



Ickenham Cricket Club

Oak Avenue, Ickenham, Middlesex UB10 8UT

Health and Safety

ECB Fielding regulations

For reference, the ECB fielding Regulations are as follows:

No young player in the Under 15 age group, or younger, shall be allowed to field closer than 8 yards (7.3 metres) from the middle stump, except behind the wicket on the off side, until the batsman has played at the ball

- For players in the Under 13 age group, and below, the distance is 11 yards (10 metres)
- These minimum distances apply even if the player is wearing a helmet
- Should a young player in these age groups come within the restricted distance the umpire must stop the game immediately and instruct the fielder to move back
- In addition any young player in the Under 16 to Under 18 age groups, who has not reached the age of 18, must wear a helmet and, for boys, an abdominal protector (box) when fielding within 6 yards (5.5metres) of the bat, except behind the wicket on the off side. Players should wear appropriate protective equipment whenever they are fielding in a position where they feel at risk
- These fielding regulations are applicable to all cricket in England and Wales.

Age groups are based on the age of the player at midnight on the 31st August in the year preceding the current season.

ECB Policy - Practising in a net facility

Nets coaching should only be used when players have the ability and experience to bat/bowl sufficiently well, using hard balls, to allow the net environment to be both productive and developmental for each individual. Players up to, and including, under 13 age group (usually year 8) use a smaller 43/4 oz ball. Before players are 'ready' for net coaching, the necessary skill levels should first be developed using other training methods, like group coaching.

The coach should try to ensure 'continuity' in the net. The majority of the time should be taken by the cricketers batting and bowling. Instructions should be kept simple and concise. Young cricketers will have difficulty in focusing on more than one explicit instruction during any one session.

The length of each net coaching session should be carefully considered and planned for the following reasons:

Ability levels of the players – Practice must remain purposeful and player-centred wherever possible.

Quality – The emphasis should be on quality rather than quantity.

Fast bowling directives – The directives should be followed as part of the match and practice programme for each player.

Outcome for the session – The coach should have a clear aim and outcome for each net coaching session. For example, 'Does every player need to bat and does every bowler bowl?'

Type of net to be run – For example, is it a basic session with each player getting a set amount of time to bat before the next player goes in?

Warm-ups and cool-downs – The coach should ensure that players prepare for their session in the nets with an appropriate warm-up and finish the session with a proper cool-down. This is sound practice and helps to ensure that the players get into good habits and have every chance of being physically and mentally ready for this session and future sessions.

Safety

Given the use of hard cricket balls, safety becomes a major consideration, and the coach is responsible for checking:

- Lighting
- Netting (for holes/length flexibility)
- Surfaces
- Batter's/bowler's equipment including protective equipment (coaches should always ask and not touch to establish if batters are wearing a box)
- Net discipline
- Organisation.

Ideally, each net should have no more than 6–8 participants, comprising:

- 1–2 batters • 1–2 padding up • 4–6 bowling.

This ensures that individuals are able to practise purposefully, and no overcrowding means less likelihood of accidents.

All participants must be aware of how to remove a ball from the side netting and must never be allowed to place their head into or near netting. Batters should always return the ball to the bowler by lobbing the ball gently.

Only one ball, the bowler and the batter should be in the main part of the net at any one time. All participants must face the batter when a ball is in play. Bowlers should come out of the net on the opposite side to the next bowler, watching the batter at all times.

Bowlers should be given an order in which to bowl and should be constantly encouraged. Equal attention should be given to batters and bowlers.

The coach should be mobile, but generally operate 'in line' with the stumps.

Given the restriction on numbers, it may be necessary to set up further practices/drills for those not taking part in the nets (eg a fielding practice cricket circuit).

Net coaching safety - The right way

- Tight nets (with canvas or heavy netting at batter's end)
- No holes • Batter wearing suitable protective equipment
- Mat taped (across front) • Crease markings (bowler and batter)
- All participants facing action • Next door batter retrieving correctly – bat in to net, use foot to retrieve ball
- Coach central (umpiring) position • Batter padding up in safe area.

Net coaching safety - The wrong way

- Slack netting
- Holes
- Batter unprotected
- Mat crumpled/torn
- No pitch markings
- Balls on pitch
- Previous bowler in danger area
- Shoelaces undone
- Bowler and batter padding up with back to action
- Coach in wrong place – not concentrating

ECB Fast Bowling Directives

The Fast Bowling Directives are designed to raise awareness of the need to nurture and protect our young fast bowlers through their formative years, and have been warmly welcomed by a significant number of coaches and managers. Statistics clearly show that fast bowlers regularly win international matches, and, if England is to achieve the vision of becoming the most successful and respected cricket nation, we must make every effort to produce bowlers to reach the goal.

The Directives relate to all competitions under the auspices of the ECB at U19 level and below as well as all Premier League matches. It should be emphasised that the age of the player is the key criteria and not the level of cricket being played. The restrictions will be reviewed annually, and the Directives were amended slightly for the 2010 season onwards in relation to the number of overs to be bowled in matches.

Injury prevention for fast bowlers

These Directives apply to girls and boys, and any reference to he/his should be interpreted to include she/her.

For the purpose of these Directives a fast bowler should be defined as a bowler to whom a wicket keeper in the same age group would, in normal circumstances, stand back to take the ball.

All coaches are urged to identify those players with the potential to bowl fast and to ensure they follow the Directives in all cricket throughout the season.

There are four main areas to be aware of when assessing injury risk to fast bowlers:

Overbowling
Technique
Physical Preparation
Equipment

1. OVERBOWLING:

This is an important consideration especially for young bowlers whose bodies are not fully developed. Recent studies have revealed that overbowling is a common cause of back injuries. Evidence suggests that much of the damage occurs early in the playing career, especially during growth spurts, though the effects do not often show themselves until the late teens. The more talented and more physically mature youngsters are generally most at risk, as they tend to play at more than one age group level.

To ensure that young fast bowlers do not place undue stress on their bodies, every attempt must be made to keep the amount of bowling within reasonable limits. The following Directives provide sensible playing and training levels.

Directives for Matches:

AGE:	MAX OVERS PER SPELL	MAX OVERS PER DAY
Up to 13	4 overs per spell	8 overs per day
U14, U15	5 overs per spell	10 overs per day
U16, U17	6 overs per spell	18 overs per day
U18, U19	7 overs per spell	21 overs per day

Directives for Practice Sessions:

AGE:	MAX BALLS PER SESSION	MAX SESSIONS PER WEEK
Up to 13	30 balls per session	2 sessions per week
U14, U15	36 balls per session	2 sessions per week
U16, U17	36 balls per session	3 sessions per week
U18, U19	42 balls per session	3 sessions per week

For guidance it is recommended that in any seven day period a fast bowler should not bowl more than four days in that period and for a maximum of two days in a row.

Having completed a spell, the bowler cannot bowl again, from either end, until the equivalent number of overs to the length of his spell have been bowled from the same end. A bowler can change ends without ending his current spell provided he bowls the next over he legally can from the other end. If this does not happen his spell is deemed to be concluded. If play is interrupted, for any reason, for less than 40 minutes any spell in progress, at the time of the interruption, can be continued after the interruption up to the maximum number of overs per spell for the appropriate age group. If the spell is not continued after the interruption the bowler cannot bowl again, from either end, until the equivalent number of overs to the length of his spell before the interruption have been bowled from the same end. If the interruption is of 40 minutes or more, whether scheduled or not, the bowler can commence a new spell immediately.

Once a bowler covered by these Directives has bowled in a match he cannot exceed the maximum number of overs per day for his age group even if he subsequently bowls spin. He can exceed the maximum overs per spell if bowling spin, but cannot then revert to bowling fast until an equivalent number of overs to the length of his spell have been bowled from the same end. If he bowls spin without exceeding the maximum number of overs in a spell the maximum will apply as soon as he reverts to bowling fast.

Nets:

Outdoor:

The emphasis on all nets should be quality rather than quantity. These Directives will encourage young fast bowlers to focus their efforts on shorter, more intensive spells. Consequently, young fast bowlers should be made aware of the importance of warming up and warming down as part of their preparation.

Indoor:

In the period between the end of the cricket season and Christmas, indoor practise for fast bowlers should be kept to an ABSOLUTE MINIMUM. The following highlights the risk of playing/practising on hard surfaces such as solid concrete and shows how these forces can be reduced by using appropriate mats or indeed by practising on grass. Concrete offers 0% force absorption whereas grass can offer up to 75%. The 34% offered by natural turf was measured

at Trent Bridge on a rock hard Test Match pitch. These figures have major implications for limiting indoor work in the winter, particularly for seamers, and for ensuring that length and intensity of sessions are considered when working on the harder surfaces.

Force absorption and surfaces:

Concrete	0% force reduction
Uniturf on concrete:	7% force reduction
Uniturf + mat:	15% force reduction
Uniturf + 2 mats:	31% force reduction
Natural turf:	34% force reduction
Synthetic + underlay:	49% force reduction

2. TECHNIQUE:

It is crucial that bowlers are encouraged to adopt a safe action early in their development. Bowlers should either have a SIDE-ON, a FRONT-ON or a 'MIDWAY/NEUTRAL' action, but SHOULD NEVER MIX THE ACTIONS. The mixed actions (of which there are two main types) are a major cause of back injuries, because they cause an unnecessary spinal twist. Excessive hyperextension of the back during the delivery stride is also a contributing factor.

For further clarification of mixed actions consult the 'ECB Coaches Manual' or an appropriately qualified cricket coach.

3. PHYSICAL PREPARATION:

A well structured, cricket specific training programme is essential to develop, and maintain, the strength, endurance and flexibility required for fast bowling. It is one of the most injury-labile non-contact activities in sport and the need for the fast bowlers to be amongst the fittest and best prepared players in the team cannot be over emphasised. Bowlers should WARM UP and STRETCH thoroughly before bowling and training, and should WARM DOWN and STRETCH afterwards. A good warm up helps to encourage a more professional approach, helps team spirit and can actually improve performance. It also helps to reduce the chance of an injury occurring.

4. EQUIPMENT:

Impact forces of up to eight times body weight can be experienced during the delivery stride. Without the appropriate footwear, these forces must be absorbed by the feet, ankles, knees and lower back of the bowler. It is therefore essential that bowlers minimise these effects by absorbing them with the use of efficient, well-fitting, cushioned boots or shoes and if required, absorbent insoles. The use of running shoes, basketball-type boots or good cross trainers is also essential as they are designed to cope with the types of forces experienced when bowling on hard surfaces.

The year starting date of midnight on the previous 31st August is assumed throughout these Directives.

FIRST AID

The Cricket Coach First Aid Appointed Person Award (CCFAAP) is a joint initiative between the English & Welsh Cricket Board (ECB) and The Swimming Teachers Association (STA). The CCFAAP award was created to ensure that the approved person can:

- Take charge of the first aid arrangements and call the emergency services when required.
- Deal with incidents that may arise whilst coaching or playing cricket.

It also covers more general first aid which includes:

- What to do in an emergency
- Cardio-pulmonary resuscitation
- First aid for the unconscious casualty
- First aid for the wounded or bleeding
- First aid equipment
- Employers risk assessment of first aid needs

All cricket coaches must demonstrate the ability to carry out the listed first aid activities in a safe manner; including preparations and administering CPR.

ECB Guidelines for Junior Players in Open Age Group Cricket

The ECB has issued guidance covering the selection and participation of young players in open age group cricket. This is to help clubs decide when to select young players in open age group cricket and how best to help their cricketing development when they play within open age groups. The guidance applies to boys and girls. The ECB keeps these guidelines under review and, following feedback from clubs and leagues, has revised these guidelines for the 2014 season. The ECB will continue to monitor the impact of these guidelines and you are invited to feedback your thoughts and comments in writing to the ECB Non-First Class Cricket Department.

The guidance is as follows:

General

- Making the step up from junior to open age group cricket is a significant event in any player's cricket experience. Ensure the player's safety, personal development needs and overall cricket experience are considered
- Clubs, squad coaches and managers must take into account the requirements on age detailed in this guidance.
- Each case is to be determined on an individual basis, depending on the player's ability and stage of cognitive and emotional maturity to take part at this level – however, the minimum age guidance provided below must be adhered to.
- Juniors should be involved in all aspects of the game wherever possible i.e. socialising, team talks, practice, decision making and so on, so they feel part of the team.
- Children will often feel more comfortable and able to perform if they have a family member or friend also playing in the side
- Remember, children's early experiences will remain with them always and will often determine whether they want to remain playing the game or give up and do something else
- Provide an opportunity for players to show their talents in an appropriate way. Children who are just used as fielders will not fully experience the game
- Be supportive, at all times, for all forms of effort even when children are not successful. Try and put them in situations where they will experience some success (however small) and ensure plenty of praise and encouragement
- The captain should inform the Umpires of under 18s in the side.

Restrictions

ECB Helmets, Fast Bowling Directives and Fielding Regulations should always be adhered to for junior players in Open age group cricket.

Minimum age

Players who are selected in a County U12 squad in spring for a summer squad or in another squad deemed by ECB Performance Managers to be of a standard above 'district level' for that season are eligible to play Open age cricket.

This is providing they are at least 11 years old, are in School Year 7 on 1st September in the year preceding the season, and have written parental consent to play. In allowing these players to play in open age cricket it is essential clubs and coaches recognise the 'duty of care' obligations they have towards these young players

This means boys and girls who are county squad and area squad players, are able to play open age group cricket if they are in an U12 age group and are a minimum of 11 years old on 1st September of the year preceding the season.

District and club players who are not in a county or area squad must wait until they reach the U13 age group, be in Year 8 and be 12 years old on 1st September of the preceding year before being able to play in any open age group cricket. As before written parental consent is required for these players.

The duty of care should be interpreted in two ways:

- Not to place a young player in a position that involves an unreasonable risk to that young player, taking account of the circumstances of the match and the relative skills of the player
- Not to create a situation that places members of the opposing side in a position whereby they cannot play cricket as they would normally do against adult players

In addition, the guidelines note the need for clubs and leagues to recognise the positive experience young players should have in open age cricket. Clubs should provide an opportunity for players to show their talents in an appropriate way.

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Affiliated to:

Thames Valley Cricket League, Middlesex Cricket, Middlesex Junior Cricket Association, Club Cricket Conference

Members of:

Morrant Thames Valley Cricket League, Chess Valley Cricket League, Hillingdon Youth Cricket Alliance, Women's Cricket Southern League, Derek Morgan Cricket League, Middlesex Development League, Club Cricket Conference