



ASSOCIACIÓ KEEP CALM BARCELONA

KEEP CALM FOOTBALL

Member Guide

COMMUNITY GUIDE

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WHAT KEEP CALM FOOTBALL IS

Keep Calm Football is part of the Keep Calm community for English speakers in Barcelona, a not-for-profit, volunteer-run group built on inclusivity, reliability and collaboration. We play together every Friday evening, usually up on Montjuïc, and head to a nearby bar afterwards for a drink and a chat.

We've teamed up with Vaya Sports, who book the pitch, provide bibs and balls, and put an on-site organiser on the day to keep the games balanced and running smoothly. All levels and abilities are welcome, ladies and gents alike. This is social football, not a league, so turning up and having a good time matters far more than the result. Every Keep Calm group, including this one, is 18+.

WHO IT'S FOR

Nobody needs to prove themselves before joining in. Rather than throwing everyone into one game and hoping it stays fair, Friday football actually runs as up to three separate games each week, one for each skill level: Beginner, Improver, and Intermediate, each kicking off at its own time. That means a genuine beginner plays with other beginners, not alongside people who've played for years, and someone more experienced can head straight for the level that suits them.

If you're not sure which level fits, come to the beginner game. Nobody is expecting professionals there, and the on-site organiser balances the teams so it stays fun and even either way.

HOW A SESSION WORKS

- Each week's games are posted in the Keep Calm Football WhatsApp group, one Vaya sign-up link per skill level, with the venue and kickoff time for each.
- Sign up and pay your share for whichever level suits you, directly through the Vaya app. The sign-up fee is currently €6, paid on Vaya, which covers the pitch and Vaya's on-site organiser. There's no separate Keep Calm membership fee.
- Spots are limited (8v8 per game), so sign up early if you want to be sure of a place.
- Arrive at least 10 minutes before your game's kickoff so teams can be sorted and things start on time.
- Vaya provides the bibs and balls. Bring a black or dark shirt of your own too, since it helps split the teams.
- After the whistle, we head to a nearby bar for roughly 30 minutes to an hour of drinks and a chat. It's a big part of the session, so come along even if you only fancy the social side.

WHERE WE PLAY

Our regular home is Satalia, up on the Montjuïc side of Poble Sec, with views over the city as the sun goes down on a Friday. The venue can occasionally move to a nearby pitch when Satalia isn't available, so always check the exact venue and kickoff time in that week's WhatsApp post and Vaya listing rather than assuming.

HOW TO JOIN

1. Join the Keep Calm Football WhatsApp group.
2. Watch for that week's Vaya sign-up links, posted with the venue and kickoff time for each level.
3. Sign up for the level that suits you, and pay your share through Vaya.
4. Bring the right footwear and a dark shirt, and arrive 10 minutes early.
5. Show up and play.

Join here: <https://keepcalm.fit/whatsapp/football>

WOMEN'S FOOTBALL

We also run a women-only WhatsApp group for anyone who'd rather start out in a women-only space. The best way to get playing right away is still the Friday beginner game, which women are actively encouraged to join, and the women's group is where we share that invite and any women-only sessions as they come together.

Join here: <https://keepcalm.fit/whatsapp/womens-football>

SAFETY AND INCLUSIVITY

- Separating games by skill level, not just saying "all levels welcome", is how we actually keep things fair for genuine beginners. You won't be the only newcomer on the pitch.
- The on-site Vaya organiser balances the teams on the day and is there to help with any questions or issues during the game.
- Keep tackles fair and sensible. No reckless or aggressive play.
- If you pick up a knock, sit one out rather than pushing through.
- We play rain or shine. Games are only cancelled in extreme conditions, and Vaya will notify you through the app if that happens, with the organisers also posting in the WhatsApp group. Don't assume a cancellation from the forecast alone, wait for official word.
- For our full safety, data and conduct policies, see <https://keepcalm.fit/policies>.

RULES AND ETIQUETTE

- **Show up if you say you're playing.** Football needs even numbers, and a late drop-out can ruin the game for everyone. If your plans change, let the group know as soon as possible, and remove yourself from the Vaya game so someone else can take the spot.
- **Pay your share promptly.** The pitch is booked and paid for either way, so if you confirm and then cancel last minute, you may still owe your share.
- **Wear the right footwear for the surface.** Some indoor and fútbol sala venues don't allow studded boots. Check the listing if you're unsure, since the wrong footwear can damage the pitch and get the group barred.
- **Keep it friendly.** All skill levels share the pitch, so be patient and inclusive, and sort any disagreement over a call quickly so the game keeps moving.
- **Help out.** Welcome newcomers, keep the banter friendly, and help collect bibs and balls at the end.

FAQ

Is it really beginner friendly? Yes. The beginner game exists specifically so newcomers play with other newcomers, and the on-site organiser balances teams so it stays fun and even. If you're rusty or brand new, just come along.

Can I come just to watch, or for the social? Absolutely. The pitch has lovely views and we head to a bar afterwards, so you're welcome to come down to watch or join the drinks even if you're not playing that week.

What if I don't have a confirmed spot on Vaya? Come along if you're happy to watch, socialise, or fill in if a spot opens up on the day, but please don't turn up expecting to play without a confirmed sign-up, since spots are genuinely limited by the pitch size.

What should I bring? A black or dark shirt, footwear suited to the surface (check the listing if you're unsure), water, and shin pads if you like to wear them.

What happens if it rains? We don't cancel for rain, only for extreme conditions. Vaya will notify you through the app if a game is called off, and the organisers will also post in the WhatsApp group.

Is there a Keep Calm membership fee? No. Keep Calm is entirely volunteer-run and not-for-profit. The only cost is the per-game Vaya sign-up fee, currently €6, which covers the pitch and Vaya's on-site organiser.

LINKS

- Join the WhatsApp group: <https://keepcalm.fit/whatsapp/football>

- Women's Football: <https://keepcalm.fit/whatsapp/womens-football>
- Community policies: <https://keepcalm.fit/policies>

See you on the pitch!