

GUIDELINES FOR ALL INDOOR CRICKET TRAINING PARTICIPANTS:

BEFORE YOU LEAVE HOME

- Assess your health: Signs and symptoms of possible Covid-19: a cough, high temperature (at least 38°C), shortness of breath, sore throat, sneezing and runny nose, temporary loss of smell.

If any doubts don't attend training and seek medical advice

- Shower and wash hands prior to leaving home
- Travel independently
- Eat before you leave
- Fill own water bottle prior to leaving
- Have clean clothes for each training session

PRE-ENTRY

- Contact tracing procedure completed (Rippl app)
- Wash hands/sanitise once inside

TRAINING

- Limit group size (4 players per lane e.g. 1 batter and 3 bowlers, to observe 2m physical distancing recommendation)
- Physical distancing of 2m in activity and waiting area
- Avoid activities, exercises and drills where players come in to contact or too close to one another
- Avoid players handling any coaching equipment (coaches mit, flicker etc.)
- Avoid sharing equipment (each bowler has their own ball, named with marker. This will be reviewed on 25 May)
- Clean all cricket coaching gear with an alcohol-based disinfectant between sessions
- Don't use saliva/spit etc for shining ball
- Hand sanitiser regularly (after bowling, batting session completed)
- Cover your coughs and sneezes and dispose of any used tissues immediately
- Avoid touching your face
- Don't share bottles
- Avoid eating at training
- Batter doesn't pick up the ball to return it to bowler, gently knock it back with bat

POST TRAINING

- Don't gather in groups (leave immediately)
- Put training clothes in the wash immediately on returning home
- Shower and wash hands immediately on returning to home
- Eat when you get home