



CRICKET

Safety Guide

Sports Recreation

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Checklist Items

KEY BENEFITS

Hand-Eye Coordination

Enhances hand-eye coordination and precision necessary for batting and bowling.

Strategic Thinking

Improves strategic thinking and game management skills through planning and execution.

Teamwork Skills

Develops teamwork and communication skills essential for coordinated play.

Flexibility & Agility

Increases flexibility and agility with running between wickets and fielding movements.

Mental Focus

Boosts mental focus and concentration required for sustained performance over long matches.

Cardiovascular Health

Supports cardiovascular health and physical endurance through active participation and training.

KEY HAZARDS & CONTROL MEASURES

Ball Impact

- ✓ Require batsmen to wear protective equipment: helmets with faceguards, pads, gloves, and abdominal guards
- ✓ Enforce rules against dangerous bowling practices
- ✓ Educate players on how to safely react to incoming balls

Collision with Another Player

- ✓ Train players in safe fielding and running techniques to avoid collisions
- ✓ Enforce rules regarding player conduct
- ✓ Encourage effective communication, such as calling for catches
- ✓ Ensure players wear appropriate protective gear

Slippery Surfaces

- ✓ Inspect pitch and outfield for wet or slippery areas before play
- ✓ Ensure players wear appropriate footwear with spikes
- ✓ Delay or postpone matches if conditions are unsafe
- ✓ Maintain field with proper drainage

Stumps

- ✓ Ensure stumps are properly installed and secured
- ✓ Educate players on spatial awareness around the wicket
- ✓ Use breakaway stumps in some formats to minimize injury
- ✓ Inspect stumps regularly for damage or sharp edges

Poor Weather Conditions

- ✓ Monitor weather forecasts and adjust schedules accordingly
- ✓ Ensure hydration is available during hot weather
- ✓ Provide guidelines on appropriate clothing for conditions
- ✓ Suspend play immediately during thunderstorms

Insufficient Protective Gear

- ✓ Require helmets with faceguards, pads, gloves, and abdominal guards
- ✓ Inspect protective gear regularly and replace as needed
- ✓ Ensure gear fits properly and is in good condition
- ✓ Provide appropriate equipment for players' age and skill level

Inadequate Warm-Up

- ✓ Implement mandatory warm-up routines with dynamic stretching
- ✓ Allocate sufficient time for warm-ups before matches
- ✓ Include sport-specific exercises for bowling and batting
- ✓ Educate players on warm-up importance

Incorrect Bowling Technique

- ✓ Provide training on proper bowling techniques and body mechanics
- ✓ Monitor bowlers for signs of strain or improper form
- ✓ Limit overs bowled, especially for younger players
- ✓ Allow adequate rest between bowling spells

Faulty Equipment

- ✓ Regularly inspect bats, helmets, pads, and gloves for damage
- ✓ Repair or replace faulty items promptly
- ✓ Ensure equipment meets safety standards
- ✓ Provide age-appropriate equipment

Safeguarding

- ✓ Implement comprehensive safeguarding policy and train all staff
- ✓ Conduct background checks on coaches and volunteers
- ✓ Provide clear reporting procedures for concerns
- ✓ Foster a safe and inclusive environment

PRE-SESSION SAFETY CHECKLIST

Risk Assessment

- Complete and review risk assessment for this activity
- Brief all staff on key risks and emergency procedures
- Ensure all identified hazards have control measures in place

Pitch & Equipment

- Pitch and outfield inspected
- Stumps properly installed
- Weather conditions acceptable
- Emergency access clear
- No dangerous debris on field
- Boundary markers safe
- First aid kit accessible and stocked

Players

- Helmets with faceguards for batsmen
- Abdominal guards worn
- Any injuries declared
- Sun protection applied
- Batting pads and gloves
- Appropriate cricket footwear
- Hydration available

Supervision & Documentation

- Qualified coach(es) present
- First aider identified
- Bowling workload monitored
- Umpires briefed on safety
- Attendance register completed



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