

www.pands.hitscricket.com



Portsmouth & Southsea CC

Portsmouth & Southsea Cricket Club

P&SCC Return to Training

Covid 19

July 2020

* This guidance is ongoing as per government guidance updates. It is constantly moveable document *



The Hampshire
Cricket League



South East Hampshire Cricket Association



GREENE KING
SOUTHERN PREMIER
CRICKET LEAGUE



Portsmouth & Southsea Cricket Club are looking to return to training within the next two weeks.

We believe that this is the easiest way to communicate our guidelines for the return to training. Our priority is the safety of our players, parents, coaches and club officials. These guidelines have been produced in line with the Government guidance issued on 1 June 2020, which saw the easing of lockdown restrictions on gatherings, public spaces, and outdoor activities and the phased return of outdoor sport and recreation. The Government guidance is published on the next page. The return of grassroots cricket is something that we know many are keen to see, but at this stage of the nation's response to Covid-19, it must be done with careful consideration for everyone's safety – especially vulnerable groups, children and their families.

Please note this guidance will be updated regularly, in line with Government guidance as we progress through this pandemic. Just like schools, every grassroots club has had to decide when it's right for them to return. We have had to undertake a risk assessment to ensure it's done safely. We also recognise every coach and club official will need to decide when it feels right for them to continue with their role in cricket. Please ensure that you are clear and fully aligned with the club's expectations on the phased return to cricket activity when you are ready to start coaching. As a cricket coach you have a key role to play in structuring and managing activity that is inclusive and safe, ensuring everyone stays alert and that it abides by Government guidance. Anyone who is deemed vulnerable in respect of Covid-19 is reminded to follow the Government's guidance, only returning when it's right for them to do so. A recent Public Health England report published here has highlighted a greater risk from Covid-19 to people from BAME communities. As the current impact of Covid-19 on members of these communities is not yet fully understood, we acknowledge that there may be increased concerns and levels of anxiety from within these communities. The Club and its officials will do everything that we can to create a safe and inclusive environment to ensure players feel comfortable taking part in activities.

Important: If you are showing symptoms of the virus or have been in contact with someone displaying symptoms within the last two weeks, then you should stay at home until an NHS practitioner advises you that you no longer need to remain in isolation.

ENGLAND & WALES CRICKET BOARD LATEST

ROADMAP FOR THE RETURN OF RECREATIONAL CRICKET

ECB STATEMENT

England is currently in Step 3 of the roadmap for the return to recreational cricket. For recreational cricket in Wales, we understand that the Welsh Government are due to review current restrictions on 18 June, after which time we will provide further guidance on what a return to cricket activity for clubs in Wales looks like.

We will continue to be led by UK Government's advice but we have identified five steps to the recreational game's proposed phased return this summer.

Cricket is a non-contact sport that involves individual disciplines within a team environment. As such, forms of cricket can be played while respecting social distancing.

As the nation's summer sport, we want to play our part in helping to get people active - particularly children.

We will move into Step 4 of the roadmap when UK Government guidance allows and when it is medically safe to do so.

We will continue to work with players, volunteers, officials, community cricket stakeholders and the UK Government to ensure future guidance is both safe and implemented at the appropriate time.





Portsmouth & Southsea CC

USING CRICKET FACILITIES DURING LOCKDOWN IN ENGLAND



Do not use the facility if you, or a member of your household has symptoms of coronavirus however mild - observe government advice.



Observe social distancing rules at all times.



Adjacent nets not to be used (but every other net is ok, if users maintain social distance).



Usage should be booked with the club. No unauthorised use.



Please maintain 10 minutes between bookings.

P & S CC Response:

Notwithstanding the further relaxation of Social Distancing Requirements described in the poster here, **currently only 1-to-1 coaching/training is allowed (unless participants are members of the same household)**

It is recommended each player use their own equipment - if anything is to be shared please follow Government advice which confirms strict hand hygiene should be observed, washing hands thoroughly before and after use (see below about access to facilities).

2 net facilities are available; one in the middle, one next to the pavilion and can be used simultaneously by separate groups. Likewise there will be 2 areas of the outfield available for fielding / throwdowns etc, again on a 1 to 1 basis.

To ensure these arrangements are not exceeded **all Club Members have to book their chosen session** via Lou Etherington (contact 07720 248535 or louetheringtonpandsc@gmail.com).

50 minute slots will be available starting on the hour from 9am. (the other 10 mins will allow for facilities to be cleaned as appropriate and allow time to transition groups).

As Junior Club Members require a Club Representative to be present at the ground, the hours available for them to book are 9am - 8pm Monday and Thursday and 9am to 6pm all other days. Adult Club members are considered to be Club Representatives and are able to book sessions 9am to 8pm on any day.

Please note given the current access arrangements at St James' everyone visiting the ground will need to pass security on the main gate. They have asked that where possible cars are taken to though the gate to the grounds as they want to limit foot traffic over the site. They will be made aware of the booking times. Therefore, please be mindful of the booking system highlighted and come to the ground as close to your allotted time as possible. This will save issues with security and more importantly, help ensure your safety.



Proposed Return of Monday Evening Training

6.00 to 7.30 pm – Start Date To Be Confirmed

NB: Given the 5 players to 1 coach ratio and the space we have available at St James we have risk assessed a Training Session for up to 40 players.

Considerations before restarting full club training activity:

- Coaches will ensure that all cricket activity follows the latest Government guidance which permits cricket training or fitness activities in groups of no more than five other people from outside your household, keeping two metres apart at all times. Appropriate sanitising facilities will be available for equipment as necessary.
- Physical contact with anyone outside a household is not permitted, therefore, playing of any warm up football/hand-hockey and similar games are not permitted at this time.
- Training sessions can involve up to eight groups of six (with each group including a coach) involved in the session, as long as the groups are kept separate, and everyone is socially distancing. This limits the number of spaces available at each session to 40 to ensure coaching ratios to the number of children involved are in line with guidelines. All activity requires careful planning so this is maintained. Therefore booking to attend the evening will be required. Places will be allocated on a first come first booked basis.
- By choosing to coach, our coaches have taken the responsibility to ensure that the group or groups they work with do remain two metres apart at all times.
- The approach taken by schools in only bringing back small groups of children is sensible, to help children to adjust to the new way of doing things in the school context. Behavioural change takes time and so coaches are encouraged to consider work with one group of five children initially, to help children to adjust in the cricket context.
- A venue risk assessment will have been undertaken prior to reopening. Coaches will be familiar with appropriate safety and hygiene arrangements and communicate them to players, other coaches and observing parents.
- While some players (or parents of players) might be pushing for a return to cricket activity as soon as possible there will be others who have real concerns, or their personal circumstances might make it difficult. The coach will be sensitive to these differing viewpoints. Some individuals, such as members of the BAME community, or due to their age, may face heightened risks from Covid-19. As such, any concerns will be taken seriously and addressed sensitively.
- Coaches will check with the appropriate club official that the club wishes to re-start coaching and has all the necessary Covid-19 preparations in place.
- Coaches should remind anyone intending to attend the activity that if they are showing symptoms of Covid-19 infection or have been in contact with someone displaying symptoms or diagnosed with Covid-19 within the last two weeks, they should not attend and should seek medical advice.
- In planning a session, a decision will be made and communicated on the presence of parents/carers at training. If the space allows for them to observe from a safe social distance, then consideration will be given on how to ensure they maintain the social-distancing and hygiene arrangements required.



Considerations before restarting cricket activity

•TRAVEL

Travel to the Venue

Coaches must travel to the venue on their own or with members of their own household where applicable. Please remember there must be no car-sharing with anyone outside your household. This also applies to all parents/carers bringing their child(ren) to the session.

Arriving and Leaving

Participants will be asked to arrive shortly before the session starts and depart promptly when it finishes. Children and parents/carers should not congregate at the venue and should maintain social distancing at all times.

Self- Checks before attending a planned training session

Self-checks will be important to prevent transmission among people who are unaware that they are carriers of the virus. Such checks should help identify if anyone has:

- Had a high temperature (above 37.8oC);
- Has developed a new continuous cough;
- Has shortness of breath or a sore throat;
- Loss of or change in normal sense of taste or smell;
- Is feeling unwell.

This quick check should be done before each training session. If symptoms are checked at the start of a session rather than in advance, this should be completed on arrival before the player mixes with others, so that if they have symptoms there is no chance of others being affected.

If none of the above apply then, if they wish to, those players can participate in the session. If any of these symptoms do apply, the player **cannot participate**. They should return to and stay at home and follow NHS advice. Parents/carers can be assured there will be other opportunities for their child to participate in future.



Considerations taken at a session

- After a period of low or no activity, players may be more susceptible to injury than before lockdown. Consider the need for a thorough warm-up, and for the physical demands of a session to be suitable to the individuals involved. A session will start at a low physical intensity with gradual progression. Helping decrease the risk of injury is very important while social distancing requirements remain in place.
- Social distancing does not permit handshakes, high-fives or group celebrations, so please ensure that the players understand this and comply.
- Participants should bring with them their own named water bottles and named hand sanitiser. Players will need regular access to sanitiser so trousers/shorts worn should have pockets in which to store it while playing. The placement of water bottles should be dispersed to avoid groups of players coming together. They must not share their drink with anyone else.
- Equipment should be handled as little as possible by as few people as possible. It is preferred players bring their own equipment but where equipment/the ball is handled by more than one person, they should wash or sanitise their hands immediately afterwards, taking care not to touch their mouth/face in the meantime. The coach will have a sanitising spray / wipes available and will manage shared items appropriately.
- Players should refrain from spitting/using saliva to shine a ball. If a player needs to sneeze or cough, encourage them to do so into a tissue or upper sleeve and advise them to avoid touching their face. Tissues should be disposed of immediately and hands washed.
- If a player gets injured, a member of their household can aid them but others will still need to socially distance unless a life or limb-threatening injury necessitates compromising guidelines to provide emergency care. A first-aider will be present, and will be equipped with the appropriate PPE to protect themselves and others if they need to compromise social-distancing guidelines to provide medical assistance.
- If a player becomes symptomatic during the session, they should be immediately removed from the session and taken home as soon as possible.

After the session

When the session is finished, players will be encouraged to leave the venue rather than congregate. Coaches and officials will try to manage departure to avoid any congestion at gates or doors. Both gates to the ground will be opened with entry and exit made on the LEFT HAND SIDE. Parent/carers' attention will be drawn to the importance of maintaining social distancing.

- All participants should wash / sanitise their hands at the earliest opportunity and personal equipment will be wiped down with a disinfectant.
- All shared equipment should be thoroughly washed/ disinfected and the Club will be clear whose responsibility it is to do this and will maintain a record of the regular cleaning of club / team equipment that players use.



Safeguarding

- Coaches and Officials remain responsible for continuing to ensure the environment is safe and for implementing the Club's safeguarding children policy and procedures.
- Coaches working with children will have an in-date ECB DBS Check.
- In line with Government guidance on social distancing, coaches will work on a ratio of one coach to groups of no more than five children in each group (1:5) and there will be a minimum of two ECB-DBS-checked adults present at any one time.
- If Government guidance changes the position on group size in due course, the Club will ensure the ratio of coach to different age groups of children is appropriate.
- Children (anyone under 18) should not be working 1:1 with a coach unless their parent/carer is present or confirmed it is acceptable and social distancing is observed.
- It is essential that parents/carers give informed consent for their child(ren) to participate in the cricket session. When requesting consent, the Club will be clear about what is expected of the children and their parents/carers in line with this guidance and will retain a written record of parent/ carer consent.

Safeguarding - Listening to Children

While many families have coped well during lockdown, others may not have and for some children the experience will have been very difficult.

Coaches and Club Officials may be one of the first people outside the family unit that a child has met in recent times. It's important you know that some children may be struggling for various reasons, including:

- Lacking confidence, as they have felt cut off from their friends;
- Being confused and stressed about how to behave because of social distancing;
- They or someone they care about may have been or still be unwell;
- They may still be grieving because someone they love has died;
- Hearing that people from BAME communities may be more vulnerable to Covid-19;
- They may have been neglected emotionally and/or physically – through lack of food and/or care;
- Children with learning disabilities may find it particularly confusing, as their routine has changed.



Coaches and Club Officials are also be aware of media coverage on the increase in:

- Domestic violence – significantly impacting children emotionally and/or physically in households where this has happened;
- Online grooming of children;
- Cyberbullying.

We're sharing this to ensure all parties are aware of the importance of Safeguarding. If any Coach or Official is worried about a child as they return to cricket they are obligated to report concerns. **Doing nothing is not an option.**

Coaches and Club Officials will check-in with the children you are coaching/working with, and ask them how they've been and how they're doing. There are four ways to report concerns if worried about a child as they return to cricket:

- To the Club Welfare Officer – Lou Etherington (contact 07720 248535 or louetheringtonpandsc@gmail.com).
- To your County Welfare Officer – Helen Wheeler (contact 07442 342754 or helen.wheeler@agreasbowl.com).
- If urgent and you cannot contact the Club or County Welfare Officer, you should call the NSPCC 24-hour helpline on 0808 800 5000;
- If it is an emergency because a child or children are at immediate risk, then call the Police on 999.



Parents & Guardian Responsibilities

Before Session:

- Re-starting cricket activity will require the introduction of new arrangements and unfamiliar restrictions. As a parent or carer, please ensure your child understands what to expect and please support those who are trying to provide a safe re-introduction to colts cricket in accordance with Government guidelines.
- Stay Alert – children must maintain good hygiene, hand washing and social distancing. Make yourself aware of the measures being taken to provide a safe environment. If you are not happy with the arrangements that have been made, then you should remove your child from that environment.
- You may already be aware that the period of isolation may have resulted in your child becoming anxious or unsure whether to resume previous activities, such as cricket. Please only support their return to cricket activity when they feel confident to do so and you feel the activity is safe and right for them. If you choose for your child to take part, you will need to give your consent to the Club and or coach for them to do so.
- Despite the changed circumstances the organiser of the activity still has a responsibility to implement The ECB's safeguarding requirements. Anyone involved in activity directly with children (anyone aged under 18), must have an in-date DBS Check and is responsible for ensuring the environment is safe.
- Children (anyone under 18) should not be working 1:1 with a coach, unless their parent/carer is present, confirmed it is acceptable or a second DBS accredited adult is present and they are observing social distancing. Coaches will ensure the ratio of coaches to children is appropriate.
- As you will undoubtedly already know, young children are more likely to struggle to maintain social distancing. Please continue to do your best to help your child recognise what two metres looks and feels like – this could be related to several arm spans or standing jumps for example.
- In line with Government guidance on travel, you or another adult from the family should travel with the child to the venue together, or via a socially-distant method (e.g. cycling). You should consider all other forms of transport before using public transport. There must be no car-sharing with anyone outside your household. Please arrive shortly before the session starts and leave when it finishes. You can watch from or a safe distance away from the group and everyone else.
- Your child must arrive changed and ready to exercise.
- Bibs will not be used unless they can be washed between every session and not shared at any point during a session.
- To operate safely, changing rooms, club rooms and showers will all be closed. Access to a toilet may still be possible but try to use one at home.
- When the activity is finished, children should take the earliest opportunity to wash their hands or use a hand sanitiser.



At and During Sessions:

- Children must be guided not to touch equipment unless directed to do so by the Coach. Limited sharing of a ball is likely to be required. Therefore, Coaches will ensure regular and appropriate sanitising takes place of balls that are shared/handled, along with any other shared equipment. If you have young children, please help them to understand this before they attend any sessions.
- The Club may arrange a drop-off and pick-up system that avoids parents congregating and also implement a clearly signposted 'one-way' system into and out of the facilities. If parents/carers are required to be in attendance for the duration of a session, then please maintain social distancing at all times.
- Only toilet facilities will have hand washing facilities. Posters confirming the protocol for use will be displayed. Please ensure your child brings hand sanitiser (alcohol-based), with their name on it, and they know how to cleanse their hands in line with Government guidance.
- Once the session is finished, all players should take the earliest opportunity to wash hands or use their own hand sanitiser (alcohol-based).
- If your child needs to sneeze or cough, encourage them to do so into a tissue or upper sleeve and advise them to avoid touching their face.
- Equipment should be handled as little as possible by as few people as possible. Where equipment is handled by more than one person, they should wash their hands immediately afterwards, taking care not to touch their mouth or face in the meantime. As confirmed above Coaches and Club Officials will proactively manage the sanitisation of equipment and balls if handled by more than one person.
- Ensure your child takes their own water bottle and their own hand sanitiser, both clearly marked with their name. They must not share these with anyone else.
- If your child gets injured, a member of their household can aid them but others will still need to socially distance unless a life or limb-threatening injury necessitates breaking guidelines to provide emergency care. A first-aider will be present and will be equipped with the appropriate PPE to protect themselves and others if they need to break social-distancing guidelines to provide medical assistance.
- If your child becomes symptomatic during the session, they should be immediately removed from the session and taken home as soon as possible. NHS guidance on further management of symptoms should be followed.
- Your child may be asked by their coach or club to complete a self-check in advance or upon arrival at the activity. Self-checks are important to prevent transmission among people who are unaware that they are carriers of the virus.



After Sessions:

- When the session is finished, children should be encouraged to leave the venue rather than congregate, avoiding congestion at gates or doors.
- All participants should wash hands at the earliest opportunity and personal equipment should be wiped down with a disinfectant.

And Finally:

Just like schools, every grassroots club will have to decide when it's right for them to return. Portsmouth & Southsea Cricket Club have undertaken a risk assessment to ensure that it is done safely.

Each Club Official and Coach will decide when they are ready to continue with their role in Cricket. It's important to remember that the vast majority of people running grassroots Cricket are volunteers.

We want to thank all stakeholders in advance for playing a vital part in helping our great game get going again. By observing Government guidance and the Cricket-specific protocols, let's work together to ensure the transition back to enjoying cricket is as smooth and safe as possible.

But everyone's circumstances are different, and if you don't feel you or your child(ren) are ready to return to Cricket, there's no pressure and you will be welcomed when the time is right for you / them.

Everyone's health, wellbeing and safety are the priorities. Thank you for taking the time to read this document. Should you have any questions please address them to:

Our Colts Coordinator – Sean Kanavan (contact 07890 323072 or s.kanavan@sky.com),

Our Club Welfare Officer - Lou Etherington (contact 07720 248535 or louetheringtonpandsc@gmail.com)

Or any other Club Official or Coach who will endeavour to help you or put you in touch with one of the above.

Important: If you or your child are showing symptoms of the virus or have been in contact with someone displaying symptoms within the last two weeks, then you should stay at home until an NHS practitioner advises you that you no longer need to remain in isolation.