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**UKU Tour 2- Captains Pack information**  
19-20<sup>th</sup> June 2010

**First Aid** – A highly qualified first aider will be on site for any medical incidents, they will either be located at tournament central or in the centre itself. He will be wearing a Hi-Viz jacket. He can be contact by all staff who will have radios. If a member of your team requires hospital treatment the address is below, taxis can be called at reception:

Queens Hospital, Belvedere Road, DE13 0RB.

**Camping** – Camping is free of charge at the social club, follow the signs that will be put out. You must take full responsibility of your own belongs and the venue and staff have no responsibility for any loss or thefts. Please make sure noise is kept to a minimum, especially if you are returning to site late at night.

**Litter** – please use rubbish bags/bins provided, take responsibility for your own rubbish!!

**Toilets & Showers** – Toilets and showers can be found in the main sports centre, follow signs. These will be left open until 11pm on both Friday and Saturday night, after that toilets will be available for those camping round the back of the social club.

**Food** – Food will be available on site next to tournament central tent. There is a wide variety (jackets, baguettes, stir fry, delli etc) of food available from 7am onwards. Please please make use of this instead of going to the supermarkets.

**Water** – There will be water stations on site (see pitch map). The centre staff will be topping these up all day. Please bring back your empty containers before taking a full one away.

**Pitches** – The pitches are fairly hard with short grass. Moulded stud/Astro shoes should be fine, the weather is due to be good so fingers crossed.

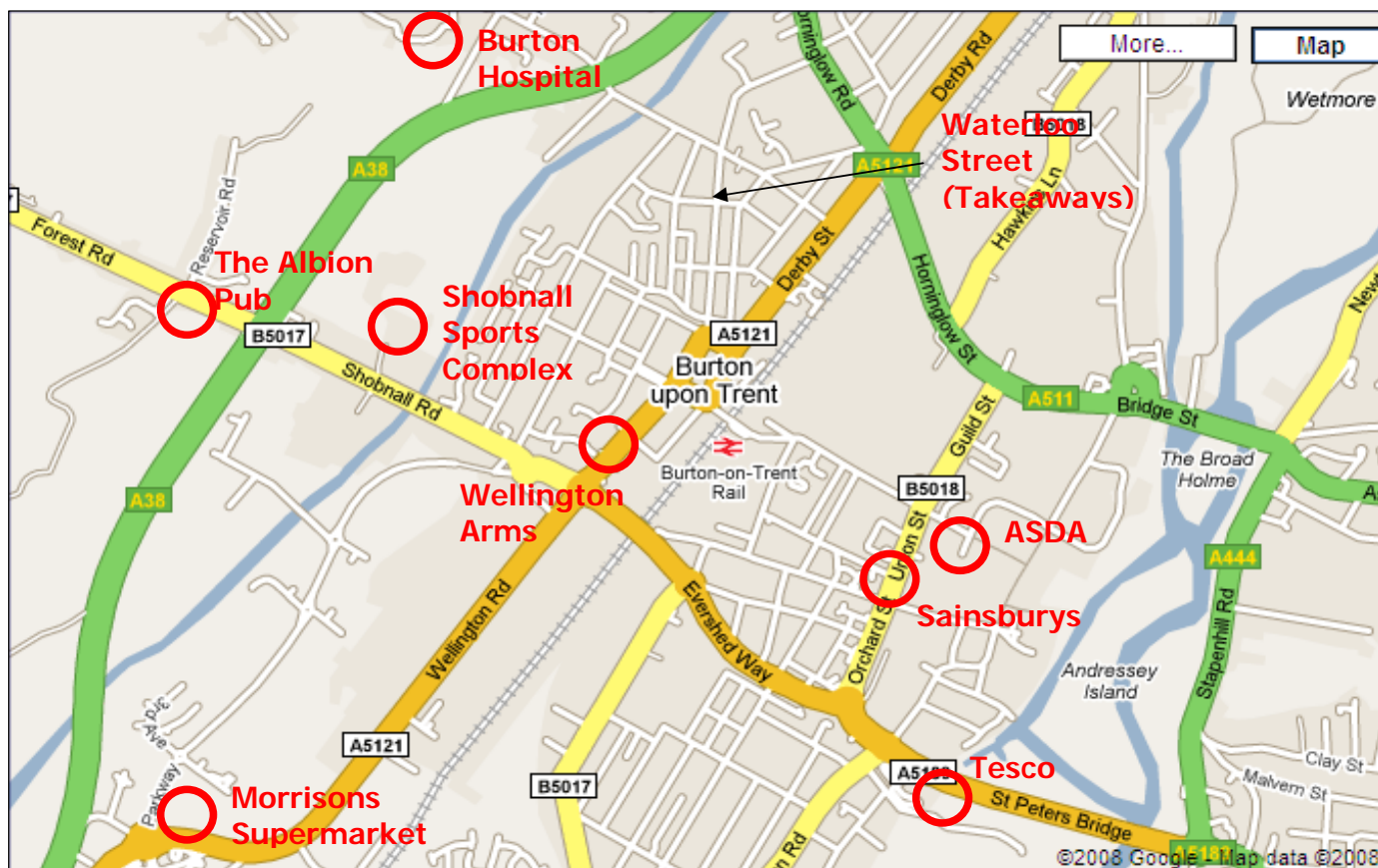
**Shelter** – There are a couple of rooms available in the sports centre for us to use for most of the weekend if you require them.

**Friday night**- bar in the social club is open and there is a big screen for the football.

**Saturday night**- We will have a Disco in the social club with Tom Styles DJing.

**Spirit and score reporting**

Please use the attached sheet and return to tournament central at the end of each day. Anyone not returning their sheets will not be eligible to win spirit or any other award.



### **GRIDDLE**

1/4 lb burgers	£2.30
" with cheese	£2.50
bacon roll L	£2.00
jumbo hot dog	£2.30
jumbo frankfurter	£2.00
chicken burger	£2.50
vegburger	£2.50

sausage and mash with mushy peas or beans  
£ 4.50

### **Extras**

various muffins and cakes from £1.00  
tea 80  
coffee 100  
bottles from 100

### **JACKETS**

butter	£ 2.00
cheese	£3.00
beans	£3.00
cheese and beans	£3.50
beans and sausage	£3.50

### **DELLI**

fresh filled sandwiches baguettes and salads  
from £1.50

### **STIR FRY**

veg	£3.50
veg with chicken in sweet chilli	£4.50
veg with beef in black bean	£5.00