

# Brook Cricket Club

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[www.brookcricketclub.co.uk](http://www.brookcricketclub.co.uk)

## Safeguarding Children Policy

### Supervising Children at Cricket Sessions

The Club has adopted the ECB Guidelines for supervising children at cricket sessions.

1. There will always be a minimum of two responsible adults present at matches and sessions involving children.
2. For single sex groups, there will be at least one same gender supervising adult. For mixed groups, there will be at least one male and one female supervising adult.
3. The following (minimum) supervision ratios will be observed:
  - 3.1 Aged 8 and under – 1 Adult : 8 children.
  - 3.2 Aged 9 and over – 1 Adult : 10 children.
4. Supervisors will ensure that all players drink appropriate amounts of water and avoid any possible risks of dehydration during matches and practice sessions.
5. The club will also ensure that appropriate risk assessments are conducted of facilities and increase the number of supervisors where, for example, changing rooms are located several minutes from training venues. The Club will undertake an adequate risk assessment of all of its facilities and venues used for any club activities, including any hired facilities to ensure that they are fit for purpose.
6. The following (minimum) qualified coach ratios will be observed:
  - 6.1 Net coaching – 1 Coach : 8 children
  - 6.2 Group coaching – 1 Coach : 24 children
  - 6.3 Hard call coaching – 1 Coach : 16 children
7. In addition, the Club adopts the safety guidelines of the ECB (and will adopt any amended ECB guidance) relating to:
  - 7.1 the wearing of cricket helmets by young players (attachment 1 to this guidance)
  - 7.2 fielding regulations (attachment 2)
  - 7.3 fast bowling directives (attachment 3)
  - 7.4 guidelines for the selection of young players in adult cricket (attachment 4)
  - 7.5 guidance on junior cricketers playing in adult matches (attachment 5)
  - 7.6 guidelines on girls playing in boys age group league and competitions (attachment 6).

## **Attachment 1**

### **Guidance on wearing Cricket Helmets by young Players**

1. Helmets with a faceguard or grille should be worn when batting against a hard cricket ball in matches and in practice sessions.
2. Young players should regard a helmet with a faceguard as a normal item of protective equipment when batting, together with pads, gloves and, for boys, an abdominal protector (box).
3. Young wicket keepers should wear a helmet with a faceguard when standing up to the stumps
4. All young players who have not reached their 18th birthday must wear a helmet with a faceguard when batting and when standing up to the stumps when keeping wicket in adult matches. Parental consent not to wear a helmet will not be accepted in adult cricket.

Note:

A face protector represents an alternative head protection system for young wicket keepers. Face protectors are, at the time of publication of this guidance, a relatively new innovation. ECB is currently working with manufacturers in order to achieve a British Standard in relation to all face protection technology for juniors.

In the meantime the NZ and Australian cricket helmet standard AS/NZS 4499 is the closest standard for the faceguard. The standard has three parts to it – (4499.1) the helmet (4499.2) the temple pieces and (4499.3) the grill. The nature of the product is such that the only relevant part of that standard is part 3, and not all the parts of the test apply mainly because the faceguard does not attach to a helmet.

## **Attachment 2**

### **Fielding Regulations**

1. No young player in the Under 15 age group or younger shall be allowed to field closer than 8 yards (7.3 metres) from the middle stump, except behind the wicket on the off side, until the batsman has played at the ball.
2. For players in the Under 13 age group and below the distance is 11 yards (10 metres).
3. These minimum distances apply even if the player is wearing a helmet.
4. Should a young player in these age groups come within the restricted distance the umpire must stop the game immediately and instruct the fielder to move back.
5. 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 6 yards (5.5 metres) 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.

### Attachment 3

#### Fast Bowling Directions

#### Injury Prevention for Fast Bowlers

1. These rules apply to girls and boys, and any reference to he/his should be interpreted to include she/her.
2. For the purpose of these rules, a fast bowler is a bowler to whom a wicket keeper in the same age group would in normal circumstances stand back to take the ball.

All coaches are urged to identify those players with the potential to bowl fast and to ensure they follow the Directives in all cricket throughout the season.

3. These rules cover:

- 3.1 Overbowling;
- 3.2 Technique;
- 3.3 Physical Preparation; and
- 3.4 Equipment.

4. Overbowling

- 4.1 Rules for Matches:

AGE:	MAX OVERS PER SPELL	MAX OVERS PER DAY
Up to 13	4 overs per spell	8 overs per day
U14, U15	5 overs per spell	10 overs per day
U16, U17	6 overs per spell	18 overs per day
U18, U19	7 overs per spell	21 overs per day

- 4.2 Rules for Practice Sessions:

AGE:	MAX BALLS PER SESSION	MAX SESSIONS PER DAY
Up to 13	30 balls per session	2 sessions per week
U14, U15	36 balls per session	2 sessions per week
U16, U17	36 balls per session	3 sessions per week
U18, U19	42 balls per session	3 sessions per week

- 4.3 These figures are based on players bowling in no more than 3 matches or practice session per week for age groups up to and including U15, and 4 matches or practice sessions per week for age groups up to and including U19. Players can play in other matches provided they do not bowl.

- 4.4 Having completed a spell the bowler cannot bowl again, from either end, until the equivalent number of overs to the length of his spell have been bowled from the same end. A bowler can change ends without ending his current spell provided that he bowls the next over that he legally can from the other end. If this does not happen his spell is deemed to be concluded. If play is interrupted, for any reason, for less than 40 minutes any spell in progress at the time of the interruption can be continued after the interruption up to the maximum number of overs per spell for the appropriate age group. If the spell is not continued after the interruption the bowler cannot bowl again, from either end, until the equivalent number of overs to the length of his spell before the interruption have

been bowled from the same end. If the interruption is of 40 minutes or more, whether scheduled or not, the bowler can commence a new spell immediately.

**4.5** Once a bowler covered by these rules has bowled in a match he cannot exceed the maximum number overs per day for his age group even if he subsequently bowls spin. He can exceed the maximum overs per spell if bowling spin, but cannot then revert to bowling fast until an equivalent number of overs to the length of his spell have been bowled from the same end. If he bowls spin without exceeding the maximum number of overs in a spell, the maximum will apply as soon as he reverts to bowling fast.

**4.6** Nets:

**4.6.1** Outdoor:

The emphasis on all nets should be quality rather than quantity. These Directives will encourage young fast bowlers to focus their efforts on shorter, more intensive spells. Consequently young fast bowlers should be made aware of the importance of warming up and warming down as part of their preparation.

**4.6.2** Indoor:

In the period between the end of the cricket season and Christmas, indoor practise for fast bowlers will be kept to an ABSOLUTE MINIMUM.

**5.** Technique:

**5.1** It is crucial that bowlers are encouraged to adopt a safe action early in their development. Bowlers should either have a SIDE-ON, a FRONT-ON or a 'MIDWAY/NEUTRAL' action, but SHOULD NEVER MIX THE ACTIONS. The mixed actions (of which there are two main types) are a major cause of back injuries, because they cause an unnecessary spinal twist. Excessive hyperextension of the back during the delivery stride is also a contributing factor.

**5.2** For further clarification of mixed actions consult the 'ECB Coaches Manual' or an appropriately qualified cricket coach.

**6.** Physical Preparation:

**6.1** A well structured, cricket specific training programme is essential to develop and maintain the strength, endurance and flexibility required for fast bowling. It is one of the most injury-labile non-contact activities in sport and the need for the fast bowlers to be amongst the fittest and best prepared players in the team cannot be over emphasised.

**6.2** Bowlers should WARM UP and STRETCH thoroughly before bowling and training, and should WARM DOWN and STRETCH afterwards. A good warm up helps to encourage a more professional approach, helps team spirit and can actually improve performance. It also helps to reduce the chance of an injury occurring.

**7.** Equipment:

**7.1** Impact forces of up to 8 times body weight can be experienced during the delivery stride. Without the appropriate footwear, these forces must be absorbed by the feet, ankles, knees and lower back of the bowler. It is therefore essential that bowlers minimize these effects by absorbing them with the use of efficient, well-fitting, cushioned boots or shoes and if required, absorbent insoles. The use of running shoes, basketball-type boots or

good cross trains is also essential as they are designed to cope with the types of forces experienced when bowling on hard surfaces.

## **Attachment 4**

### **Guidelines for the Selection of young players in Adult Cricket**

- 1.** Making the step up from junior to adult cricket is a significant event in any player's cricket experience. Before allowing a young player to be selected for an adult match, the Club will ensure that the player's safety, personal development needs and overall cricket experience are considered.
- 2.** There is no definitive age at which young players should be introduced to adult cricket but the Club determines each case on an individual basis dependent on their ability and stage of cognitive and emotional maturity to take part at this level, taking into account the ECB guidance on Junior Cricketers playing in Adult Matches.
- 3.** ECB Fast Bowling Directives and Fielding Regulations will always be adhered to for junior players in adult cricket.
- 4.** The Club will provide an opportunity for young players to show their talents in an appropriate way, including involving them in different aspects of the game.

## **Attachment 5**

### **Guidance on Junior Cricketers Playing in Adult Matches**

- 1.** The Club recognises that it has a duty of care towards all young players who are representing the Club. The duty of care should be interpreted in two ways:
  - 2.1** Not to place a young player in a position that involves an unreasonable risk to that young player, taking account of the circumstances of the match and the relative skills of the player.
  - 2.2** Not to create a situation that places members of the opposing side in a position whereby they cannot play cricket as they would normally do against adult players.
- 2.** In addition the following specific requirements apply to young players in adult matches:
  - 2.1** All young players who have not reached their 18th birthday must wear a helmet with a faceguard when batting and when standing up to the stumps when keeping wicket. Parental consent not to wear a helmet will not be accepted in adult matches. A young player acting as a runner must also wear a helmet even if the player he is running for is not doing so.
  - 2.2** The current ECB fielding regulations must be adhered to and enforced by the umpires and captain. The umpires are empowered by these fielding regulations to stop the game immediately if a young player comes within the restricted distance.
  - 2.3** The umpires and the opposing captain must be notified of the age group of all players participating in an adult match who are in the Under 19 age group or younger even if the player is not a fast bowler. This requirement also covers any young player taking the field as a substitute fielder.
  - 2.4** Any player in the Under 13 age group and younger must have explicit written consent from a parent or guardian before participating in adult matches. The Club has in place player registration procedures to ensure that consent is obtained.

## **Attachment 6**

### **Guidelines on Girls Playing In Boys Age Group Leagues and Competitions**

- 1.** The Club has a duty of care to all players and girls will be allowed to participate only if the responsible adults are satisfied that they are competent to do so.
- 2.** Suitable arrangements need to be in place, particularly relating to changing facilities and transportation arrangements, if applicable, before a girl may play in boys age group leagues and competitions.