



In order for RCC to **take part in indoor training as of 05 Oct 2020** the Guidance Notes & Risk Assessment including specific ECB / Sport England guidance relating to clubs returning to cricket (in conjunction with Government guidance) **and statement following Prime Minister's announcement on 21 September** COVID-19 plan for junior & (open-age cricket) applicable to players, volunteers, spectators, parents, clubs, coaches & officials in England should be adhered to by RCC and visiting participants.

Introduction

Young and inexperienced people will face unfamiliar risks when playing or learning to play cricket. There is a risk because of their possible lack of awareness of existing or potential risks, immaturity and inexperience. They are also likely to lack confidence and be eager to impress or please others. Whilst training young people, there is an opportunity to instil within them an understanding and importance of health and safety which will help them throughout their working life.

Duties to assess the risks

The Management of Health & Safety at Work Regulations (1999) requires the employer to assess the health and safety risks to all employees and they have particular responsibilities towards young people:

- To assess risks to all young people under 18 years of age, **before** they start.
- To ensure the risk assessment takes into account their psychological or physical immaturity, inexperience and lack of awareness of existing or potential risks.
- To introduce control measures to eliminate or minimise the risks, so far as is reasonably practical.

Employers must also:

- Let the parents/guardians of any attendees still of compulsory school age know any significant findings of the assessment and control measures **before** the attendee starts. Address certain specified factors in the assessment.
- Take account of the risk assessment in deciding whether the young people should be prohibited from certain work activities.

Outcome of the risk assessment

In carrying out the risk assessment, control measures should be identified which will control or eliminate health and safety risks. By complying with other specific health and safety law, for example the Manual Handling Operations 1999 and the Display Screen Equipment Regulations 1992 (amended 2003), employers should find that some of the risks to the pupil are already being adequately controlled. If a significant risk remains in spite of efforts to do what is reasonably practical to control it, the young person must not be allowed to do this work.

Restrictions on sport

The risks identified in the assessment will also determine whether restrictions should be made in the activities being carried out.

Coaches should not allow young people to do sport which:

- Is beyond their physical or psychological capacity.



- Involves a risk of accidents, which they are unlikely to recognise because of their lack of experience, training or sufficient attention to safety.

Training, information and supervision

Young and inexperienced people will need adequate training and instruction on the hazards and risks present in playing, and training to play, cricket and the control measures that have been put in place to protect their health and safety.

In the induction process, the trainees should be given a basic introduction to health and safety i.e. first aid and fire evacuation procedures and specific risk assessments should be explained and understood.

The assessment should identify the tasks where young and inexperienced people will need constant supervision.

COVID-19 pandemic and specific ECB / Sport England guidance relating to clubs returning to cricket (in conjunction with Government guidance) as of 05 Sep 2020 the **Guidance Notes & Risk Assessment including** specific ECB / Sport England guidance relating to clubs returning to cricket (in conjunction with Government guidance) and statement following Prime Minister's announcement on 21 September COVID-19 plan for junior & (open-age cricket) applicable to players, volunteers, spectators, parents, clubs, coaches & officials in England should be adhered to by RCC and visiting participants.

- **Face coverings must be worn indoors in accordance with UK Government law unless eating or drinking;**
- **From Monday 28 September, the “Rule of 6” applies to over 18s participating in indoor cricket activity. This means that provided groups of 6 do not mix, multiple net sessions of up to six people per net can take place at the same time in the same COVID secure indoor venue.**
- **Exemptions to the ‘Rule of 6’ are:**
 - **Under 18s;**
 - Educational settings where cricket activity is delivered as part of curriculum or in-school activity. (NB: Where clubs have a booking for the use of a school facility out of school hours, then the rule of 6 would apply)
 - Indoor organised cricket activity for disabled people;
 - Elite training and competition;
 - Coach development courses are exempt as they are covered by the work exemption as long as the workplace is COVID-19 Secure but Government guidance now states that you should carry on working from home wherever possible

The below details the requirements and procedures set out:

Prior to all cricket activity.

All participants (players, coaches, officials and volunteers should check for symptoms of COVID-19. In line with current UK Government Guidance, if an individual is symptomatic and/or living in a household with a possible COVID-19 infection they should remain at home and follow



UK Government guidance. In addition, any participants who have been asked to isolate by NHS Test and Trace, because they are a contact of a known COVID-19 case, must not exercise outside their home or garden and must not exercise with others.

Participants should follow UK Government guidance on shielding and protecting people, who are clinically extremely vulnerable from COVID-19 if it applies to them.

Participants should comply with all public health restrictions and avoid high risk behaviour outside the sports setting to reduce the risk to their fellow participants when they do attend a venue.

Personal hygiene measures should be carried out at home before and after cricket activity.

Participants should bring their own hand sanitiser and maintain strict and frequent hand hygiene measures at all times.

Participants should follow UK Government guidance on best practice for travel.

Participants should arrive changed and ready to begin the session.

The changing rooms within the Perins Sports Hall facility is available throughout the session and a short period after.

A system has been put in place for the use of toilets. Detailed guidance is displayed and must be adhered to.

All players and participants should minimise congregating around the facility pre and post session. Parents / Guardians / Child transporters are not permitted to remain on site during the session. A drop off / pick up procedure is to be carried out.

Club representatives should make all participants aware of the increase in transmission risk associated with partaking in even socially distanced group activity and should ensure that all participants are clear that they are opting to participate in cricket activity.

Participants are to provide their details (full name and contact number) for track and trace. It is requested this is in electronic format and submitted to the RCC point of contact.

During all cricket activity:

Participants should enter/depart the site in line with the Perins Sports Hall entry and departure COVID-19 procedures and prepare their personal equipment whilst maintaining social distancing.

Where possible players should limit sharing of equipment. If they do, they must practise strict hand hygiene before and after use and the equipment must be cleaned before use by another person.

No sweat or saliva is to be applied to the ball at any time.

All participants should sanitise their hands prior to the start of the activity.

Hand sanitiser should be used at all breaks in activity and prior to consuming any food or drinks.



Advice for socially distanced session play including the use of nets

Players should adhere to UK Government social distancing guidance at all times (including throughout warm-ups).

No sweat or saliva to be applied to the ball at any time.

A 'hygiene break' should take place every 20 minutes, in which balls are cleaned with an anti-bacterial wipe/sanitiser (conforming to BS EN 14476) and all participants' hands are cleaned using a suitable sanitiser. This routine should also be followed at the start of any drinks break or the rotation of batters.

Batters to sanitise their bat when leaving the net and Wicket Keepers should sanitise their gloves on the completion of training.

Batters are to run in distinct running lines to ensure they are suitably socially distanced of the bowler or other batter.

Social distancing must always be maintained including during drinks breaks and transitions from batting, bowling and fielding.

Face coverings must be worn indoors in accordance with UK Government law unless eating or drinking.

The "Rule of 6" applies to over 18s participating in indoor cricket activity. This means that provided groups of 6 do not mix, multiple net sessions of up to six people per net can take place at the same time in the same COVID secure indoor venue.

After all cricket activity.

All participants should sanitise their hands after the completion of activity.

Participants should exit whilst maintaining social distancing and following the Perins Sports Hall site specific COVID-19 exit procedures.

One club representative/volunteer should be responsible for collecting and disinfecting any shared equipment.

Regular cleaning of equipment and the facility should take place, particularly between one group finishing, and the next group starting.

Protect yourself and others from the spread COVID-19

You can reduce your chances of being infected or spreading COVID-19 by taking some simple precautions:

- Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water.
- Maintain at least 1 metre (3 feet) distance between yourself and others.



- Avoid going to crowded places.
- Avoid touching eyes, nose and mouth.
- Make sure you, and the people around you, follow good respiratory hygiene. This means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately and wash your hands.
- Stay home and self-isolate even with minor symptoms such as cough, headache, mild fever, until you recover.
- If you have a fever, cough and difficulty breathing, seek medical attention.
- Keep up to date on the latest information from trusted sources.

It is critical that everybody observes the following key behaviours:

HANDS - Wash your hands regularly and for 20 seconds.

FACE - Wear a face covering in indoor settings where social distancing may be difficult, and where you will come into contact with people you do not normally meet.

SPACE - Stay 2 metres apart from people you do not live with where possible, or 1 metre with extra precautions in place (such as wearing face coverings or increasing ventilation indoors).

Additional Advice for Children's Activity (Jul 20);

For children, maximum groups sizes of 30 should include one qualified coach or All Stars Cricket Activator per group plus additional adult(s) required to meet cricket safeguarding ratios (1:8 aged 8 and under, 1:10 aged 9 and over).

All groups are to be self-sufficient e.g. a coach cannot oversee two separate groups.

Parents should drop off and collect participants via a protocol that maintains social distancing.

Parents should remove themselves from the facilities during the session.

For younger age groups, plastic equipment should be used and should be disinfected at the end of each session.

Where participants cannot provide their own individual equipment, we recommend numbering cricket equipment such as balls, so that each participant has a specific numbered ball and/or cone and uses that for the entirety of the session to minimise sharing of equipment where possible.

If bowling machines are used, they should be cleaned thoroughly between uses with dry cleaning products and all balls should be cleaned with disinfectant. This is the responsibility of the bowling machine operator.



Additional Advice for Coaches;

These measures cannot cover every eventuality and coaches must conduct a risk assessment, ensuring appropriate measures are put in place to keep participants and coaches safe.

Playing and coaching cricket in itself carries some degree of risk and whilst being mindful of the guidelines regarding COVID-19, coaches should not lose sight of the normal safety rules or safeguarding standards relating to playing and coaching cricket which continue to apply and must be complied with (DBS, safeguarding, First Aid etc).

Coaches should make themselves aware of and abide by, all guidelines set out by the UK Government, the venue and ECB regarding use of facilities.

It is the coach's responsibility to ensure that they coach players in a safe environment and follow relevant guidelines.

Coach should explain the safety guidelines of what is expected pre, during and post session including what the player is expected to do to maintain compliance with social distancing guidelines and all other health and safety guidelines.

Risk Assessment for: Indoor Cricket Coaching incorporating COVID-19 specific ECB / Sport England guidance relating to clubs returning to cricket (in conjunction with Government guidance) as of 05 Oct 2020 and adaptations for all indoor cricket activity, applicable to players, spectators, volunteers, clubs, coaches & officials in Step 4 of the ECB Return to Cricket Roadmap – Jul 20.

Date of Assessment 26/09/2020----- Assessment Revalidation Date: Sep 2021 (or on revision of Govt guidance – COVID-19)

Activity/ Process/ Operation	What are the Hazards to Health and Safety	What Risks do they pose and to whom?	Risk Level H/M/L	What existing control measures are in place to reduce the risk?	Risk Level Achieved H/M/L	What further action / control measures are still required to reduce the risk	Date to complete further action:
Introduction	<ol style="list-style-type: none"> 1. Knowledge of emergency procedures. 2. Awareness of surroundings. 3. Inappropriate Equipment. 4. See also Transfer between activities and uncontrolled equipment below. 5. Knowledge of current COVID-19 pandemic Govt Policy & Procedure. 	<ol style="list-style-type: none"> 1. Unaware of what to do in the event of an emergency. 2. Unawareness of the risks associated with playing indoors. 3. Unaware of pre, during and post training session COVID-19 protocols set out by Govt, Perins (Facility) and club (RCC). 	H	<ol style="list-style-type: none"> 1. Induction at start of session identifying restricted areas such as car parks, roads, store rooms, Method of alarm. Muster points. Method of evacuation. Recognition of First Responders; Method of communication for Emergency Services and location of first aid kit. Reminder of COVID-19 Govt guidance. Attendees to inform leader when leaving or joining group 2. Attendees to be warned that they are playing with hard equipment and that they must be careful where they put or how they throw/hit with it. Reminder of COVID-19 guidance on use / sharing of equipment. 3. Coaches to check that playing area is free from debris and trip hazards. E.g. Spare kit is placed outside playing area. 4. Coach to collect equipment from store room and check equipment provided is fit for purpose. Reminder of COVID-19 guidance on use / sharing of equipment. 5. Check for illnesses / injury / medical conditions make a specific check / question for COVID-19 signs & symptoms. 	L	<p>Coaches to ensure that unused equipment is kept out of the playing area. Medical assessment form to be processed for minors including medical conditions / medication required and points of contact in times of emergency.</p> <p>Continue to update and share revised COVID-19 protocols.</p>	Ongoing

Activity/ Process/ Operation	What are the Hazards to Health and Safety	What Risks do they pose and to whom?	Risk Level H/M/ L	What existing control measures are in place to reduce the risk?	Risk Level Achieved H/M/L	What further action / control measures are still required to reduce the risk	Date to complete further action:
				<ol style="list-style-type: none"> 6. Method of communicating to first responders. 7. Role call 8. See also Transfer between activities and uncontrolled equipment below. 9. Provide guardians, parents & players a pre brief of COVID-19 policies & procedures prior to attendance and confirmation of understanding and compliance. 			
Warm up and cool down	Attendees unready for exercise	Risk of injury for attendees who are not mentally or physically ready for activity/rest	M	<ol style="list-style-type: none"> 1. Attendees to be reminded of the need to bring suitable clothing and refreshments, particularly water. 2. Coaches to check attendees' equipment and preparedness. E.g. check shoelaces, flat soles, correct fitting clothes and shoes. 3. Coach will lead attendees through gentle, increasing/decreasing activities to stimulate / relax bodies and minds 4. Social distancing to be maintained throughout. 	L	Continue to assess individuals for initial displays of onset of medical and/or other ailments.	Ongoing
Equipment usage	Injury due to impact with hard objects	1. Injury to attendees and coaches due to contact with hard objects, such as ball & /or bat.	H	<ol style="list-style-type: none"> 1. Protective clothing must be worn where appropriate. 2. Helmets are required to be worn by all players when batting using cricket ball and fielding close to stumps, such as wicket keeper. 3. Coaches to remind all players of special awareness (in presence of batter's). 4. Coaches need to remind players round nets that the balls can still come out from the nets. 5. Reminder of COVID-19 guidance on use / sharing of equipment. 	L	Coaches to monitor.	Ongoing
Training	Activities not appropriate for attendees	1. Injury to attendees	H	<ol style="list-style-type: none"> 1. Tailor activities to attendees' level of experience and capabilities. 2. Care must be taken when children are training with children outside of their actual/usual age group. 3. Coach to develop training plan. 4. Attendees to be encouraged to drink water at regular intervals. 5. Activities to be achievable within the 	M	<ul style="list-style-type: none"> • Ensure regular breaks for rehydration. • Sanitation break every 20 minutes. 	

Activity/ Process/ Operation	What are the Hazards to Health and Safety	What Risks do they pose and to whom?	Risk Level H/M/ L	What existing control measures are in place to reduce the risk?	Risk Level Achieved H/M/L	What further action / control measures are still required to reduce the risk	Date to complete further action:
				<p>stipulation contained within specific ECB / Sport England guidance relating to clubs returning to cricket (in conjunction with Government guidance) as of Sep 20.</p> <p>6. Sanitation break every 20 minutes.</p>			
Transfer between activities	Damage to individuals and equipment	People exposing themselves to risks from other activities that are going on.	H	<ol style="list-style-type: none"> 1. Activities to be arranged so that they are a safe distance away from other activities. Special care must be taken to consider the movement of people or equipment during the activities. 2. Activities to be arranged so that the next activities are adjacent to the current activities. 3. People must have clear instruction of what activities they will be doing next. 4. Care is needed to ensure that other non-cricket (football or tennis) activities do not interfere with the cricket activities. 5. Care must be taken when players are around nets by clear definition of waiting and playing areas. 6. Activities to be achievable within the stipulation contained within specific ECB / Sport England guidance relating to clubs returning to cricket (in conjunction with Government guidance) as of Sep 2020. 7. For 18 years and above (Senior training) Rule of 6 applies. Groups to be no more than 6 per net and no transferring between groups (net bubble). 	M	<ul style="list-style-type: none"> • The aim is to control the end of activities so that change overs occur simultaneously 	Ongoing
Uncontrolled equipment e.g. bats and balls	Damage to individuals and equipment	People damaging themselves or others with equipment e.g. falling over on bats/balls	H	<ol style="list-style-type: none"> 1. Activities being close to each other have to have clear defined route for the transfer of equipment, such as balls, that avoid the path people will take during the activities. 2. There needs to be a defined area where kit is left during training when it not in use. 	M	<ul style="list-style-type: none"> • Ensure use defined areas for equipment during training. 	Ongoing

Activity/ Process/ Operation	What are the Hazards to Health and Safety	What Risks do they pose and to whom?	Risk Level H/M/ L	What existing control measures are in place to reduce the risk?	Risk Level Achieved H/M/L	What further action / control measures are still required to reduce the risk	Date to complete further action:
End of lesson processes and Procedures	Unaccompanied minors at conclusion of training put at risk	1. Minor left unattended at conclusion of training.	H	1. Role call at conclusion of training 2. Ensure attendees return to the point of pick by parents 3. Reminder of COVID-19 guidance specifically related to hand washing at end of activities and social distancing when session is complete.	L	•	

Name of Person undertaking Risk Assessment:
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Signature *Andrew Morris*
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Signature *Alex Ehrmann*