



HEALTH AND SAFETY POLICY

The health and safety of club members, participants, spectators and all others is of paramount importance. The club is committed, so far as reasonably practicable, to operating in accordance with the Health and Safety at Work Act 1974 and all relevant regulations made under the Act.

In order to achieve this the club will :

- provide adequate control of the health and safety risks arising from its activities
- consult with our members on matters affecting their health and safety
- provide and ensure maintenance of safe facilities and equipment
- ensure all participants are provided with adequate safety information
- minimise the risk of accidents
- maintain safe conditions for sporting activities
- review and revise this policy as necessary at regular intervals
- weekly risk assessment within the clubhouse premises and patio area

The Committee has prime responsibility for health and safety and it is the duty of this committee to see that everything reasonably practicable is done to prevent personal injury and to maintain a safe and healthy place of recreation. It is the duty of everyone to act responsibly and to do everything they can to prevent injury to themselves and colleagues.

Day to day responsibility for ensuring this policy is put into practice is delegated to the Business Manager or Activity lead. All club members and visitors are expected to co-operate with the Committee on health and safety matters, take reasonable care of their own health and safety and report all health and safety concerns.

The committee is responsible for monitoring the operation of this policy and for investigating accidents and making recommendations to prevent a recurrence.

Safety Procedures

Risk assessments should be carried out regularly and at the beginning of each sporting activity and an attendance register must be kept. Any adverse findings of the risk assessments must be reported to the Business Manager or Activity lead and remedial action agreed and implemented before activities begin. The correct kit and equipment should be used at all times.

Accidents and First Aid

All accidents, however minor, should be notified to Business Manager and/or Activity lead and if necessary, first aid may be administered by a trained person. In the event of more serious

accidents/injuries (e.g. fracture or dislocation) the next of kin or a young person's parent/guardian should be informed and an incident/accident report filled in.

Drinks

It is important that players drink appropriate amounts of water to reduce the risk of dehydration during a match or practice session. Managers are encouraged to ensure that regular intervals for drinks are arranged in matches.

Sun protection

It is important that players are appropriately protected against the sun and heat by using appropriate sun barrier cream and the wearing of a hat. It is the responsibility of the parent/guardian to apply any sun barrier to a child.

Coaches

All volunteer coaches must abide by ECB coaching qualifications, hold a DBS certificate and appropriate coach membership. Coaches have the responsibility for the supervision and conduct of young people in their care throughout each session of activities they are delivering. Coaches must do their best to ensure the health and safety of everyone taking part in activities.

Umpires and Scorers

All umpires and scorers must have a current DBS check.

Safeguarding Children

The club is committed to making cricket a safe, positive and enjoyable experience for all players, participants, spectators but particularly young people and vulnerable adults. The club endorses and implements the recommendations of the ECB Safe Hands [Safeguarding Young Cricketers] Policy.

Ratios of staff to young people

It is important that there is an appropriate ratio of supervising adults to young people, particularly on away trips, to ensure the safety of the group. The minimum ratio :

- age 8 and under- 1 adult to 8 children
- age 9 and over – 1 adult to 10 children
- net coaching – 1 adult to 8 children
- hard ball coaching – 1 adult to 16 children
- group coaching – 1 adult to 24 children with two other responsible adults present

For single sex groups, there must be at least one same gender supervising adult. For mixed groups there must be at least one male and one female supervising adult.

Outdoor nets

Outdoor nets should cause minimal nuisance or danger to other players or members of the public. Surfaces should be maintained to provide a secure footing and be free from any defect which would cause a ball to lift, shoot or turn dangerously from the pitching area.

Outfield Practice

When players practice on the outfield they should do so in positions which minimize the risk of injury to fellow players and spectators and damage to property.

Helmets and other protective equipment

A helmet with a faceguard must be worn by players [in both junior and adult cricket] when batting and when keeping wicket standing up to the stumps [as a guideline, closer than 5 metres] against a hard ball in practice and in matches. All players should regard a helmet with a faceguard as a normal item of protective equipment when batting against a hard ball in addition to pads, gloves and for boys and girls any specified appropriate guardwear – a thigh guard is strongly recommended. Good quality footwear which ensure sufficient grip, cushioning and support be worn.

Safe positioning of fielders

No player in the under 15 age group or younger shall be allowed to field closer than 7.3 metres [8 yards] from the middle stump, except behind the wicket on the off side, until the batter has played the ball. For players in the under 13 age group and below the distance is 10 metres [11 yards]. *[these minimum distances apply even if the player is wearing a helmet].*

In addition, any young player in the under 16 to 18 year age group who has not reached the age of 18, must wear a helmet and protective guardwear when fielding within 5.5 metres [6 yards] of the bat, except behind the wicket on the off side. Players should wear appropriate protective equipment whenever they are fielding in a position where they feel at risk.

[age groups are based on the age of the player at midnight on 31 August in the year preceding the current season].

Overbowling

Overbowling is a common cause of back injuries in cricket. To ensure that young fast bowlers do not place undue stress on their bodies, every attempt must be made to keep the amount of bowling within reasonable limits. The following directives provide sensible playing and training levels :

Age	Maximum overs per spell	Maximum spells per day
Up to 13	4	2
Under 14/15	5	2
Under 16/17	6	3
Under 19	7	3

For the purpose of these directives a fast bowler should be defined as a bowler to whom a wicket keeper in the same age group would in normal circumstances stand back to take the ball.

Net coaching

The coach should check and ensure that the area and equipment are playable and conditions are fit for play. If no certified or appointed umpires are present, the captains will make this decision. Law 42.8 concerning fast intimidating bowling should be strictly enforced.

Junior matches

Communicating with parents/guardian : a completed junior club membership form is required for each junior player participating in matches whether at home or away. Match information needs to be communicated to parents/guardian and the team including the method of transport, pick up point, time of departure and return, destination and venue and contact details for the team manager.

Transport : junior cricket exists on the support of volunteers and parents/guardian and private cars are used for transport to away fixtures. It is imperative that the guidelines in the ECB publication Safe Hands [Welfare of Young People] in Cricket Policy are followed when transporting young people in private cars.