Maps are at the back of this document.

Is there parking?

At Gordon Fields there's limited on road parking on Brickhill Drive. Parking in the Pilgrim Centre isn't advised as they lock the car park before we finish some times. There's also parking on Lark Way but please be mindful of the residents drives.

At The University there's paid for parking on campus and on road parking.

Do you play tournaments?

We play in various tournaments throughout the year when they arise. Some are organised by other walking football clubs and some are put on by The Bedfordshire F.A.

Generally, these cater for over 50s and over 60s teams and are a lot of fun.

What equipment do I need?

All you need to start is comfortable clothing and suitable trainers or preferably some AstroTurf boots. Trainers will be fine to start, but boots are better and can be bought from Sports Direct from around £25.

We provide bibs and balls during training sessions.

Are the pitches different from regular football?

Yes, walking football is played on smaller Astro Turf pitches, making the game more manageable and enjoyable for players.

What measures are in place to prevent injuries?

The game's rules are designed to minimise risks, with no running, minimal contact, and smaller pitches. We also encourage proper warm-ups and cool-downs before and after sessions.

What happens if I get injured during a session?

Our volunteers are trained in basic first aid and will assist you. We also have a first aid kit and defibrillator available at all sessions.

Are there social activities outside of football?

We're looking to organise a variety of events, including team get togethers, fundraisers, and community outreach programs. Walking football is as much about making friends as it is about playing the game!

Can I volunteer with the club?

If you're interested in helping out, please get in touch with us.

Do you offer sessions for beginners

All our sessions are beginner-friendly to help new players learn the rules and build confidence.

How do I stay updated about The Club's activities?

You can follow us on Facebook:

<https://www.facebook.com/groups/296068907168540>

The web site is:

www.bedfordwalking.football

We also send out a weekly email to members and keep in touch through WhatsApp weekly.



Winter Season: Gordon's Field:

Until Easter. 7 to 8.30pm at

Gordon's Field, Brickhill Drive, Bedford. MK41 7PZ



Summer Season: University of Bedfordshire:

After Easter. 7 to 8.30pm at

University of Bedfordshire, Polhill Ave, Bedford MK41 9EA

