



# SAFE RETURN TO TRAINING

## KEY PROTOCOLS & PROCEDURES

# Knockharley Cricket Club

## WELCOME BACK TO TRAINING

### PLAYERS & PARENTS



**Club Covid Officer & Covid-19 Safety Officers will be at the Club wearing high-Viz vests.**

**Always follow their directions!**

### **HYGIENE MEASURES**

Use your toilet at home

(Clubhouse toilets only available in emergency situations – facemask compulsory if you use them)

Bring your own water bottle, food, towel

Bring your own hand gel and face mask

Wash and sanitize your hands before you come to the club

Come to the club in your training gear

Bring your own coaching equipment if possible

Bring your own helmet, bat, gloves, pads

**YOUTH: If you do not have your own gear or ball:** the club will allow you to borrow necessary gear until the end of this phase

Keep your bag away from other coaches' and players' bags

No saliva or sweat may be applied to a ball.

Avoid touching your face

Batters are not allowed to handle any ball – kicking the ball back is fine

All gear used by coaches will be sanitized prior to training

All gear used by coaches will be sanitized after each session

If using the bowling machine:

- Operator must wear latex or nitrile glove
- Cricket Balls to be disinfected between uses (bucket of disinfectant supplied)
- Machine to be wiped down between uses

Wipe down your ball/gear at the end of training using wipes provided

Wash and sanitize your hands on your way out

The club will have sanitizing equipment (buckets with diluted disinfectant, wipes) and hand gel at training sessions.

There are no bins provided: please bring your own rubbish home with you.

### **SOCIAL DISTANCING MEASURES:**

There is a minimum of 15 minutes between training sessions and between bookings.

Come to the club in your own car – only family groups are permitted to share a car

Park in cricket designated area only

Park at a good distance from other cars if possible

Do not arrive until 5 minutes before training

**YOUTH:** stay in your car until the Covid Officer comes to get you

**YOUTH:** one parent/guardian must always accompany players under 16

**YOUTH:** separate quarantine area for parents

**YOUTH:** A first aid tent will be available at training times

Enter cricket grounds using the walkway side of the clubhouse

1:1 training in designated zones

The designated zones will be spread across the club facilities to minimize the risk

2-meter social distancing always

Set up separate areas for players and for the coach.

Coach is allowed in the net during a 1:1 session, but only to the side (not in the umpire's position) and at 2 meters distance

Leave immediately after training gear has been sanitized.

If rain affects training, please shelter in your own car (no access to the clubhouse and no congregating in one car).

**Always follow the directions of the Covid-19 Safety Officer**

## **TRACK & TRACE MEASURES:**

Complete the Covid self-assessment form – and inform the Covid Officer if anything changes

Ensure the Club has the correct details for you (name, mobile number, email address)

Sign in with the Covid Officer on arrival

If you want to use the club grounds (net or the middle) at any other time, use the Timify booking system.

## **CHECKLIST BEFORE AND DURING TRAINING: MAKE SURE YOU**

- Have paid your membership
- Have registered with Cricket Leinster (for anybody aged 15 up)
- Have read the protocols
- Have completed the self-assessment form
- Have informed the Covid Officer if anything has changed
- Booked the session/informed your captain that you'll attend training
- Clean and sanitize your own gear and ball and bring it with you
- Use your toilet at home (Clubhouse toilets only available in emergency situations – facemask compulsory if you use them)
- Wash and sanitize your hands before coming to the club
- Come in your own car
- Park in the designated cricket parking area, at a safe distance from other cars
- Follow the designated route to the cricket grounds
- Check in with the Covid Officer
- Always keep 2 meters distance from other players and coaches
- Use only your own water bottle, food, towel
- Use only your own gear and ball (s)
- Keep your bag separate from other players' bags
- Follow the coaches' guidelines
- When bowling: don't apply sweat or saliva to the ball
- When batting: do not pick up any balls – kick or hit them back
- Follow the cough/sneeze protocol
- At the end of the session, wipe down your own gear and ball with wipes.
- At the end of the training session leave immediately – do not stay to chat!

### **Remember:**

**Always follow the directions of the Covid-19 Safety Officer!**