

## HOLLYWOODBETS BELLVILLE CRICKET CLUB GUIDELINES FOR COACHES, CRICKETERS AND OFFICIALS AT PRACTICE SESSIONS DURING ALERT LEVEL 1 LOCKDOWN

### Returning to training programs at cricket venues with all equipment

#### Programs allowed to take place

- Private academies
- Club cricket

### Guidelines: return to train: types of activities that may be conducted

- One-one coaching
- Group coaching – One Coach to five players
- Non-contact drills to be conducted for both one-on-one and group sessions
- Continue cricket awareness discussion (WA/ZOOM)- assignments
- Continue Technical/video Analysis- Error detection and correction-(challenge PDA)
- Squad Training – 13 players and 2 coaches
- Conduct all cricket related activities outdoors or in well ventilated areas.
  
- Coaches must ensure that injury prevention protocols and proper conditioning of players to resume match activity to be included in periodization coaching program planning.
- ***\*No spectators are allowed.***

### Safety and & hygiene measures: return to train: screening, safety, and hygiene practices

- When using a training facility, training should be staggered where possible to minimize numbers, maintain social distancing and reduce contact. All appointed coaches and identified assistants to the coaches are to ensure that that the practice sessions are scheduled in such a manner ensuring a quality training session with the least possible social contact.
- Age and health of participants to be considered before resumption of any training activity.
- Risk assessment and sanitizing process to be cleared with the Compliance officer.
- Screening of players/coaches/officials will be done in accordance with Member guidelines: Screening of players/coaches/others (see annexure B).
- Any coach/player/official with symptoms or subjective feeling of fever are to stay home or be quarantined in a safe place.
- Any players or coach struggling with training should stop to reduce the risk of asymptomatic positives.
- Any players or coach with risk factors will **NOT** be allowed to train.
- Participants are to arrive ready to train and avoid using communal facilities where possible.

- Coaches and players are to change at home, eat at home and shower at home.
- Only one coach and one player per net.
- Coaches or players using public transport to practices are to ensure they abide by government regulations regarding transport
- Coaches and support personnel shall wear face masks at all times.
- No group meeting on site will be permitted.
- The use of communal training equipment to be restricted as far as possible but when used strict sanitizing protocols are to be followed.
- Social distancing to be maintained at 6 meters whenever training is taking place.
- Coaches are to ensure that there is sufficient sanitiser within the training area.
- The sharing of water bottles, towels and cricket equipment is prohibited.
- Players and coaches are to pick up their own balls during practice.
- No shining of cricket balls using saliva/sweat is will be permitted. Coaches are to ensure that this habit be addressed during discussions as this will not be permitted during matches.
- Minimize the use of ablutions facilities
- Coaches to consider stagger of players for practice where possible.
- During practice a distance of 1,5 meters social distancing will be maintained if not actively practicing.
- Avoid unnecessary social gatherings.
- **Spectators not allowed at training venues.**