



# Safety Policy

# Manly Warringah Junior Cricket Association – Safety Policy

## Games

In addition to the safety policies and procedures endorsed by Cricket Australia and Cricket NSW, the following safety policies and procedures must be followed prior to, and during all games of cricket sanctioned by the Manly Warringah Junior Cricket Association and are to be read in conjunction with the MWJCA Competition Rules and Guidelines for all age groups.

1. An inspection of the outfield for any safety hazards including holes, glass, unsafe irrigation/sprinkler components and aluminum cans. This is the responsibility of both team managers.
2. The condition of the playing surface is to be inspected prior to the commencement of the day's play. Remove sand, dirt and grass that will affect the safety of the players or the fairness of play. This is the responsibility of the umpires.
3. Each batsman is required to wear protective equipment. It is the responsibility of each parent/guardian to ensure their son/daughter is protected. Each club **must** provide a kit containing safety equipment.
  - **Compulsory Equipment** - This equipment is **compulsory** (except in in2CRICKET and Kanga) and must be worn regardless of age, experience or skill – an abdominal protector (box), batting pads (both legs), batting gloves and helmet (except in Under 9) with a front wire guard.
  - **Extra Equipment Highly Recommended by MWJCA** - Thigh guard, arm guard, and a mouth guard.

All protective equipment (includes an abdominal protectors (box), batting pads, batting gloves, helmets, wicket-keeping gloves, wicket-keeping pads) should be in good repair, fit properly and meet appropriate standards.

The wicket-keeper must wear protective equipment at all times during a game (except in in2CRICKET and Kanga).

In the U9 to U12 age groups, all wicket-keepers **MUST** wear a properly adjusted helmet with full face guard, regardless of the type of bowler they are keeping to or their position behind the stumps.

In U13 to U16-18, if the wicket-keeper is standing up to the stumps (or within 2 metres of the stumps) for any type of bowler, then they must wear a helmet. In the U13 to U16-18 age groups, wicket-keepers standing over 2 metres from the stumps are not required to wear helmets unless in the opinion of the Umpires it is unsafe for them not to.

#### 4. RESTRICTED ZONE

- When a player is required to field in close proximity to the batsman, with the exception of the wicket-keeper and offside slips/gully fieldsmen, **NO PLAYER UP TO AND UNDER THE AGE OF 14 SHOULD BE POSITIONED WITHIN 10 METRES OF THE BATTER'S STUMPS** (restricted zone).
  - Therefore for players playing in competitions up to an including Under 13 age divisions, **NO PLAYER** (with the exception of the wicket-keeper and offside slips/gully fieldsmen), **SHOULD BE POSITIONED WITHIN 10 METRES OF THE BATTER'S STUMPS** (restricted zone).

- Fielders **OVER THE AGE OF 14**, with the exception of the wicket-keeper and offside slips/gully fieldsmen, who are within 10 metres of the batter's stumps, **must wear a helmet**. A shin guard and mouth guard are also recommended by MWJCA. This is the responsibility of the coach of each team.
- No player is permitted to enter the 'restricted zone' until after the ball:
  - Is hit by the batter; or
  - Strikes the body or equipment of the batter; or
  - Passes through to the wicket-keeper.

If players enter this restriction zone, the Umpire must signal and call a 'dead ball' and no run, or sundry is to be recorded. An extra ball is to be bowled (except for U9, 10 and U11 Division 2, refer to playing rules for these age groups).

## 5. Pace Bowling Restrictions

Guidelines for bowling restrictions for **pace** bowlers to assist in the prevention of injury to young fast bowlers have been recommended by Cricket Australia and adapted by the NSW DCA. The MWJCA have adapted the NSW DCA pace bowling restrictions for the MWJCA competition.

- The restrictions are shown below - In circumstances where the pace bowler is playing in an age group older than that to which they qualify, the restrictions apply to his/her own chronological age, rather than the age group.
  - Example: if you are an under 12 aged player playing in the under 13 age group you are only permitted to bowl:
    - 4 overs in a spell
    - 8 overs in an innings
- No medium-pace or faster bowler shall be permitted to bowl more than the number of overs in a spell, innings and a days' play in the MWJCA competition as set out below:

	U10	U11	U12	U13	U14	U15	U16	U17	U18
<b>Maximum Overs Per Spell</b>	4	4	4	5	5	5	6	6	6
<b>Maximum Overs Per Innings</b>	8	8	8	10	10	10	12	12	12
<b>Maximum Overs Per Day in MWJCA Competition</b>	8	8	8	10	10	10	12	12	12

- It is the coach's responsibility to ensure that all "spells" between overs and other bowling rules, restrictions and safety precautions apply and are adhered to.
- Following any spell of bowling (that is, for any spells of 2 or more overs in duration), a pace bowler must be rested for double the number of overs he/she bowled.

Taking into account, the guidelines above, the following are the MWJCA rules for the restrictions on number of overs **any** individual bowler can bowl irrespective of whether a pace bowler or otherwise.

	Two day matches						One day
	U10	U11 div 1	U11 div 2	U12	U13 to U15	U16-18	U10 and upwards
<b>Maximum Overs Per Spell</b>	4	4	4	4	5	6	4
<b>Maximum Overs Per Innings</b>	6	6	6	8	10	12	6
<b>Maximum Overs Per Day in MWJCA Competition</b>	6	8	6	8	10	12	6

- All players must be made aware of sun protection - hats, lotions and protective clothing. It is the responsibility of the coach to explain the sun protection policy and the parents/guardians to enforce it.

All players, coaches and officials must follow sun protection guidelines set down by the NSWCA.

- Appropriate clothing is recommended for all cricketers. Light coloured, loose fitting clothes of natural fibres or composite fabrics with high absorption properties (high SPF rating) are the most appropriate clothing in mild and hot conditions. It is recommended that all players, coaches and officials wear shirts that have long or elbow length sleeves and collars.
  - Apply SPF 30 or higher sunscreen to all exposed skin at least 15 minutes before going out in the sun and reapply at regular intervals throughout competition.
  - Wear a hat/cap (broad brimmed hat or a legionnaire cap recommended that protects the face, ears, neck, shoulders and head).
  - Wear sunglasses that meet Australian Standard 1067 and give 99% UV protection.
  - Stand or rest in the shade wherever possible.
- All players must warm up before the game commences. All bowlers must warm up their arms and shoulders before they commence bowling. Warm up involving hitting, throwing or bowling a ball can only be conducted in a designated warm-up position away from spectators. It is the responsibility of the coach of each team to designate this position. At the end of the game, the players should warm down.
  - All players on the batting and bowling teams who are not actively involved in the game (e.g. 12th man and batters waiting or already dismissed) must remain within sight of a supervising adult at all times. The following areas are out of bounds areas for all teams
    - the roofs of change rooms
    - trees
    - car parks

- other dangerous places at the ground.

It is the responsibility of the coach of the team to identify all out of bounds areas and tell the players. It is the responsibility of the parents/guardians of each team to provide adequate supervision of their sons or daughters.

9. Do not start a game unless it is absolutely safe to do so, particularly if it has been raining. Coaches from both teams must agree that participation is safe. Pay particular attention to the condition of the pitch, the state of the run up zone for bowlers and the state of the outfield. Play and or practice must be stopped immediately at the first sign of an ELECTRICAL/THUNDER STORM in the vicinity. It is the responsibility of the Managers or Coaches to see that ALL players leave the field and obtain shelter. It is hoped that common sense and the player's safety are the main considerations when decisions on wet weather play are taken.
10. The 30/30 rule is recommended if uncertain i.e. if you see lightning you count in seconds until you hear the thunder, if the thunder is heard within 30 seconds of the lightning you should abandon the game for at least 30 minutes or until the storm has passed.

### **Practice**

The following safety guidelines must be followed at all practice sessions. It is the responsibility of the coach of each team to ensure these guidelines are complied with.

- Do not start a practice session unless it is absolutely safe to do so, particularly if it has been raining. Coaches are to pay particular attention to the condition of the pitch, the state of the run up zone for bowlers and the state of the outfield.
- Practice **must** be stopped immediately at the first sign of an electrical/thunder storm (see 30/30 rule above). This is the responsibility of the coach.
- All players must warm up before commencing practice. All bowlers must warm up their arms and shoulders before they commence bowling.

### **Net and Centre Wicket Practice**

1. All players must wear protective equipment when using the cricket nets or having centre wicket practice.
  - **Compulsory Equipment** - This equipment is **compulsory** (except in in2CRICKET and Kanga) and must be worn regardless of age, experience or skill - an abdominal protector (box), batting pads (both legs), batting gloves and helmet (except in Under 9) with a front wire guard.
  - **Extra Equipment Highly Recommended by MWJCA** - Thigh guard, arm guard, and a mouth guard.

All protective equipment should be in good repair, fit properly and meet appropriate standards. Wicket-keepers should not stand behind a batsman in nets. This is too dangerous in a confined space.

The wicket-keeper must wear protective equipment at all times during a centre wicket practice (except in in2CRICKET and Kanga).

In the U9 to U12 age groups, all wicket-keepers **MUST** wear a properly adjusted helmet with full face guard, regardless of the type of bowler they are keeping to or their position behind the stumps.

In U13 to U16-18, if the wicket-keeper is standing up to the stumps (or within 2 metres of the stumps) for any type of bowler, then they must wear a helmet. In the U13 to U16-18 age groups, wicket-keepers standing over 2 metres from the stumps are not required to wear helmets unless in the opinion of the Umpires it is unsafe for them not to.

2. Cricket Australia recommends that the following guidelines be adopted for junior cricketers' training schedules.

	U10	U11	U12	U13	U14	U15	U16	U17	U18
<b>Sessions per week</b>	1	1	2	2	2	2	2	3	3
<b>Balls per session</b>	24	24	24	30	30	30	36	36	42

Players must be told that only one ball is bowled at a time to a batsman. Balls cannot be bowled until the previous bowler has cleared the net area.

### **Fielding Practice**

1. The outfield must be inspected prior to fielding practice for any safety hazards including holes, unsafe irrigation/sprinkler components, glass and aluminium cans.
2. Depending on the type of fielding activity, the coach is to ensure that the players are wearing the correct safety equipment. Protective equipment that must be worn by the wicket-keeper when fielding practice requires him/her to be catching cricket balls – The RESTRICTED ZONE applies when practising.

### **Administration**

1. Before the start of each season the club must provide information on the responsibility of their coaches, managers and parents/guardians.
2. It is recommended that each club provides the necessary information in a booklet.
3. It is recommended that all coaches undertake coaching courses. All qualified coaches should receive regular up-dates regarding batting and bowling techniques.
4. Clubs must provide a cricket kit to every team. This kit must contain all appropriate safety equipment.
5. All teams must report serious injuries to the club secretary as soon as possible. The club secretary is to inform the MWJCA secretary.
6. Clubs must inform parents/guardians that they have responsibility for their own children when it comes to abiding by any safety rules of the game of cricket.
7. Clubs should recommend, and encourage, all players - particularly fast bowlers - undergo appropriate physical training and conditioning before each season to prepare them for the rigors of the up-coming season.
8. It is recommended that all cricket kits contain a first aid kit for minor injuries.
9. Coaches must call an ambulance immediately if the injury is considered severe.
10. It is recommended that the coaches of teams be informed if any parents have first aid training.
11. Coaches must be aware of any information provided by parents/guardians about pre-existing medical conditions of players in their team.