



Return to Cricket

Guidance for Indoor Cricket Activity during Phase 3 Local Areas Restrictions (Tiers 0-4)

Updated 18/11/20

Introduction

Following the Scottish Government announcement on 27th October concerning a new tiered protection level for Local Areas (LA) intended to stop the rise in coronavirus cases being seen across the country, guidance for indoor cricket activity has changed.

These measures are a mixture of national and regional in scope and will be in place from **Monday 2nd November** and will remain until the next Scottish Government review date.

- The Local Areas can be found [HERE](#).
- Information on the Local Protection Levels can be found [HERE](#)

The key changes for indoor cricket activity concerns both adults (18+) and U18's within the 32 Local Areas identified by the Scottish Government as follows.

1 Restrictions to playing indoor cricket within local protection levels:

- *Level 0:* Cricket activity permitted, with some general restrictions, such as the wearing of facemasks, physical distancing etc
- *Level 1:* Cricket activity permitted, with some general restrictions, such as the wearing of facemasks, physical distancing etc. No indoor contact sport
- *Level 2:* Cricket activity permitted, with some general restrictions, such as the wearing of facemasks, physical distancing etc. No indoor contact sport
- *Level 3:* **No adult (18+) cricket activity permitted.** U18's cricket activity permitted, with restrictions, such as travel (see below) the wearing of facemasks, physical distancing etc
- *Level 4:* **No indoor cricket activity permitted.** Outdoor non-contact sport permitted

2 Travel restriction within local protection levels:

- *Level 0:* Travel is permitted to travel within and outside your own LA for cricket activity. Avoid unnecessary travel to places in Level 3 or level 4 areas

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- *Level 1:* Travel is permitted to travel within and outside your own LA for cricket activity. Avoid unnecessary travel to places in Level 3 or level 4 areas
- *Level 2:* Travel is permitted to travel within and outside your own LA for cricket activity. Avoid unnecessary travel to places in Level 3 or level 4 areas
- *Level 3:* Adults (18+) are permitted to travel within their own LA and around 5 miles outside their own LA for cricket activity. U18's can travel within and outside their own LA for cricket activity. No-one should travel into a level 4 area. Teams should not travel outside their LA
- *Level 4:* You are not permitted to drive outside your LA area for cricket activity –. No exemptions

3 Competition

- Level 0 to 2: Competition is permitted between a maximum of **two clubs** at any one time subject to travel restrictions and the specific venue regulations on maximum numbers
- Level 3: Competition is permitted between a maximum number of **two clubs** at any one time **for U18s only**, subject to travel restrictions and the specific venue regulations on maximum numbers
- Level 4: No competition is permitted indoor

4 Coaching

- Level 0 to 2: Coaching is permitted
- Level 3: One to one coaching is permitted for Adults (maximum two including coach). Coaches may travel outside their local area to coach one to one with someone based in another local area. Group coaching for u18s is permitted indoor and outdoor.
- Level 4: No indoor coaching is permitted. Coaching outdoors is permitted

Scottish Government guidance on travel and transport can be found [HERE](#)

Impact on Cricket Activity – Protection Levels Grid

SCOTTISH GOVERNMENT PROTECTION LEVELS
IMPACT ON CRICKET ACTIVITY

The following applies to indoor and outdoor cricket activity which is classed as a non-contact sport.



| | LEVEL 0 | LEVEL 1 | LEVEL 2 | LEVEL 3 | LEVEL 4 |
|--|--|--|--|--|---|
| Adults (18+) Cricket Activity | Indoor and outdoor Cricket activity permitted, with some general restrictions, such as the wearing of facemasks, physical distancing etc | Indoor and outdoor Cricket activity permitted, with some general restrictions, such as the wearing of facemasks, physical distancing etc | Indoor and outdoor Cricket activity permitted, with some general restrictions, such as the wearing of facemasks, physical distancing etc | Outdoor cricket activity permitted but no indoor activity | Outdoor cricket activity permitted but no indoor activity |
| Adults (18+) Travel | Travel is permitted within and outside your own LA for cricket activity. Avoid unnecessary travel to areas in Level 3 or level 4 | Travel is permitted within and outside your own LA for cricket activity. Avoid unnecessary travel to areas in Level 3 or level 4 | Travel is permitted within and outside your own LA for cricket activity. Avoid unnecessary travel to areas in Level 3 or level 4 | Travel is permitted within and around 5 miles outside your own LA for cricket activity. Avoid unnecessary areas in Level 4 | Travel is only permitted within your own Local Area |
| U18s Cricket Activity | Indoor and outdoor Cricket activity permitted, with some general restrictions, such as the wearing of facemasks, physical distancing etc | Indoor and outdoor Cricket activity permitted, with some general restrictions, such as the wearing of facemasks, physical distancing etc | Indoor and outdoor Cricket activity permitted, with some general restrictions, such as the wearing of facemasks, physical distancing etc | Indoor and outdoor Cricket activity permitted, with some general restrictions, such as the wearing of facemasks, physical distancing etc | Outdoor cricket activity permitted but no indoor activity |
| U18s Travel | Travel is permitted within and outside your own LA for cricket activity. Avoid unnecessary travel to areas in Level 3 or level 4 | Travel is permitted within and outside your own LA for cricket activity. Avoid unnecessary travel to areas in Level 3 or level 4 | Travel is permitted within and outside your own LA for cricket activity. Avoid unnecessary travel to areas in Level 3 or level 4 | Travel is permitted within and outside your own LA for cricket activity. Avoid unnecessary travel to places in level 4 | Travel is only permitted within your own Local Area |

(click on image to enlarge)

This guidance for indoor sports facilities applies to non-contact cricket training and competition for registered Cricket Scotland clubs and groups. It should be read in conjunction with the latest Scottish Government guidance and the sportscotland guidance on [Getting your Facilities Fit for Sport](#)

This document refers to current Scottish Government guidance and is subject to change in response to the current COVID-19 Alert Level, community prevalence of COVID-19 and/or to reflect additional or updated Scottish Government guidance.

This guidance is not a 'one size fits all' approach as we appreciate indoor venues and facilities vary across Scotland and as such individual cricket clubs and groups should risk assess appropriately to ensure these procedures can be implemented.

Clubs and groups also need to make sure that they and their members are made aware and can adapt to changes in guidance at short notice. Information on Scottish Governments approach to managing COVID-19 is available at Scottish Government: [Coronavirus in Scotland](#).

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1 Key requirements for indoor sports facility operators

Indoor sport and leisure facilities can open out with the six NHS Health Boards and local authorities identified by the Scottish Government on the basis of the Coronavirus (COVID-19): [Guidance for the opening of indoor and outdoor sport and leisure facilities](#) being fully implemented.

Cricket has been classed as a non-contact sports and can resume indoor if mitigating measures are introduced to limit risk. The following key requirements should be adopted by sports facility operators.

- 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. (see fig. 1 & 2 for examples of potential set-up of the sports hall). This number will also be subject to the ventilation.
- Evidence continues to suggest that, in poorly ventilated indoor spaces, airborne aerosols are a possible transmission route. This is why ventilation is an important part of mitigating against the transmission of Coronavirus (COVID-19). Ventilation into the building should be optimised to ensure a fresh air supply is provided to all areas of the facility and increased wherever possible. Further information is available in the document sportscotland: [Get Your Facilities Fit for Sport](#).
- Indoor facilities should consider different entry and exit routes to the sports hall where possible and should ensure these are clearly marked.
- Where safe and appropriate, external doors should be left open during opening hours.
- Sports facility operators should consider marking two metre distances at appropriate points, such as within venue corridors.
- Sports facility operators should supply the hiring group or club COVID monitor with a copy of the venue risk assessment and advise on any local COVID related procedures
- Sports facility operators should request the contact details of the club or group COVID monitor and keep these on file for 21 days in the event of a tracing requirement of all attendees as part of the NHS Test and Protect.
- Sports facility operators should ensure mitigating actions are put in place to minimise the risk of virus transmission including physical distancing, hygiene and cleaning measures. Hand washing facilities and/or hand sanitiser available for all site users.
- Sports facility operators may open toilets for public use if they follow the guidelines outlined on The Scottish Government website: [Opening Public Toilets Guidelines](#).

2 Key requirements for clubs and groups using indoor facilities

- The club or group COVID Monitor should confirm with the venue the maximum number of attendees permitted in the sports hall for each activity session.
- The club or group COVID Monitor should ensure that the facility is compliant with current Scottish Government legislation including legislation and guidance related to COVID-19.
- The club or group COVID Monitor must support *NHS Test and Protect* efforts by keeping a temporary record of all participants in any cricket activity and support NHS requests for data if needed. This data should be kept for 21 days and then

destroyed. This data may be requested by the venue prior to activity and should be supplied if requested.

- Club or group members should ensure they are fully aware of the indoor venue COVID procedures and risks including being content with the risk assessment
- For participants 12 years of age and over taking part in sport or leisure activity, physical distancing is required before, during and after activity as set out in The Scottish Government: [Guidance for Indoor Sport with Physical Distancing](#)
- Club or group members should ensure participants wear face coverings before and after activity or when in non-playing areas of the facility e.g. reception and storage areas. This is a mandatory requirement.
- Clubs and groups should implement physically distanced training or competition with amended rules which support physical distancing.

3 Key requirements for cricket coaches using indoor facilities

In an indoor cricket context, there are a number of scenarios to consider when determining physically distanced maximum capacity, including:

- Cricket nets.
- Open plan coaching, game play or coach development scenarios using all or part of the sports hall.
- Indoor cricket competitions (intra or inter club).

3.1 Cricket nets and open plan activity

A typical net set-up comprises a coach, a batter and a number of bowlers actively bowling or waiting to bowl. It is important that the coach and all bowlers are aware of the ball being hit straight back down the net towards them to avoid injury.

Therefore, the following principles for determining safe occupancy should be considered: physical distancing, maintaining a safe reaction distance from the batter and safe ventilation so that participants are not standing around face-to-face in the same air.

The principles for determining safe occupancy in indoor cricket nets are:

- Queuing bowlers should maximise their distance from the batter to allow sufficient reaction time to balls hit out of the net.
- Participants should maintain appropriate distancing with participants in adjacent nets and in surrounding spaces.
- The number of bowlers is important – the number should be small enough that there is frequent rotation and bowlers are not waiting at the ends for long periods. This will help to vary and circulate the air that they are breathing.

- All participants within a net should be facing the batter – this is so that they can react appropriately to a ball hit out of the net and so that the bowlers are facing in the same direction, reducing the risk of face-to-face transmission.
- Cones should be used to inform participants of waiting locations and the direction in which they should face (for example 2 m spaced arrows).
- The maximum number of participants in one net is six.

3.2 Set up of indoor area

See below (next page) fig 1 and fig 2 as example layouts for:

- A typical four-badminton-court sports hall with two net lanes.
- A typical sports hall open plan session/game.

These are examples and providing that you are complying with the guidance there is flexibility in the way that you can operate nets and spaces. This ratio provides a good balance of distancing and ventilation considerations, including frequent rotation of bowlers.

Bowlers can be rotated in and out of nets with other participants carrying out other coaching activity in the sports hall where space allows. Please note that these layouts are for illustrative purposes only and need to be risk assessed for a particular venue.

fig 1: four-badminton-court sports hall with two net lanes

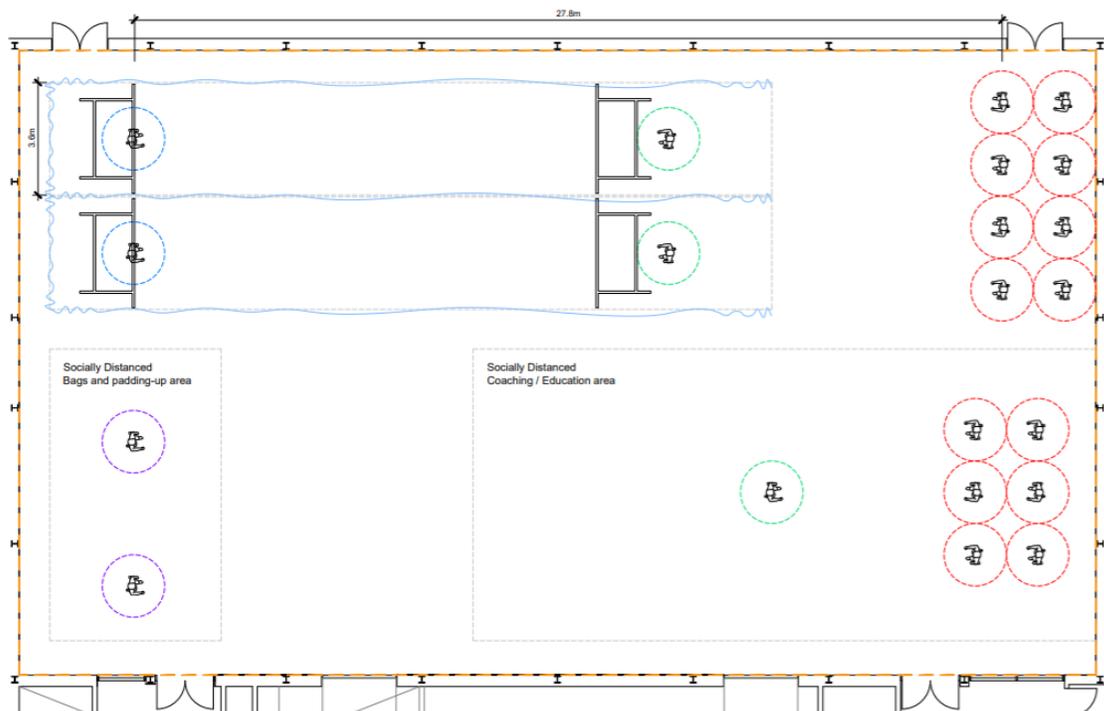
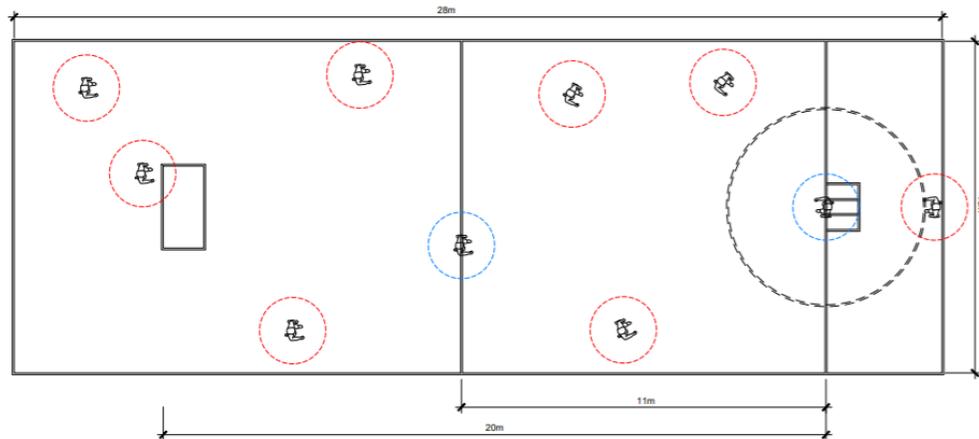


fig 2: sports hall open plan session/game



Further coaching information is available at Cricket Scotland: Coaching Guidance for Indoor Cricket Activity [HERE](#)

4 Prior to indoor cricket activity

- All participants (players, coaches, officials and volunteers) should check for symptoms of COVID-19. In line with current Scottish 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 Scottish Government guidance. In addition, any participants who have been asked to isolate by NHS Test and Protect because they are a contact of a known COVID-19 case, must not attend the training session.
- Participants should bring their own hand sanitiser where possible and maintain strict and frequent hand hygiene measures at all times.
- Club or group representatives should make all participants aware of expected physical distancing and hygiene measures during play and whilst on site.
- Clubs or groups should strictly limit the time spent congregating at a venue before activity begins. Meet-up times should reflect this. Participants should arrive changed and ready to begin the warm-up, if possible.
- The designated club or group COVID Monitor should be involved in the planning of all indoor activity.

5 During indoor cricket activity

5.1 General Rules

- Children aged 11 years and younger are not required to physically distance at any time, as set out in Scottish Government guidance.
- For those 12 years of age and over taking part in sport or leisure activity, physical distancing is required before, during and after activity as set out in The Scottish Government: [Guidance for Indoor Sport with Physical Distancing](#)
- Participants should turn up at the venue with appropriate playing kit on
- Participants should not arrive more than 15 minutes before the activity start time.
- Participants should minimise handling of the ball in all activity, by limiting contact as it makes its way back to the bowler and using small groups in training.

5.2 Face Coverings

- All participants should wear face coverings before and after activity or when in non-playing areas of the facility e.g. reception and storage areas. This is a mandatory requirement.
- Face coverings may not be required when using hospitality services such as café's, bars and restaurants. For further information refer to the venue policy.

5.3 Equipment

- Where possible Participants 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.

5.4 The ball and hand sanitisation

- For training purposes, Participants should only use their own ball.
- 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 (every 20 mins) and prior to consuming any food or drinks.
- Participants should be discouraged from wiping their hands on the walls and doors of the sports hall, and to avoid any unnecessary touching of these surfaces. Participants should be advised to bring their own towel for drying hands.

5.5 Spectators

- Spectators are not permitted, with the exception of carers where participants are children or vulnerable adults.

6 After indoor cricket activity

- All participants should sanitise their hands after the completion of activity.
- Participants should exit whilst maintaining physical distancing.
- Social gathering after the activity will be allowed in line with current Scottish Government guidelines on hospitality and physical distancing which must be maintained for adults and young people. Further advice on Physical Distancing is available [HERE](#).
- One club or group representative/volunteer (the Covid monitor) should be responsible for collecting and disinfecting any shared equipment.
- Clubs and groups should encourage all participants to download the NHS Protect Scotland tracing app designed to help us protect each other and reduce the spread of the coronavirus. More information is available [HERE](#).
- All participants must report any infection of their household to the NHS Test and Protect system following use of the facility to limit the spread of the virus. To find out more information on how to do this, click [HERE](#)