



# Eastons Cricket Club

*Little Easton, nr. Great Dunmow*

Official Club Website

[eastonscc.co.uk](http://eastonscc.co.uk)

## HEALTH AND SAFETY POLICY STATEMENT

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

In order to achieve this, Eastons CC 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 cricket activity
- Review and revise this policy as necessary at regular intervals

## ORGANISATION AND MANAGEMENT OF THE POLICY

The Management Committee has prime responsibility for health and safety in the Club's activities. 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.

Day to day responsibility for ensuring this policy is put into practice is delegated to the Club Secretary.

All club members are expected to co-operate with the management committee on health and safety matters, take reasonable care of their own health and safety and report all health and safety concerns to the Club Secretary.

It is the duty of all coaches, members, players, spectators and all others involved in cricket to act responsibly, and to do everything they can to prevent injury to themselves and colleagues.

## MONITORING THE POLICY

The Management Committee is responsible for monitoring the operation of this Policy and for investigating accidents and making recommendations to prevent a recurrence.

## SAFETY PROCEDURES

### **Risk assessment:**

The Management Committee should review individual risk assessments at the beginning of each season and confirm or improve the current measures in place to mitigate risks.

Any Risks identified after the annual review of the risk assessments must be reported to the Club Secretary and remedial action agreed and implemented as soon as is practicable. The individual risk assessment should be amended as appropriate and dated.

### **Accidents and First Aid:**

A commercially available First Aid Box should be available in a prominent place in the Clubhouse and its contents re-stocked regularly to take account of use or out of date items.

All accidents, however minor, should be recorded in an accident book. If necessary, First Aid should be administered by a trained person or in accordance with instructions provided in the First Aid Box.

In the event of more serious accidents/injuries (e.g. fracture or dislocation) the person should be taken, as appropriate, to a local doctor, emergency room or an ambulance called. If the person is under 16 their parents should be informed and advised of the care being provided.

A notice stating the location of the nearest Defibrillator must be placed in a prominent position within the Clubhouse.

### **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 minimise the risk of injury to fellow cricketers and spectators and damage to property.

### **Helmets and other protective equipment**

A helmet with a faceguard must be worn by young players (in both junior & 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 an abdominal protector (box). A thigh guard is also strongly recommended. Good quality footwear which ensures sufficient grip, cushioning and support should be worn.

### **Drinks**

It is important that players drink appropriate amounts of water to reduce the risk of dehydration during a match or practice session. Coaches and umpires should be encouraged to ensure that regular intervals (appropriate to the prevailing weather conditions) for drinks are arranged during matches.

## Safe positioning of fielders

Where players are positioned close to the bat, the captain should ensure that they are comfortable so doing and they should then take personal account of the risks involved of being in that position. The player should wear appropriate protection in order to reduce risk of injury to a minimum. They must also follow well known training guidelines with respect to watching the bat at all times and anticipating the direction of any shot being made.

No player aged 13 to 15 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 aged 13 and below, the distance should be a minimum of 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 under 18 age groups, who has not reached the age of 18, must wear a helmet and for boys an abdominal protector (box) 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.

## Bowling

Law 42.8 concerning fast intimidatory bowling should be strictly enforced.

Excessive bowling is a common cause of back injuries in cricket. Captains should ensure that they communicate regularly with their bowlers with regard to their physical condition during the match.

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 overs per day
Up to 13	5	10
14 to 15	6	12
16 to 17	7	18
18 to 19	7	18

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 Practice**

Players or Coaches should check and ensure that the area and equipment is safe for the type of activity which is to take place and that no damage or danger to property or persons is reasonably likely to occur. Players or Coaches should ensure good net discipline. The deliberate and frequent bowling of fast short-pitched deliveries should be discouraged. (unless the batsman has specifically requested that type of delivery)

## **Playing Field Conditions**

Umpires should be the sole judges of whether pitches are playable and that conditions are fit for play. If no certificated or appointed umpires are present, the captains will make this decision.

## **Safeguarding**

Eastons CC is committed to making cricket a safe, positive and enjoyable experience for all players, participants and spectators. The Club has adopted the ECB's Safe Hands Policy and Guidance and has its own Safeguarding 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 is 1:10 if young people are over 8 years old & there must be enough adults to be able to deal with an emergency (i.e. minimum of two).

### **Supervision**

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