



# The BCF guidelines for outdoor training sessions

## Introduction

The National Security Council has decided to uplift certain restrictions on sports activities at club level. A club training can be organized if it is **outdoor, a coach is present and the number of participants (including the coach) does not exceed 20**. These new guidelines are applicable from the 18<sup>th</sup> of May 2020.

Before reading the cricket specific guidelines from the BCF, it is important to understand that the pandemic of **COVID-19 is not over yet!** It is our individual and collective responsibility to safeguard ourselves and stop the spread of the virus. We trust that each one of you will take all necessary measures to make sure of it.

## Guidelines for the club chairman

1. The club chairman is the primary contact for the information flow from the BCF to its respective members.
2. In case of issues, the club chairman will be responsible (e.g. paying the fines from government on individual and club level) as well as face the consequences from the BCF if the guidelines are not respected.
3. If the club chairman cannot guarantee that the guidelines will be respected, the club trainings should not be allowed to happen.
4. It is the club chairman's responsibility to appoint a competent coach for each training session.
5. It is the club chairman's duty to ensure the number of participants including the coach does not exceed 20.
6. It is the club chairman's duty to ensure that the participants have the possibility to disinfect and wash the hands throughout the training session.
7. It is the club chairman's duty to ensure that except the toilettes, everything is closed (bar, club house...)

## Guidelines for the coach

1. Make sure that everybody respects the physical distance of 1,5m during the training session.
2. Make sure that the cricket equipment is not shared amongst players.
3. In case of training in the nets, make sure that each bowler uses only his own ball. You can put a number or the name on the ball to ensure.
4. In one net, there can be maximum three bowlers that will bowl to the batsman. They should keep the physical distance of 1,5m at all time.
5. Ideally, no field trainings are allowed. In case it is impossible otherwise, all fielders must wear rubber gloves. This is to ensure that the virus is not transmitted through the ball while fielding.

6. Except the bowler, everybody else should be wearing the rubber gloves if the same ball is used for the training drills.
7. The bowler should disinfect his hands before and after the over and wear the rubber gloves back again.
8. Disinfect the ball after each over.
9. Make sure that everybody disinfects or washes his hands, with or without the rubber gloves, after 5 overs.
10. Ensure that no matches are played. The training is meant for club members only.
11. Ensure that everybody leaves the facility right after the training session and the players do not hang around in the training facility.
12. It is highly recommended for the coach to wear the mask.

## Guidelines for the players / participants

1. Keep the physical distance of 1,5m all the time.
2. Use only your own cricket equipment.
3. Do not share your equipment with others.
4. Take portable disinfectant with you to the training session and use it regularly.
5. Do not spit on the ball.
6. Do not touch your face.
7. Disinfect your hands before and after leaving the field (before touching the bat after fielding/bowling)
8. Use paper tissue for sneezing and or coughing and throw it right away in the dustbin.

## Guidelines for general hygiene

- wash your hands before and after training
- don't shake hands or give high fives
- cough or sneeze in your elbow and use paper tissues
- stay at home if you are sick (fever, sore-throat, sneezing.)
- stay at home if someone in your household is sick (fever +38°C.)