



Return to Cricket

Coaching guidance for Indoor Training for Phase 3

Effective – 28/09/20

Introduction

These guidelines intend to support coaches to maintain a safe and fun indoor training environment for players of all abilities. These guidelines provide additional detail to the general indoor training guidelines provided by Cricket Scotland [HERE](#)

Please note these guidelines are subject to continual review and updates in line with Scottish Government and sportscotland guidance changes. Coaches are advised to check for any changes regularly.

The Coaching Provider and Clubs

1. How to plan your indoor cricket activity

- As the coaching provider or club, you must ensure the safety and health of those attending the event by reducing risk to the lowest reasonably practicable level and by taking preventative measures.
- Coaching Providers and Clubs who are employers must work with any other employers or contractors sharing the workplace so that everybody's health and safety is protected.
- Volunteer-led organisations also have a duty of care and should take the same steps to protect anyone they may interact with.

In the context of COVID-19, this means protecting the health and safety of your workers/volunteers and customers by working through the following steps:

2. Organisation

- If your session is to be successful and safe, it is essential that as the coaching provider or club you consider the needs of all users of the venue, including volunteers, participants and their parents/carers when assessing the risk.

Inspiring Scotland to choose cricket

United

Determined

Excellence

Dynamic

Integrity

- You will need to communicate the results of your risk assessment and the mitigation measures you have implemented to ensure all users are adequately prepared and briefed of the COVID-19 guidelines.
- Make sure that your coaching team or supervisors are fully briefed and trained on how your COVID-19 plan will work – include 'dry runs' and regular (e.g. monthly) reviews and reminders.
- Update training in line with any changes to your risk assessment (including in response to changes in local COVID-19 conditions).

3. Session length

- Allow a sufficient gap (e.g. 10-15 minutes) between sessions to allow for registration, safeguarding and cleaning of equipment between sessions.
- Therefore an hour-long session could become 45-50 minutes to allow for a changeover. Consider running longer sessions for some training groups to allow for this. For example, you could run U15s for two hours one week and U17s for two hours the next week, rather than running both age groups for one hour every week, etc. – however you must risk assess bowling loads on individuals For information on fast bowling directives (ECB) see [HERE](#).
- Participants should be encouraged to arrive and leave on time.

4. First Aid

- As part of your duty of care, you must make first aid provision available.
- St John Ambulance has provided an online guide for carrying out first aid during the COVID-19 pandemic, including on how to modify CPR – let your first aiders know about it – it's available [HERE](#).
- At the point of booking the venue, you should establish whether the venue can provide first aiders, first aid equipment and an Automated External Defibrillator (AED) for your sessions.
- Where the venue provides first aid kit and AED but not staffed by a first aider, you must ensure that it/they are available during your hours of use and not locked in an inaccessible room or area.
- If first aid is not provided by the venue, the Coaching Provider and/or Club should provide:
 - Coaching staff/club members appropriately trained in First Aid.
 - First Aid kit(s) should include suitable PPE (gloves, suitable face coverings/masks, disposable apron, hand sanitiser).
 - Provide adequate disposal for used PPE and other clinical waste.
 - An Automated External Defibrillator (AED) if you have one – check that it is functioning correctly (e.g. warning light status) and has been serviced as per the manufacturer's instructions.

5. Pre-registration

- Providers and clubs are required to pre-register participants. This will assist in controlling numbers and ensuring legal requirements to supply user contact data to NHS Test and Protect are met with the Venue Provider.
- The number of participants allowed to take part in indoor sport or leisure activity must be risk assessed by the sports facility operator. Current sportscotland guidance recommends a space of **9 square metres** per player and therefore the total number permitted will vary due to the size of the sports hall. This number will also be subject to the ventilation within the sports hall.
- There must be a record of all participants (including coaches, administrators, carers and others) at training sessions. Collect sufficient data on each participant (name, home phone number, mobile number, date and times of entry and exit) so that each person could be contacted if there is a case of COVID-19 connected to the relevant facility.
- These records must be kept for 21 days. Because of the legal requirement to collect and provide these records, this process must be coordinated with the Venue Provider.
- If you are working in schools, establish whether the school is managing this process – you do not need to duplicate where there is an existing, compliant process in place but you will need to work with that party in the case of a COVID-19 infection.

Further information on the NHS Test and Protect is available at Protect Scotland [HERE](#).

6. Pre Training

- All participants, volunteers and staff must go through pre-attendance symptoms checks For details on symptoms of COVID19 please see [HERE](#).
- Participants are required to follow Government guidance on self-isolation and not attend if they have symptoms of COVID-19, are self-isolating or if someone in their household or support bubble has symptoms of COVID-19 or tested positive for COVID-19 or if they are advised to self-isolate as part of the NHS Test and Trace service.
- All participants should follow Scot Gov travel guidelines, including only one household per car.
- All participants should arrive ready to play.
- Emergency contact details of parent/carer will be required and should be included on the registration list.

7. On arrival

- participants should be greeted outside the venue (or close to the main entrance in adverse weather). Maintaining social distancing whilst waiting to gain access to the venue.

Inspiring Scotland to choose cricket

- Confirm participant's details including emergency contact information
- Sanitise hands before entering the building.
- Confirm that the person does not have symptoms of COVID-19 and is not otherwise required to self-isolate before entry.
- Where necessary, be escorted into the building and handed over to the relevant coach.
- Explain the venue-specific COVID-19 control measures explained
- Spectators are not permitted except carers where players are children or vulnerable adults.

For many of your participants, they will be returning to a venue that was previously very familiar to them. However, with numerous changes and adaptations, things may feel strange for them at first.

To support a comfortable transition; build confidence in your participants and parents/carers, and make newcomers feel welcome. Create clear guidance that walks them through the changes that they can expect to find; from new entry and exit points to movement within the building and new processes during the sessions.

For individuals with disabilities, ensure guidance is accessible and straightforward – a video and audio walkthrough of the process from start to finish can be a handy tool for all participants.

8. Venue Set-up and Clear-up

- Establish an exact protocol on venue set-up and clear-up with the venue operator.
- Consider critical preparation tasks such as who will be pulling out nets and tidying them away, who will be laying out mats and putting them away?
- Risk assess how this can be done safely, consider manual handling, COVID-19 safety – in particular social distancing and identify PPE requirements, providing PPE where it is your responsibility to do so.

9. Planning and delivering your activities

- Prepare equipment to minimise the sharing of equipment. Where possible only coaches should touch additional coaching equipment.
- Where it is necessary to share equipment, equipment must be cleaned using appropriate cleaning materials between sessions and users. In the case of any shared balls, hygiene breaks must be adhered to (see Ball Transfer section below).
- Each person handling shared equipment must wash or sanitise their hands immediately before and after use.
- You should identify a safe area for padding-up that is not a trip hazard and not at risk of ball strike or collisions. Consider safeguarding and note that privacy may be required to fit abdominal protectors and thigh pads.

- Participants are to bring their equipment and take that home with them. ECB guidance on protective helmet use must be followed. Players should not share helmets. For guidance on helmets (ECB) click [HERE](#)
- Bowling machines, shared balls (including bowling machine balls) and training equipment (stumps, catching ramps, etc.) should be cleaned using suitable cleaning materials before and after each session. The use of disposable gloves could be considered for coaches.
- Social distancing
 - o Controls must be clearly explained, how and why.
 - o Floor markings should be in place to support social distancing and encourage participants to watch the batter.
- Hygiene breaks should be included every 20 minutes; appropriate sanitiser and wipes should be used for cleaning hands and equipment.
- Coaches should consider wearing face masks and gloves to prevent exposure further, especially when working with several different groups within a day.

10. Coaching activity

- 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 usual 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 Government, the venue and Cricket Scotland regarding use of facilities.
- It is the coach's responsibility to ensure that they coach players in a safe environment and follow relevant guidelines.
- Coaches 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.
- Design your coaching activities to maintain social distancing throughout.
- When working on individual coaching of players maintain 2m and stand side to side as much as possible and limit face to face to only when necessary.
- Coaching providers should risk assess the PPE requirement for coaches. Where coaches are in static/low activity situations and are unable to maintain 2 m social distancing, it is strongly recommended that coaches wear a face mask.
- To limit the risk of injury and hospitalisation (and associated COVID-19 transmission risk), it is strongly recommended that coaches should wear a helmet when coaching in nets with a hard cricket ball where there is a risk of ball strike to the coach.
- ECB Regulations on the use of helmets in junior and age-group cricket should be followed at all times, and adult players are advised to wear helmets when batting or keeping with a cricket ball to reduce the risk of injury, potential

hospitalisation (and associated COVID-19 transmission risk) and burden on the NHS.

- Where natural ventilation is used (doors and windows are open) in cold weather, make sure that participants are warmed up properly and stay warm throughout sessions.
- Discourage shouting, singing and raised voices as this can increase the risk of COVID-19 transmission.
- Avoid any handshakes, team huddles and maintain social distancing when having group discussions.
- Batters returning the ball are to do so by kicking or using the bat.
- Reinforce the message that no saliva or sweat should be applied to the ball.
- Design hygiene breaks into your coaching programme.
- Net sessions where bowlers are using their ball will not require hygiene breaks unless someone else touches their ball. But for team match activity and fielding drills, hands and balls should be sanitised after every group or rotation among groups.
- Carefully risk assess wicket keeping practice. Movement of the stumps towards the bowlers will reduce the distance between batter and waiting for bowlers and should be avoided.
- Practice standing up should be socially distanced from the batter and should not take place where this is not possible.

11. Nets and coaching ratios

- See the Cricket Scotland indoor cricket guidelines for example layouts of practices. Net practices are based on coaching a maximum group of 6 participants to one coach. This ratio provides a balance between social distancing, bowlers being sufficiently distanced from the batter and circulation of bowlers at a sufficient rate to ensure that they are not waiting in a concentrated group for too long to assist in ventilation.
- Note that these layouts are for illustrative purposes only and need to be risk assessed for a particular site.
- Coaches do not need to stand in the position shown but must socially distance from other users.

12. Use of equipment

- The sharing of equipment must be avoided where possible primarily that which is used around the head and face (i.e. helmets), also equipment that could transfer sweat such as gloves.
- Where equipment is shared, it must be cleaned before use by another person, and each person handling it must wash or sanitise their hands immediately before and after use.
- Any Sports equipment used for more than one session, such as stumps and catch training aids must be cleaned before each session.

13. Ball transfer

- The risk of transferring COVID-19 via the ball is easily overcome when practising in cricket nets by restricting the sharing of cricket balls.
- Coaches should consider asking a participant to bring their ball. Balls should then be marked for ease of identification.
- If coaches provide balls for shared use, number or mark the balls for ease of identification. Balls can then be assigned to individual players for use throughout the session.
- No sweat or saliva is to be applied to the ball at any time.
- Balls must be cleaned before every session.
- Where balls have to be shared (for match play or fielding drills), then a hygiene break should be taken every 20 minutes (or between activities if sooner) in which participants sanitise their hands, and the ball is disinfected using suitable cleaning wipes.

14. End of session

- At the end of each session, it is essential to put aside time to prepare for the following session by conducting a pre-planned cleaning programme to minimise the risk of transmission of COVID-19 to the next group.
- All participants are to sanitise their hands before leaving the venue.
- Each junior participant to be individually returned to their parent/carer.
- Sanitise all equipment.
- Clean all communal areas, welfare facilities, reception area etc.
- Clean all touchpoints.

15. Safeguarding

- Cricket Scotland safeguarding policies, procedures and requirements apply as per usual for coaching sessions for children or vulnerable persons.
- Consider the need for 'time-out areas' in a safeguarding context where persons who need to take time out can do so safely and within view of the coaching team.
- If external doors are propped open for ventilation purposes, consider how this might affect your safeguarding procedures. Can you keep doors open while restricting access/egress and without blocking potential fire escape routes?

16. Disabled Persons and Access

When planning your activity, have you:

- Considered how those with disabilities will move around the facility?
- Assess and decide on what reasonable adjustments may be required?
- Contacted the venue manager to understand if any adjustments have been made due to COVID-19 controls, does this impinge on the needs of a disabled person?

- If you have created an area to store kit or to pad-up or similar, does this present an obstacle?
- Can a disabled person move freely and easily around all accessible areas safely?
- Considered those with disabilities who may be more susceptible to COVID-19 due to underlying health issues and how will you identify and control this?

17. Review and update plans

- It is good practice to conduct a post-event review of your arrangements. Identify what could be done better and make the necessary adjustments. Any adjustment may need to be added to your communications plan and sessions structure.