



ECB COVID-19 GUIDANCE FOR CRICKET INDOORS IN WALES

SUMMARY

The England and Wales Cricket Board (ECB) has prepared guidelines for cricket indoors in Wales. The purpose of these guidelines is to offer practical guidance to venues, coaching providers and clubs on the steps they should take while undertaking cricket indoors. They should be read in conjunction with latest relevant UK and Welsh Government regulations. These guidelines could change in response to the current COVID-19 Alert Level or other Government advice.

In order to keep cricket going as it moves indoors, there will need to be adaptations in place for all, including venues, coaching providers, players, parents/carers, spectators and officials. Those adaptations relate to activity prior to, during and after cricket activity. There are also adaptations from the Step 4 outdoor guidance.

A summary of the adaptations is listed below but please read the full guidance for comprehensive details.

Venues:

- Carry out a COVID-19 Risk assessment that conforms to [Welsh Government legislation and guidance](#), act on it, communicate it, publish it.
- Include ventilation, occupancy, social distancing and cleaning as a minimum as part of your risk assessment.
- Implement and communicate control measures.
- Health & Safety, First Aid, Safeguarding and Access legislation and requirements remain in place.
- Continually review and update the risk assessment.
- Appoint a named Coronavirus officer in line with [Welsh Government guidelines](#). The officer should be responsible for oversight of the venue's Coronavirus risk assessment and mitigation plan, ensuring the necessary level of risk assessment

and mitigation has taken place and that sports and hosts can adhere to the guidance within their facility.

- Ensure the venue has a Coronavirus officer appointed and you are familiar who this is.

Coaching Providers and Clubs:

- Carry out a COVID-19 Risk assessment that conforms to [Welsh Government legislation and guidance](#), act on it, communicate it, publish it.
- Check venues and their risk assessments before you hire them.
- Plan and adapt your coaching activity to be COVID-19 compliant.
- Plan and adapt pre-session and post-session processes to be COVID-19 compliant (including the Test, Trace, Protect programme requirements).
- Allow time for handover between sessions.
- Health & Safety, First Aid, Safeguarding and Access legislation and requirements remain in place.
- Clubs should appoint a named Coronavirus officer, in line with Welsh Government guidelines, if they do not already have one. The officer should be responsible for oversight of the venue's Coronavirus risk assessment and mitigation plan, ensuring the necessary level of risk assessment and mitigation has taken place and that sports and hosts can adhere to the guidance within their facility.
- As part of their own risk assessment, Coaching Providers should also ensure a venue's Coronavirus risk assessment and mitigation plan is robust and can be adhered to.

Participants:

- Enjoy your cricket and enjoy it safely.
- Cricket indoors is different from normal under COVID-19 and different from outdoor cricket under COVID-19, but everything will be explained to you – just follow guidance from your coaching provider or club.
- Individuals should undergo a personal symptom check prior to all activity and should self-declare that:
 - they do not currently have symptoms of COVID-19 (new persistent dry cough, fever, loss of or change to sense of taste or smell);
 - they have not had a positive test for COVID-19 or onset of symptoms of COVID-19 in the last 10 days. (Individuals who have completed their period of isolation (10 days) and have no remaining symptoms (other than a dry cough or loss of taste or smell which can last for some time) may return to normal activities);
 - no member of their household has had symptoms of COVID-19 or has tested positive for COVID-19 in the last 14 days;
 - they have not been contacted by a contact tracer from the Test, Trace, Protect programme and told to isolate in the last 14 days as a contact of someone with confirmed COVID-19;
 - they have not returned from a country outside of the UK in the last 14 days, other than those on the [exempt list](#).

An individual who is symptomatic - or suspects they may have been exposed to the virus - should not take part in the cricket activity and should not attend the facility. They should immediately self-isolate (as well as their household), follow the [Welsh Government's self-isolation guidelines](#), and apply for a [COVID-19 test](#).

- You should maintain 2m social distancing at all times.
- Players 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.
- No sweat or saliva should be added to the ball at any time.
- Limit the sharing of equipment where possible. Where not possible, practice strict hygiene, especially hand hygiene.
- If you have any queries do not hesitate to contact your coaching provider or club.
- From Monday 14 September, it is a requirement by law for all people e.g. staff, coaches, officials, customers (players/parents/spectators) and volunteers aged 11 and over to wear a face covering when in public spaces indoors in Wales. This applies to all leisure, sport and recreational venues including club houses. A face covering may be removed when eating and drinking in a designated café, bar or restaurant and when playing cricket or exercising. A face mask must be worn at all other times, before and after taking part in an activity. For detailed guidance on face coverings and people exempt due to medical reasons and other factors please visit the Welsh Government website [here](#).

To support delivery of cricket indoors we have provided infographics, checklists for venue operators and coaching providers and clubs and a risk assessment template. All of these documents can be accessed in the ECB Resource Hub [here](#).

INTRODUCTION

This document aims to help coaches, clubs and participants to carry on playing cricket indoors safely and in a compliant manner. The intention of this guidance is to support venues, coaching providers and clubs to deliver cricket activity indoors in accordance with the [Welsh Government Guidance for sports, clubs and facilities](#).

Please note that the Government guidance is detailed and must be followed. You must read the [Welsh Government guidance for employers and employees: COVID-19](#) when planning to open your facility or to run a coaching activity.

This document supports the application of the Welsh Government guidance for indoor sport in a cricket context – it is not a substitute for the Government guidance and should not be used as such. Additional detail on social distancing and sports at grassroots and community level can be found in the [Government's outdoor sport and recreation guidance](#) – the Government's guidance set out here also applies to indoor activity.

In Wales, gatherings for exercise are limited to 30 people and all reasonable measures must be taken to maintain social distancing. Where multiple activities are taking place at an indoor venue (e.g. within a multi-purpose leisure centre), allowable gatherings should not exceed 30 people in total within each separately controllable space in the venue. For example, simultaneous gatherings of no more than 30 people each would be allowable within a gym, a sports hall and a swimming pool inside a multi-purpose leisure centre, subject to the facilities operator being satisfied that customer flow can be managed to ensure people remain socially distant in transit within the building and in common areas.

There is no legal obligation for venues and clubs to open their facilities and they should only open if they are ready to do so and can do so safely, following requirements as laid

down in the Health and Safety at Work etc Act 1974 and following Public Health Wales guidance.

From Monday 14 September, it is a requirement by law for all people e.g. staff, coaches, officials, customers (players/parents/spectators) and volunteers aged 11 and over to wear a face covering when in public spaces indoors in Wales. This applies to all leisure, sport and recreational venues including club houses. A face covering may be removed when eating and drinking in a designated café, bar or restaurant and when playing cricket or exercising. A face mask must be worn at all other times, before and after taking part in an activity. For detailed guidance on face coverings and people exempt due to medical reasons and other factors please visit the Welsh Government website [here](#).

Venues, coaching providers and clubs that are opening and using indoor facilities should also be aware that Government guidance and this guidance document is subject to change, for example in response to the COVID-19 Alert Level, community prevalence of COVID-19 and/or to reflect additional or updated Government guidance. Further advice is available at the gov.wales and Sport Wales websites. You must regularly check these websites and updated ECB guidance as this policy position may change and could also become more regionalised and localised over time.

HOW TO USE THIS DOCUMENT

To help make your indoor cricket activity successful and safe, it is important that both the venue owner/operator and the coaching provider or club consider all aspects of the venue and activities. It is recommended that you consider all visitors to your venue, including coaches, employees, volunteers, participants and their parents/carers when preparing your venue and planning your session. It is also important that you communicate your intentions in a timely manner to ensure the venue is safe for use and all attendees are adequately prepared in advance in line with current COVID-19 guidelines.

This guidance is in three parts:

1. Guidance for Venue Operators (this could be the venue owner).
2. Guidance for Coaching Providers and Clubs.
3. Guidance for Participants, Parents and Carers.

Some cricket organisations will be both the Venue Operator and the Coaching Provider / Club, but the majority will be a Coaching Provider or Club using a third-party venue. Whatever the circumstances, we strongly recommend that you read both sections so that you have a full understanding of guidance for both Venue Operators, and Coaching Providers and Clubs to help ensure that your coaching activity is compliant with Government guidance and minimises the risk of COVID-19 transmission. All groups have responsibilities for delivering safe activities but venue operators have the responsibility to provide a safe venue and coaching providers and clubs to provide safe activity in that venue – therefore there needs to be good communication and clear understanding of how these responsibilities are going to be met by the venue, coaching providers and clubs.

We have provided three accompanying documents to help you with this guidance:

1. A checklist for venues to help you work through what you need to put in place and what you need to consider as a Venue Operator can be found [here](#).

2. A checklist for coaching providers and clubs to help you work through what you need to put in place and what you need to consider as a Coaching Provider or Club can be found [here](#).
3. A risk assessment template that you can use to record your risk assessment of both the venue and the coaching/training/playing activity can be found [here](#).

PART 1: THE VENUE

Venues play a critical role in providing safe places for cricket to take place indoors. Venue owners and operators have a duty to reduce workplace risk to the lowest reasonably practicable level by taking preventative measures. Venues must work with any other employers or contractors sharing the workplace so that everybody's health and safety is protected. 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.

Responsible Officer

In Wales, each facility should have its own named Coronavirus Officer. The officer should be responsible for oversight of the venue's Coronavirus risk assessment and mitigation plan, ensuring the necessary level of risk assessment and mitigation has taken place and that sports and hosts can adhere to the guidance within their facility. They should work in cooperation with the Coaching Provider and /or Club's Coronavirus Officer as applicable.

For more information see: [Welsh Government Guidance for sports, clubs and facilities](#).

Risk Assessment

The Health and Safety at Work etc Act 1974 and the Government guidance for people who work in grassroots sport and gym/leisure facilities require you to risk assess your activities and to share the results of your risk assessment with your employees. A risk assessment must be conducted to understand the hazards and measure risks posed by your venue to those using it. The risk assessment must address and suitably and sufficiently control the risk of COVID-19.

It is recommended that a risk assessment is done at an early stage in your planning as this will give you sufficient time to put mitigating controls in place. Once complete, it is recommended you review it prior to your first event and re-assess it at subsequent events.

The risk assessment should:

- Identify the hazards, who might be harmed and how.
- Assess the level of risk.
- Identify suitable controls.
- Be recorded in writing (if you have 5 or more employees).
- Review controls, as and when required.

We have provided an example of a risk assessment template that you can use for your venue and/or coaching activity [here](#).

The risk assessment and risk mitigation plan should be sufficient to ensure that activities can be run safely, in a manner that conforms to Welsh Government legislation and guidance and appropriately protects all individuals involved (e.g. players, staff,

spectators). The risk assessment should be reviewed regularly to ensure that it remains relevant and appropriate under changing circumstances.

Clear protocols to manage any person who becomes symptomatic in the training or play environment should be included in the risk assessment and risk mitigation plan. In addition, clear protocols to provide/display clear messaging to individuals that anyone displaying symptoms of COVID-19 should not turn up for training or to play. They should immediately self-isolate (as well as their household), follow the Welsh Government's self-isolation guidelines, and apply for a Coronavirus test.

Once you have completed your risk assessment and developed your control measures you should:

- Implement the control measures.
- Communicate your risk assessment and its findings to your staff, contractors and visitors.
- Communicate your risk assessment, control measures and other requirements to those hiring your facility (including Coaching Providers and Clubs).
- Keep a record on file but continually review and update the risk assessment as circumstances (including local COVID-19 prevalence) change.
- It is considered best practice in Wales for companies employing more than 50 people to publish the findings of their risk assessment on their website.
- Share your risk assessment and control measures with your insurer or their representative to confirm that your insurance cover conditions have been met and your insurance is valid.

Opt-in

All hosts must ensure staff and visitors are formally appraised of the risks, mitigating steps being taken and requested to actively 'opt-in' if they are comfortable to return to working within the training environment, by way of written consent.

Ventilation

Ventilation is an important part of mitigation against the transmission of COVID-19. When ventilation is poor, the risk of transmission of COVID-19 increases because the number of pathogens can build up over time. A continuous or regular circulation of air with fresh air from outside is important. The aim should be to make the indoor environment 'as outdoors as possible'.

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. Particular attention should be given to the areas where high intensity exercise activity takes place.

The following is taken from the [Welsh Government guidance](#) for sport indoors:

- Ensure, where possible, that windows and doors to the exterior on the opposite side of a building are opened to create air flow, as this is most effective at clearing microdroplet airborne particles created when someone sneezes or shouts.
- Most air conditioning systems do not need adjustment, however where systems serve multiple buildings, or you are unsure, advice should be sought from your heating ventilation and air conditioning (HVAC) engineers or advisers.
- For fully mechanical centralised air-conditioning systems, which both deliver and extract air from multiple rooms it is best practice to avoid recirculation of air. All centralised mechanical ventilation systems should have the facility to turn off recirculation and use only a fresh air supply.

- Employers are required to ensure an adequate supply of fresh air through natural or mechanical ventilation and this has not changed.
- In some cases, general ventilation can be improved by opening doors etc. but HSE is not proposing to issue additional guidance on the subject. Those in control of premises retain a legal duty (see [Regulation 6](#) covers ventilation) to ensure effective ventilation
- For mechanical systems in individual rooms, where recirculation modes enable higher rates of supply of fresh air to be provided to a space, for example by the prevention of cold draughts, then these devices should be allowed to operate.
- Fans would obviously recirculate the current air, so wouldn't be advised.
- Checking whether you need to service or adjust ventilation systems, for example, so that they do not automatically reduce ventilation levels due to lower than normal occupancy levels.
- Maintaining good ventilation in the work environment. For example, opening windows and doors frequently, where possible.

The Government Guidance also refers to advice available for building services, particularly around ventilation of buildings, both in use and when returning to buildings which have been closed. It can be accessed from the [Health and Safety Executive](#), the [Chartered Institution of Building Services Engineers](#), [The Building Engineers Services Association](#), and [REHVA](#).

Where you are using natural ventilation methods (opening doors and windows) in winter periods you should also consider:

- Thermal comfort of users.
- The ability of your heating system to manage changes in temperature (fan air heating systems will be more effective at increasing temperature quickly than under-floor or radiating heating systems).
- Management of wet weather and slip / electrical hazard.
- Management of condensation and slip hazard.
- Control of noise pollution from the sports hall to surrounding premises.
- The security of the facility.
- The safeguarding of children and vulnerable persons whilst external doors are open.
- The risk of collisions, falls and ball escape when doors are open.
- Seasonal variation in temperature and weather will mean that a natural ventilation strategy must be kept under constant review.

Care should be taken when using school assembly halls, village halls and other non-sports hall facilities to ensure that there is sufficient ventilation as these are often not mechanically ventilated to sports hall standards. Effective natural ventilation will be important.

If you are in any doubt, then you should employ a specialist ventilation engineer to make an assessment and recommendations.

Social distancing: occupancy and circulation

When at the venue, everyone should comply with the social distancing guidelines set out by the Government. As the venue owner/manager, plans need to be put in place to facilitate this. Additional detail on social distancing and sports at grassroots and community level can be found in [the Welsh Government's outdoor sport and recreation guidance](#).

Social distancing should be maintained between all users of facilities including individuals, groups, teams, teachers, trainers and coaches unless users come from the same household or to manage needs on account of a disability when additional mitigation will be essential.

In Wales, gatherings for exercise are limited to 30 people and all reasonable measures must be taken to maintain social distancing. Where multiple activities are taking place at an indoor venue (e.g. within a multi-purpose leisure centre), allowable gatherings should not exceed 30 people in total within each separately controllable space in the venue. For example, simultaneous gatherings of no more than 30 people each would be allowable within a gym, a sports hall and a swimming pool inside a multi-purpose leisure centre, subject to the facilities operator being satisfied that customer flow can be managed to ensure people remain socially distant in transit within the building and in common areas.

As per guidance for outdoor cricket – 2m social distancing should be maintained. In an indoor cricket context, there are a number of scenarios to consider when determining socially distanced maximum capacity, including:

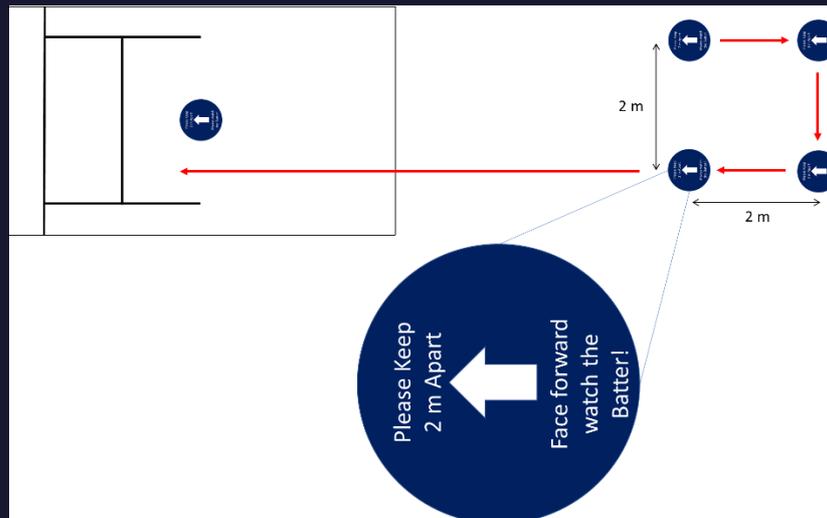
1. Cricket nets.
2. Open plan coaching, game play or coach development scenarios using all or part of the sports hall.
3. Indoor cricket competitions.
4. Classroom environments.

Cricket Nets

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: social 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:

- All users should be socially distanced at 2m.
- Queuing bowlers should maximise their distance from the batter to allow sufficient reaction time to balls hit out of the net.
- Participants need to maintain 2m social 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 players 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.
- Floor signage and reminder signage should be used to inform participants of socially distanced waiting locations and the direction in which they should face (for example 2m spaced arrows).



Remember that for sport indoors in Wales the limit is for 30 people within each separate controllable space. For nets, a ratio 5 participants to 1 coach in each net would require five nets. This ratio provides a good balance of social 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 this example is for illustrative purposes only and need to be risk assessed for a particular site. When you are considering net formats for your site you need to consider:

1. Maintaining social distancing at 2m.
2. Regular circulation of bowlers to minimise waiting times and ventilation risk.
3. Providing a safe distance between batter and waiting bowlers to allow reaction time to a ball hit out of the net.

Open Plan (including school assembly and other halls where ventilation is appropriate)

The same principles apply but more of the length of the sports hall can be used so the ratio of participants to a coach can go up. The space required is dependent upon the activity – the more participants are moving around, the greater the risk of closer contact.

Competitive Indoor Cricket Matches

Indoor cricket match play takes place in various formats with differing space requirements and player numbers. Each risk assessment will be different but when considering whether indoor cricket matches can take place in your venue you should:

- Determine whether social distancing can be maintained in the space available and adjust playing numbers downwards, if necessary.
- Ensure that there is sufficient ventilation.
- Ensure social distancing of 2m can be maintained, if it cannot then the match should not take place.
- Avoid shouting, calling loudly etc. as this increases the risk of transmission.
- For all nets, including indoor cricket played inside a tensioned net – consider how player entrance and exit can be facilitated without breaking social distancing and without creating common touch points at the net entrance (this could include high frequency cleaning and using elbows, backs of cricket-gloved hands etc to minimise touching with the palm of the hand).

- Do not share worn equipment such as helmets and gloves. Ideally participants should use their own bat – where shared bats are used, they should be sanitised between users.
- Hygiene breaks should be built into match play (for example every 4 overs) to sanitise all players' hands and the ball, with a maximum time of 20 minutes between hygiene breaks.

Bag storage and padding-up

We recognise that there may be a need to provide safe areas for bag storage and padding-up whether this is within the sports hall or within separate areas outside the hall. These areas should:

- Allow for social distancing of 2m.
- Be safe from ball strike for the person padding- up, where you are using net lanes or areas between nets allow a sufficient safety margin from the net to allow for movement of the net when a ball is hit hard into the net – this will need to be assessed site-by-site because of differing net specifications.
- Not cause a trip hazard to activity in the sports hall.
- Not obstruct any circulation route and especially an emergency (fire) escape route.
- Not obstruct circulation for people using wheelchairs.
- Consider the safeguarding of children and vulnerable persons.
- Be cleaned between bookings.

Classrooms

Risk assess classroom use carefully. Social distancing and ventilation requirements apply in this environment too. This will tend to reduce the capacity of classrooms because of desk spacing and circulation of people around and into and out of the classroom.

Look to see whether classroom activity can be brought into the sports hall where social distancing, circulation and ventilation are easier to facilitate.

Strength and Conditioning Facilities

Strength and Conditioning (S&C) facilities should be risk assessed in the same way for social distancing and ventilation and appropriate control measures should be put in place. Cleaning of equipment between users is essential and this must be risk assessed carefully in full compliance with the Government guidance. It could be that S&C facilities need to be relocated from their normal location or not used and alternative, compliant provision sourced elsewhere.

Circulation in the building

Consider how social distancing can be implemented and controlled – look at potential pinch points and workarounds, one-way systems (including entrances and exits), screens, floor markings and PPE requirements. Identify an operational protocol, communication and compliance plan (use illustrated site plans, signage and other control measures as required).

Look at whether you can use a one-way system with different entrances and exits. Where you are using sports hall doors for ingress/egress and ventilation, weather protection could be required.

Where you are changing circulation routes consider access for disabled people, including people using wheelchairs or other mobility aids.

Cleaning

If your facility has been in lockdown for some time, undertaking a deep clean of your facilities will ensure that you have a good base level of hygiene to work with and a clean and safe environment for all users. This is often referred to as an 'initial deep clean'. Plan to undertake this as soon as practicable after entering a building that has been temporarily closed.

Cleaning methods and cleaning products should follow government advice on cleaning in non-healthcare settings outside the home available [here](#).

Formulate a cleaning plan that states:

- What should be cleaned and when – this should include areas of the building, frequent touch points and playing equipment such as bowling machines, stumps etc.
- Who is responsible for cleaning each area.
- Any special cleaning requirements i.e. deep clean.
- A schedule of frequent touch points and how frequently they should be cleaned.
- The provision of visible records of cleaning e.g. a toilet cleaning schedule.

On-going cleaning regimes will need to be more frequent, with a thorough clean of all contact surfaces and touch point cleaning between the end of one session and prior to the next session commencing.

It really helps to minimise unnecessary furniture, objects and fittings to limit the number of items that need to be cleaned or moved during cleaning – this can help to speed up the cleaning process.

To help everyone maintain good hygiene, consideration should be given to:

- using signs and posters to build awareness of good handwashing technique, the need to increase handwashing frequency, avoid touching your face and to cough or sneeze into your arm;
- providing regular reminders and signage to maintain hygiene standards;
- providing hand sanitiser in multiple locations in addition to washrooms;
- setting clear use and cleaning guidance for changing rooms and toilets to ensure they are kept clean and social distancing is achieved as much as possible;
- enhancing cleaning for busy areas;
- providing more waste facilities and more frequent rubbish collection;
- replacing hand dryers with paper towels in handwashing facilities;
- provision of automated soap dispensers in washrooms if possible
- minimising use of portable toilets; and
- sufficient provision of automated hand sanitising dispensers in public places.

Changing rooms are an area of increased risk of transmission and should only be used if essential and provided social distancing is maintained. Changing rooms should not be used for changing into training kit – participants should arrive and leave in their training kit and travel home to change/shower. Changing rooms could be required for padding up on an individual basis but mixing with other sports venue users should be avoided and changing rooms should not be used for bag storage. Changing rooms should be maintained with a regular cleaning regime between sessions.

Legionella

Water Systems – Legionella bacteria can cause an outbreak of Legionnaire's Disease. These bacteria thrive in stagnant water at tepid temperatures. If your facility has been

out of use for a significant period, water contained within could have become stagnant and could be contaminated with the legionella bacteria.

Water systems need to be treated with particular caution following a period of closure due to the risk of legionella bacteria developing in stagnant water. Unless your systems have been flushed on a weekly basis and a normal cleaning regime has been in place, particular care should be taken to disinfect them prior to opening.

It is essential to have a 'competent person' overseeing any work on water systems. If you are in any doubt, consult a suitably qualified specialist.

Further advice can be found at <https://www.hse.gov.uk/coronavirus/legionella-risks-during-coronavirus-outbreak.htm>.

Toilets

Toilets should be checked and cleaned regularly with signage in place to remind people of essential hygiene practice.

Assess the safe number of occupants for each toilet facility – this could be based on the use of every cubicle but every other urinal if present, but is often determined by social distancing and safe circulation around the wash-basin area – queues within toilet areas should be avoided. Set a maximum occupancy for the toilet facility and communicate this with appropriate signage.

You should consider the use of social distancing markings and the adoption of a limited entry approach, with 1 in, 1 out (whilst avoiding the creation of additional bottlenecks). The ventilation of toilets is important to limit the spread of aerosols that could carry the virus. Where possible, mechanical ventilation should be used to create a negative pressure in the toilet area to suck air out – be careful with opening windows that this direction of flow is not reversed and aerosols from the flushing of lavatories are minimised. Encourage users to flush lavatories with the lid closed where possible. To facilitate good hand hygiene, you should consider making hand sanitiser available on entry to toilets (where safe and practical) and ensure suitable handwashing facilities, including running water and liquid soap are available.

Disposable paper towels are preferred to mechanical hand driers for hand drying – safe waste management must be considered.

Hand cleaning

Hand washing with warm water and soap for at least 20 seconds is the recommended method for cleaning hands and reducing COVID-19 virus transmission. However, to avoid long, socially distanced queues for sinks, frequent hand sanitising gel with a minimum alcohol content of 60% is a convenient and effective method for reducing transmission.

Assess where people on site will need to sanitise their hands and ensure sufficient sanitiser is available – for example:

- At registration desks
- On entering/exiting buildings.
- Areas of concentrated use including the sports hall.
- Common contact/touch points.
- In player waiting areas particularly where players will be eating/drinking
- Toilets.

Make sure that you have a sufficient supply of sanitiser to meet demand – plan and evaluate after your first opening to gauge required stock levels.

First Aid

As part of your duty of care you must make first aid provision available. St John Ambulance Wales have 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](#).

Make sure that even if parts of your building are restricted that the following are available to all users:

- Your First Aid kit(s) – including suitable PPE (gloves, suitable face coverings/masks, disposable apron, hand sanitiser) and that you have somewhere safe to dispose of this PPE once used.
- Your Automated External Defibrillator (AED) if you have one – check that it is functioning properly (e.g. warning light status) and has been serviced as per the manufacturer's instructions.

COVID-19 Cases on site / Symptomatic Persons

Every individual planning to attend the venue should undergo self-screening to ensure they are not displaying symptoms of COVID-19 before coming to the venue. However, if someone starts to show symptoms whilst they are at the venue – have a plan for dealing with this scenario:

- Maintain social distancing.
- Inform the Coronavirus Officer if they have not been involved with identifying and isolating the individual.
- If the person is able to travel home safely, they should travel home and manage their symptoms in accordance with [Welsh Government guidance on self-isolation](#) and apply for a [COVID-19 test](#).
- Identify a suitable isolation area and maintain this as part of your plan – it should be located to provide easy entry and exit from the facility and should have easily cleaned furnishings and fittings.
- If the person is too unwell to travel home safely, they should be isolated from everyone else and someone from their household contacted to make safe arrangements – if that is not possible then phone 111 and follow instructions.
- Make sure that the isolation area is well ventilated and then cleaned carefully using suitable cleaning products and PPE in accordance with [COVID-19: cleaning in non-healthcare settings guidance](#).

Treatment Rooms (where applicable)

Physiotherapy and other treatment rooms should be risk assessed to ensure that social distancing is achievable and ventilation is suitable. All treatment rooms will need to be cleaned to the relevant Government/Public Health Wales cleaning standard between individual sessions.

It may be necessary to relocate treatment rooms if existing rooms are risk assessed and found to be unsuitable. When relocating, consider the ease with which surfaces can be cleaned and privacy requirements as well as COVID-19 risk factors such as social distancing and ventilation.

Existing and alternative treatment room provision must be accessible to disabled people.

Viewing Areas and Cafés

Where viewing areas are to be used, these need to be risk assessed carefully in line with above government guidance on social distancing and ventilation. They will also need to be cleaned between sessions. Where these COVID-19 mitigation controls cannot be met, viewing areas should not be used.

Where cafés are used these must be risk assessed in the context of Welsh Government guidance on restaurants, pubs, bars and takeaway services. In Wales see [here](#).

Face coverings

From Monday 14 September, it is a requirement by law for all people e.g. staff, coaches, officials, customers (players/parents/spectators) and volunteers aged 11 and over to wear a face covering when in public spaces indoors in Wales. This applies to all leisure, sport and recreational venues including club houses.

A venue must provide clear mitigations (e.g. social distancing measures, signage etc.) in its risk assessment to minimise risk of transmission in situations when a person is allowed to remove a face covering (e.g. to play cricket/exercise or to consume food and drink).

A face covering may be removed when eating and drinking in a designated café, bar or restaurant and when playing cricket or exercising. A face mask must be worn at all other times, before and after taking part in an activity. For detailed guidance on face coverings and people exempt due to medical reasons and other factors please visit the Welsh Government website [here](#).

Registration and entry sales

The Government guidance for indoor sport requires you to keep a temporary record of attendees and their contact details for 21 days following a visit to your facility to assist the Test, Trace, Protect programme. Collect sufficient data on each attendee (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 your facility. This should be coordinated with the Coaching Provider or Club. In exceptional circumstances, the data may need to be retained for a longer period, e.g. where police ask for information 20 days after collection. Further guidance on keeping records and the Test, Trace, Protect programme can be found [here](#).

When taking bookings, venues will need to ensure that facility users are duly advised (verbally by phone, or via a website or on-line booking system) of the need and reasons under GDPR rules for their personal information to be retained, and the duration required, to support the Test, Trace, Protect Programme.

Signage and instruction on arrival at a venue and then around building in prominent places must be provided to explain the need to wear a face covering.

Access & Disabled Persons

When designing how people will circulate around the facility consider those who may require reasonable adjustment i.e. if you have restricted the use of some of your facilities does this impinge on the needs of a disabled person? Can a disabled person move freely and easily around all accessible areas safely? Ensure any changes to entries, exit and queue management take into account reasonable adjustments for those who

need them, including disabled attendees. For example, maintaining pedestrian and parking access for disabled attendees.

Venue Set-up and Clear-up

Establish a clear protocol on venue set-up and clear-up with the Coaching Provider or Club. Consider key 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.

Communication (internal / external)

Once you have planned how your facility will operate, it is important that instructions and expectations are communicated clearly and regularly. You will need to explain the changes and the reasons why you have made them.

Consider who you need to communicate with and the most effective methods for doing this. This should include event providers (including Coaching Providers and Clubs), users and their parents or carers.

Ideally, you should publish an action plan detailing you plans to re-open safely and the steps you are taking to avoid and reduce the potential of transmission.

Consider how you will communicate with people in a timely fashion before they arrive at your facility as this will help the process of managing behaviour in advance.

Provide clear unambiguous instructions and signage both before arrival and on arrival, particularly for re-enforcing the need for social distancing and good hygiene at all times, including before, during and after physical activity:

- If you supply instruction on information sheets, ensure these are either a fixed sign or 'disposable' takeaways. Do not use laminated sheets as this creates a common touchpoint.
- Use digital methods including social media, websites and email.
- Provide clear route signage utilising commonly understood symbols.
- Provide regular reminders and signage to maintain hygiene standards.

It is more important than ever to consider inclusive guidance for people who need support to be active. You should consider this as part of your work to encourage people to return.

Consider whether you need to communicate with your local public health body where local lockdown / restriction arrangements are in place.

PART 2: THE COACHING PROVIDER AND CLUBS

How to plan your indoor cricket activity

As the coaching provider or club, you have a duty to 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:

Responsible Officer

In Wales, the appointment of a named Coronavirus Officer should be considered, in line with Welsh Government guidelines. The officer should be responsible for oversight of Coronavirus risk assessments and mitigation plans, ensuring the necessary level of risk assessment and mitigation has taken place and that sports and hosts can adhere to the guidance in relation to their activity. They should work in cooperation with the venue's Coronavirus Officer.

For more information see: [Welsh Government Guidance for sports, clubs and facilities](#)

Hiring venues

Prior to hiring a venue, you must ensure it is suitable for your activity in regard to COVID-19 and other safety aspects. Venue operators include leisure facility providers, schools, indoor cricket centres and various others. The venue owner/manager should have undertaken a risk assessment for the venue. Ask to see this and ensure you are comfortable with the control measures the venue has taken to sufficiently control and minimise the risk of transmission of COVID-19.

There are a number of questions you should be asking of a venue:

- Can they share their venue COVID-19 risk assessment and talk you through their requirements for your activity?
- Can they share their venue Health and Safety risk assessment and talk you through their requirements for your activity?
- Can they demonstrate and quantify the performance of their ventilation and heating systems?
- What social distancing measures and protocols are in place at the venue?
- Can they demonstrate their registration process and queuing systems?
- What participant data will need to be shared with the venue operator?
- What venue information will need to be shared with participants?
- What first aid equipment and first aider services will the venue provide, and will this be available during your sessions?
- Do they have a serviced Automated External Defibrillator (AED) available during your sessions?
- What is their cleaning regime and is this adequate?
- What will the venue clean and what will you (the coaching provider or club) need to clean?

- What are their hand cleaning/sanitisation requirements and will you need to provide hand sanitiser for your activities and sessions (it may be more cost effective for you to do this)?
- On reopening, have they carried out all their routine maintenance and health and safety checks (such as legionella, fire safety etc)?
- Does the venue have current Public Liability Insurance with cover for coronavirus / COVID-19 risks?
- What are their safeguarding policies and procedures?

Where venue operators are unable to answer the above questions, then you will need to work with them to achieve satisfactory answers. If this is not possible then you should consider alternative venues that can provide this information.

It might be useful to use a checklist to ensure all aspects set out above have been considered before hiring. An example checklist is available [here](#).

Organisation

If your session is to be successful and safe it is important 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. 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 in accordance with COVID-19 guidelines.

Communication (internal / external)

Once you have planned how your activity will operate, it is important that instructions and expectations are communicated clearly and regularly. You will need to explain the changes and the reasons why you have made them.

Consider who you need to communicate with and the most effective methods for doing this. This should include the venue, users and their parents or carers.

Ideally, you should publish an action plan detailing your plans to re-open safely and the steps you are taking to avoid and reduce the potential of transmission.

Consider how you will communicate with people in a timely fashion before they arrive for your activity as this will help the process of managing behaviour in advance.

Work with the venue to provide clear unambiguous instructions and signage both before arrival and on arrival, particularly for re-enforcing the need for social distancing and good hygiene at all times, including before, during and after physical activity:

- If you supply instruction on information sheets, ensure these are either a fixed sign or 'disposable' takeaways. Do not use laminated sheets as this creates a common touchpoint.
- Use digital methods including social media, websites and email.
- Provide clear route signage utilising commonly understood symbols.
- Provide regular reminders and signage to maintain hygiene standards.

It is more important than ever to consider inclusive guidance for people who need support to be active. You should consider this as part of your work to encourage people to return.

Consider whether you need to communicate with your local public health body where local lockdown / restriction arrangements are in place.

Opt-in

All hosts must ensure staff and visitors are formally appraised of the risks, mitigating steps being taken and requested to actively 'opt-in' if they are comfortable to return to working within the training environment, by way of written consent.

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. weekly) reviews and reminders. Update training in line with any changes to your risk assessment (including in response to changes in local COVID-19 conditions).

Risk Assessment

If you are an employer, the Health and Safety at Work etc Act 1974 and the Government guidance for people who work in grassroots sport and gym/leisure facilities require and to share the results of your risk assessment with your employees. A risk assessment must be conducted to understand the hazards and measure risks posed by your activities. Even voluntary organisations should undertake a risk assessment, to both manage your activities safely and demonstrate you have acted responsibly in the event of an incident. The risk assessment must address and suitably and sufficiently control the risk of COVID-19.

It is recommended this is done at an early stage in your planning as this will give you sufficient time to put mitigating controls in place. It should be completed in conjunction with the Venue Operator and in alignment with the risk assessment and mitigation procedures for the venue. Once complete, it is recommended you review it prior to your first event and re-assess it ahead of every subsequent event.

The risk assessment shall:

- Identify the hazards, who might be harmed and how.
- Assess the level of risk.
- Identify suitable controls.
- Be recorded in writing (if you have 5 or more employees).
- Review controls as and when required.

A risk assessment template can be found [here](#).

The risk assessment and risk mitigation plan should be sufficient to ensure that activities can be run safely, in a manner that conforms to Welsh Government legislation and guidance and appropriately protects all individuals involved (e.g. players, staff, spectators). The risk assessment should be reviewed regularly to ensure that it remains relevant and appropriate under changing circumstances.

Clear protocols to manage any person who becomes symptomatic in the training or play environment should be included in the risk assessment and risk mitigation plan. In addition, clear protocols to provide/display clear messaging to individuals that anyone displaying symptoms of COVID-19 should not turn up for training or to play. They should immediately self-isolate (as well as their household), follow the Welsh Government's self-isolation guidelines, and apply for a Coronavirus test.

Once you have completed your risk assessment and developed your control measures you should:

- Implement the control measures.

- Communicate your risk assessment and its findings to your staff, contractors and visitors.
- Communicate your risk assessment, control measures and other requirements to the venue Coronavirus Officer and Health and Safety Manager.
- Use your risk assessment to develop the training material and information you communicate to course attendees and their parents/carer (as appropriate) on your COVID-19 control measures and other requirements, in particular to collect their informed consent to opt-in to the activity and visiting the venue.
- Keep a record on file but continually review and update the risk assessment as circumstances (including local COVID-19 prevalence) change.
- It is considered best practice in Wales for companies employing more than 50 people to publish the findings of their risk assessment on their website.
- Share your risk assessment and control measures with your insurer or their representative to confirm that your insurance cover conditions have been met

Session length

You should allow a sufficient gap (e.g. 10-15 minutes) between sessions to allow for registration, safeguarding and cleaning of equipment between sessions. This means that an hour-long session could become 45-50 minutes to allow for 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.

Participants should be encouraged to arrive and leave on time.

First Aid

As part of your duty of care you must make first aid provision available. St John Ambulance Wales have 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 is able to provide first aiders, first aid equipment and an Automated External Defibrillator (AED) for your sessions. Where the venue first aid kit and AED are provided 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) – including suitable PPE (gloves, suitable face coverings/masks, disposable apron, hand sanitiser) and that you have somewhere safe to dispose of this PPE once used.
- An Automated External Defibrillator (AED) if you have one – check that it is functioning properly (e.g. warning light status) and has been serviced as per the manufacturer's instructions.

Pre-registration

Providers and clubs should pre-register participants. This will assist in controlling numbers and ensuring you support the Test, Trace, Protect Programme. The Government guidance for indoor sport requires you to keep a temporary record of

attendees and their contact details for 21 days following a visit to your facility to assist the Test, Trace, Protect programme. Collect sufficient data on each attendee (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 your facility. This should be coordinated with the Coaching Provider or Club. In exceptional circumstances, the data may need to be retained for a longer period, e.g. where police ask for information 20 days after collection. Further guidance on keeping records and the Test, Trace, Protect programme can be found [here](#).

When taking bookings, venues will need to ensure that facility users are duly advised (verbally by phone, or via a website or on-line booking system) of the need and reasons under GDPR rules for their personal information to be retained, and the duration required, to support the Test, Trace, Protect programme.

Note that 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 and where advised by the Test, Trace, Protect programme.

Pre-registering participants will also give you the opportunity to communicate some essential information prior to the event, including:

- The importance of pre-attendance symptoms checks (details on symptoms of COVID-19 are available [here](#)).
- Insistence that participants should 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 extended household has symptoms of COVID-19 or tested positive for COVID-19 or if they are advised to self-isolate as part of the Test, Trace, Protect programme.
- Preferred modes of transport to the venue.
- The need for participants to arrive ready to play (arrive dressed in kit and leave venue in kit).
- No changing or showering facilities will be available unless the person is disabled or has special needs that require the use of these facilities.
- Supporters and other spectators should be limited at this stage to only those persons who need to attend, e.g. parents or guardians of children who require their attendance for health or safeguarding reasons. All spectators that are not part of a household, or extended household, are to remain socially and physically distanced from each other and from the area of play whilst attending events, including accessing and leaving the venue, use of any facilities and whilst watching game play. Making this clear to parents will help them prepare for waiting outside the venue if required.
- Emergency contact details of parent/carer will be required.

On arrival participants should be greeted outside the venue (or close to the main entrance in adverse weather) to:

- Confirm participant's details including emergency contact information
- Sanitise hands prior to entering the building.
- Confirm that the person does not have symptoms of COVID-19 and is not otherwise required to self-isolate prior to entry (details on symptoms of COVID-19 are available [here](#)).
- Confirm that the participant has been provided with venue and activity coronavirus risk assessments and details of control measures in place, that they

understand these and that they consent in writing to opt-in to the activity at that venue.

- Where necessary, be escorted into the building and handed over to the relevant coach.
- Have the COVID-19 control measures explained.

For many of your participants they will be returning to a venue that was previously very familiar to them, but with numerous changes and adaptations things may feel strange 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 clear – a video and audio walk through of the process from start to finish can be a really useful tool for all participants.

Pre-attendance symptom check

All individuals in attendance should undergo a personal symptom check prior to all activity and should self-declare that:

- they do not currently have symptoms of COVID-19 (new persistent dry cough, fever, loss of or change to sense of taste or smell);
- they have not had a positive test for COVID-19 or onset of symptoms of COVID-19 in the last 10 days. (Individuals who have completed their period of isolation (10 days) and have no remaining symptoms (other than a dry cough or loss of taste or smell which can last for some time) may return to normal activities);
- no member of their household has had symptoms of COVID-19 or has tested positive for COVID-19 in the last 14 days;
- they have not been contacted by a contact tracer from the Test, Trace, Protect programme and told to isolate in the last 14 days as a contact of someone with confirmed COVID-19;
- they have not returned from a country outside of the UK in the last 14 days, other than those on the [exempt list](#).

An individual who is symptomatic - or suspects they may have been exposed to the virus - should not take part in the cricket activity and should not attend the facility. They should immediately self-isolate (as well as their household), follow the [Welsh Government's self-isolation guidelines](#), and apply for a [COVID-19 test](#).

Transport to venue

Participants should be encouraged to follow best practice for travel including minimising use of public transport and limiting car sharing. They should walk or cycle if they can. People from a household or support bubble can travel together in a vehicle. See the Government's [safer travel guidance for passengers](#) for further information.

Arrival at the venue

On arrival at the venue, parents/carers are to drop their child at the pre-arranged reception point. All queuing should ideally be outside the venue and at 2m social distance (facilitate with floor signage).

The presence of spectators should be considered as part of the Risk Assessment and strictly limited wherever possible.

All participants should wash/sanitise their hands-on entry to the venue.

You are required to keep a temporary record of attendees and their contact details for 21 days following a visit to the facility to assist the Test, Trace, Protect programme. At the reception, details will be confirmed, and will include emergency contact details for the parent/carer.

COVID-19 Cases on site / Symptomatic Persons

Every individual planning to attend the venue should undergo self-screening to ensure they are not displaying symptoms of COVID-19 before coming to the venue. However, if someone starts to show symptoms whilst they are at the venue – have a plan for dealing with this scenario:

- Maintain social distancing.
- Inform both your Coronavirus Officer and the venue Coronavirus Officer if they have not been involved with identifying and isolating the individual.
- If the person is able to travel home safely, they should travel home and manage their symptoms in accordance with [Welsh Government guidance on self-isolation](#) and apply for a [COVID-19 test](#).
- Identify the venue isolation area (see Part 1).
- If the person is too unwell to travel home safely, they should be isolated from everyone else and someone from their household contacted to make safe arrangements – if that is not possible then phone 111 and follow instructions.
- Make sure that the isolation area is well ventilated and then cleaned carefully using suitable cleaning products and PPE in accordance with [COVID-19: cleaning in non-healthcare settings guidance](#).

Personal Protective Equipment (PPE) & Cleaning Materials

The Welsh Government has published guidance on the [Coronavirus and Personal Protective Equipment \(PPE\)](#), this guidance should be followed and will be updated regularly. PPE use should be on a risk assessment basis and where a risk assessment determines that it is required it must be provided.

A coach not actively engaged in aerobic activity themselves should be provided with and wear a face covering when indoors (see Face Coverings in Part 1).

A further consideration could be disposable gloves when using bowling machines. If used correctly, disposable gloves could reduce the cleaning requirements for bowling machines and bowling machine balls to the end of every day rather than the end of every session. Note that gloves should be disposed of after every session and only be worn by one individual.

Also consider supplies of suitable cleaning wipes and hand sanitiser for use during the coaching sessions.

Venue Set-up and Clear-up

Establish a clear protocol on venue set-up and clear-up with the venue operator. Consider key 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.

Planning and delivering your activities

- Prepare equipment
 - Eliminate or, if not possible, minimise the sharing of equipment. Where it is absolutely necessary to share equipment, equipment must be cleaned using appropriate cleaning materials between sessions and users and 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 own equipment and take that home with them. ECB guidance on protective helmet use must be followed – helmets should not be shared.
 - 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 – see the 'PPE' section above.
- Social distancing
 - Controls must be clearly explained, how and why.
 - Floor markings should be in place to support social distancing and encourage participants to watch the batter.
- Risk assess activities that will require hygiene breaks and sanitisation. You should have regular (every 20 minutes maximum) hygiene breaks to sanitise shared cricket balls (and other equipment where participants cannot bring their own).
- 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 normal 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 ECB 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 PPE requirement for coaches. Where coaches are not actively engaged in aerobic activity themselves they should wear a face covering (see Face Coverings in Part 1).
 - In order to limit the risk of injury and hospitalisation (and associated COVID-19 transmission risk and burden on the NHS Wales), it is strongly recommended that coaches should wear a cricket insurance meeting current ECB guidelines (see [here](#)) 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 NHS Wales. See ECB guidance on helmets [here](#).
 - 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 pre-game handshakes, huddles, etc.
 - Batters returning the ball are to do so by kicking or using the bat.
 - Avoid running practice between wickets – this is difficult to do whilst maintaining social distancing in a net situation.
 - 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 own 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 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.
 - Running drills (two batters) are not possible due to close proximity within the net and should be avoided.
- Nets and coaching ratios
 - An example ratio is based on a coaching group of 5 participants to one coach, with a batter, four bowlers circulating (one of which may be padding-up). 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 concentrated group for too long to assist in ventilation.
 - **Note that this an illustrative example needs to be risk assessed for a particular site.**
 - Coaches must socially distance from other users.

At the start of a session

You should provide a briefing to all participants at the start of the session to remind them of your operating rules and the mitigation steps and adaptations you have implemented to reduce the risk of transmission of COVID-19.

Be vigilant throughout the session and ensure that participants comply with the operating rules.

Use of equipment

The sharing of equipment must be avoided where possible, particularly that used around the head and face (i.e. helmets), also equipment that could transfer sweat such as gloves. Where equipment is shared, equipment must be cleaned before use by another person and each person handling it must wash or sanitise their hands immediately before and after use.

Sports equipment used for more than one session such as stumps and catch training aids must be cleaned prior to each session.

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.

- Consider asking participant to bring their own ball. Balls can be marked for ease of identification.
- If you are to provide balls for common 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 prior to 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.

End of session

At the end of each session it is important 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 prior to 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 touch points.

Safeguarding

ECB safeguarding policies, procedures and requirements apply as per usual for coaching sessions for children or vulnerable persons. You should carry out a Safeguarding Risk Assessment for your coaching activity and put the required control measures in place.

For details see [here](#).

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?

Disabled Persons and Access

When planning your activity have you:

- Considered how those with disabilities will move around the facility?
- Assessed 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?
- Considered if you have created an area to store kit or to pad-up or similar, does this present an obstacle?
- Considered whether 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?

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.

PART 3: PARTICIPANTS, PARENTS AND CARERS

Introduction

Cricket is a game that lends itself well to social distancing. Cricket indoors will have many similarities to cricket you may have played outdoors under ECB guidance for cricket outdoors during the COVID-19 pandemic. However, because cricket is being played indoors there are different risks, particularly in poorly ventilated buildings. The purpose of the Government guidance on indoor sport and this ECB guidance for cricket indoors is to make the 'indoors as outdoors as possible'. You will notice some differences from the normal way cricket has been played indoors in the past, and even from outdoor cricket played during the summer of 2020. These differences are control measures designed to minimise the risk of COVID-19 transmission. We ask that you follow these guidelines and take care of yourself and your fellow participants.

When booking

Pre-booking will be required by venues, coaching providers and clubs to help manage peak occupancy of the venue. This will include using online platforms to collect key data without transferring paper copies so that the venue, coaching provider or club can contact you, record emergency contact information and keep a temporary record of the details required for the Test, Trace, Protect programme.

At the point of booking, your venue, coaching provider or club will issue venue-specific information on how the risk of COVID-19 transmission is being controlled and managed. You should read this information as there are likely to be new demands and requirements to help protect you and other venue users. If anything is unclear or you have any queries, please contact the venue, your coaching provider or your club. You will be required to confirm that you have been made aware of the coronavirus risks, the control measures in place and that you are prepared to visit the venue and take part in the activity having understood these risks and control measures.

Self Assessment and Self Declaration

Before attending the activity you will be required to self-declare that:

- you do not currently have symptoms of COVID-19 (new persistent dry cough, fever, loss of or change to sense of taste or smell);
- you have not had a positive test for COVID-19 or onset of symptoms of COVID-19 in the last 10 days. (Individuals who have completed their period of isolation (10 days) and have no remaining symptoms (other than a dry cough or loss of taste or smell which can last for some time) may return to normal activities).
- no member of your household has had symptoms of COVID-19 or has tested positive for COVID-19 in the last 14 days;
- you have not been contacted by a contact tracer from the Test, Trace, Protect programme and told to isolate in the last 14 days as a contact of someone with confirmed COVID-19;
- you have not returned from a country outside of the UK in the last 14 days, other than those on the [exempt list](#).

Before leaving home

In addition to the Self Assessment above, please make sure you bring your own equipment and your own water bottle (and that you take it home with you). Your water bottle and any balls that you are using should be marked with your (or your child's) name.

You should arrive at the venue in your kit and expect to travel home in your kit. Changing facilities will not be made available unless you are a disabled person or a person with special needs, meaning that you require these facilities.

Travelling to the venue

You should follow best practice for travel including minimising use of public transport and limiting car sharing. You should walk or cycle if you can. People from a household or support bubble can travel together in a vehicle. See the Government's [safer travel guidance for passengers](#) for further information.

On arrival

You will need to confirm your registration at the front of the venue. If you are a parent or carer dropping off your child, this will be the handover point – be prepared that some venues will not be able to allow viewing and will require you to stay outside the venue or in your car. Please be prepared to queue as check-in processes will take longer and please come prepared to wait outside the venue for the duration of the activity.

You may have your temperature taken remotely and you will be asked to self-declare that:

- you do not currently have symptoms of COVID-19 (new persistent dry cough, fever, loss of or change to sense of taste or smell);
- you have not had a positive test for COVID-19 or onset of symptoms of COVID-19 in the last 10 days. (Individuals who have completed their period of isolation (10 days) and have no remaining symptoms (other than a dry cough or loss of taste or smell which can last for some time) may return to normal activities);
- no member of your household has had symptoms of COVID-19 or has tested positive for COVID-19 in the last 14 days;
- you have not been contacted by a contact tracer from the Test, Trace, Protect programme and told to isolate in the last 14 days as a contact of someone with confirmed COVID-19;
- you have not returned from a country outside of the UK in the last 14 days, other than those on the [exempt list](#).

Try not to arrive too early or late – this will help facilitate safe clean down and handover between different coaching groups and sessions.

During the session

Different operating rules will be in place to protect you, the coaches and other users of the venue. Your coaching provider or your club will provide an introductory briefing of the operating rules at the beginning of each session and you will be required to comply with these rules throughout the session. These rules will include:

- Wearing a face covering indoors when required by law (see Face Coverings in Part 1 above).
- Washing/sterilising your hands frequently.
- Avoiding touching your face.
- No application of saliva or sweat to the ball.
- Not to shout or sing.
- To bring your own playing equipment (including helmet).
- To maintain social distancing of 2m.
- To always watch the batter(s) in the nets.
- To listen to the coach and follow their instructions.

The operating rules will be different, but we still hope that you can enjoy a fun session and great coaching to help you with your cricket development.

End of the session

At the end of the session you should tidy up all of your kit and take it and your drinks bottle home with you.

You should sanitise your hands before leaving.

Parents and carers – if you are picking someone up, please make sure you are there at the agreed handover time – if you are too early please expect to queue at a social distance and this could be outside. Please do not arrive late as this will have a knock-on effect on the timings and delivery of the following session.