



Small Group Training at CCC

Safe – Enjoyable – Purposeful

Before training: Read the guidelines



CRICKET CLUB FACILITY GUIDELINES FOR CLUB MEMBERS - 18th May 2020 **(Updated 18th June 2020)**

The cricket nets at the club will be open for use strictly to members or those who have donated to the club from 1 March 2020 onwards.

Small group activity, training or fitness is now permitted but in groups of UP TO SIX people, this includes any coaches.

The club facilities are for current members only and not open to the general public. Please do not book if you are not a current member as according to the guidelines you will be classified as a member of the public. You cannot invite a non-member.

BOOKING SYSTEM - As per ECB guidelines, a booking system has been implemented.

1. All sessions **MUST** be booked online
2. Please note that these will be in slots of one hour and the maximum time of net use allowed per day would be a booking time of two hours.
3. All bookings must be made by 8pm the night before. Please note that bookings cannot be made on the same day **UNDER ANY CIRCUMSTANCES**.
4. By making the booking, you accept the guidelines and that you will adhere to them.
5. Booking times start at 12 noon. Mornings are reserved for ground staff (8am to 12 noon).
6. Each group booking **MUST** appoint a person in charge.
7. All participants must fill in the online booking form prior to each use, this includes COVID-19 health questions. **THIS IS A LEGAL REQUIREMENT**. If the answer to any of the health questions is YES, you **MUST** NOT attend.

TO PROTECT THE CLUB AND ITS MEMBERS, ANYONE NOT FOLLOWING THE GUIDELINES WILL BE ASKED TO LEAVE THE CLUB PROPERTY IMMEDIATELY AND WILL NOT BE ALLOWED TO REBOOK. THERE WILL BE NO WARNINGS AND SECOND CHANCES.

TERMS AND CONDITIONS – PLEASE READ CAREFULLY

1. Do not use the facility if you, or a member of your household as symptoms of coronavirus however mild - observe government guidelines.
2. Always observe social distancing rules, currently you need to allow 2m between each person (unless from same household).
3. All usage needs to be booked online. No unauthorised use.
4. A maximum of six people using a net.
5. Strict observance of 2m markings that have been put into place.
6. No indoor activity is permitted, therefore socialising in the bar or on the property is strictly forbidden at this time.
7. The use of the clubhouse is strictly limited to allow access to the toilets, First Aid and AED only. (Guidelines for toilet usage can be found on the doors to the toilets, please follow them closely in respect of cleaning.)
8. Only the middle net may be used.
9. Players must use their own equipment. No saliva or sweat should come into contact with the ball at any time.
10. If bowling machines are used, please ensure that they are cleaned thoroughly between uses. All bowling machine balls must be cleaned after use. This is the responsibility of the bowling machine operator.
11. The bowling machine operator **MUST** wear gloves – **THIS IS VERY IMPORTANT**.
12. Please maintain 30 minutes between bookings.

13. Any equipment that has been handled **MUST BE SANITISED** between bookings.
14. Under 18's can only use a net if a responsible adult is present on the ground.
15. As entrances are gated, please use gloves to open and close gates and locks. Avoid touching the gates or locks without gloves.
16. It is recommended that a qualified First Aider is present at all sessions.
17. Players are requested to finish the session in plenty of time to allow for packing kit away and carrying out any sanitisation of surfaces between sessions.

For Individuals:

1. Check for symptoms of COVID-19. In line with current Government guidance, if you are symptomatic, living in a house with possible Covid-19 infection or you are classified as extremely vulnerable on health grounds - **YOU SHOULD REMAIN AT HOME**.
2. Avoid public transport.
3. Carry your own hand sanitiser and wash your hands with soap and water for at least 20 seconds before and after visiting the club.
4. Avoid touching your face whilst on the premises.
5. Use toilet facilities at home before attending. Urinating in the field is strictly prohibited.
6. Arrive and leave on time. This will help with social distancing. Do not overstay your allocated time slot.
7. Bring and use your own equipment only, this includes balls.
8. Players must stick to one ball that is numbered.
9. Avoid touching as much as possible whilst on club premises and use cleaning solutions whenever possible.
10. No spitting.
11. No saliva or sweat should be used on the ball at any time.
12. Bring your own filled drinking bottle.
13. Report any infection of their household. This is vital to protect other uses of the nets and for contact tracing.

For Group Leaders:

1. Must be present at the session.
2. Are responsible for maintaining an accurate written record and contact information for all attendees to support contact tracing in case of a suspected or confirmed Covid-19 case.
3. Are responsible for ensuring that all guidelines are followed.
4. Must be DBS checked if under 18s are present at the sessions.
5. Must wear appropriate hand coverings when handling the ball, including bowling balls.
6. Ensure that the session finishes on time, to allow sufficient time between sessions for cleaning and player changeover.
7. Ensure that equipment (stumps, bowling machine etc) is cleaned thoroughly before and after sessions.
8. Be prepared to close the facility in the event of a Covid-19 outbreak.

REMEMBER THAT IF YOU DO NOT FOLLOW THESE GUIDELINES, YOU WILL BE PUTTING YOURSELVES AND OTHER CLUB MEMBERS AT RISK. YOU WILL BE ASKED TO LEAVE THE PREMISES IF YOU DO NOT COMPLY.

Further detailed guidance and advice is available at gov.uk, Sport England and ECB websites.

If you are unsure about anything, please refer to the ECB guidelines or contact Ajit on 07973415284.

Before training: Complete the google form (each session)



Using CCC facilities during Covid-19 restrictions

You must complete this form before EVERY time you use the club facilities,.

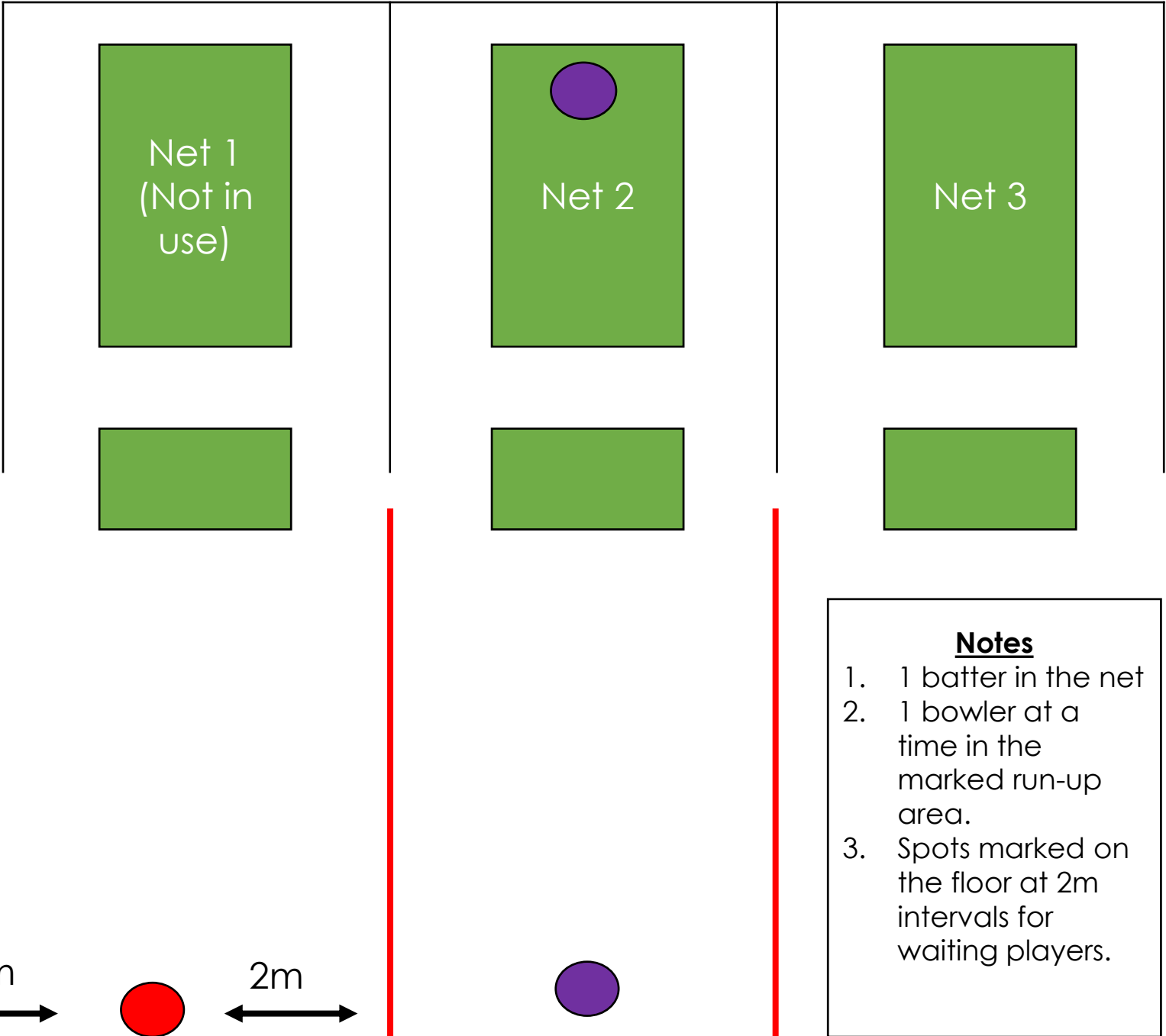
You must also be aware of the strict operational regime that is in place. Full details will be forwarded by the group supervisor.

Remember NO FORM, NO PLAY

* Required

First name *

Your answer



Notes

1. 1 batter in the net
2. 1 bowler at a time in the marked run-up area.
3. Spots marked on the floor at 2m intervals for waiting players.

Can we use the outfield to do drills?

- Small-sided games still banned
- One skin, one ball = difficult to organise safely

Who can use the CCC facilities?

- Anyone who is a member of CCC
- You are a member if you fit into at least one of the following criteria:
 - You paid your subscription and were a member in 2019
 - You paid for winter nets and attended in 2020
 - You made a donation to the club rather than a subscription in 2020

When are small group training sessions taking place?

Adult sessions (including youth who play league cricket):

- Monday: 1830 – 2000 (Tom Eaton)
- Thursday: 1600 – 1745 (Tom Nash); 1800 – 2000 (Ajit Shah)
- Saturday: 1300 – 1445 (Tom Nash); 1500 – 1645 (Stu Duff)

Ladies & Girls:

- Tuesday: 1600 – 2000 (Vicky Strode)
- Wednesday: 1830 – 2000 (Vicky Strode)

Youth sessions:

- Monday: 1500 – 1815 (Paul Jenkins)
- Wednesday: 1500 – 1815 (Paul Jenkins)
- Friday: 1500 – 1815 (Paul Jenkins)

	Mon	Tue	Wed	Thu	Fri	Sat	Sun		
1200									
1230									
1300						Tom Nash			
1330									
1400									
1430									
1500	Paul Jenkins		Paul Jenkins		Paul Jenkins	Stu Duff			
1530									
1600									
1630									
1700									
1730		Vicky Strode		Tom Nash					
1800									
1830	Tom Eaton			Vicky Strode	Ajit Shah				
1900									
1930									

Adults

Women/girls

Youth

Available for paired booking

How do I sign up for a training session?

- Contact the session facilitator
- No space available = offered a place at the next session.
- One session per member per week (unless available spaces)

How can I make my net sessions purposeful?

- Clear purpose
- Variety
- Play games (be creative!)
- Feedback (discussion/ filming)