

Risk Assessment for HILLHEAD Club Cricket Club

<http://www.hillhead.co.uk>

1. Training

ACCIDENTS	CAUSES	PREVENTATIVE MEASURES	ACTIONS
Batter hit by ball	Lack of protection. Lack of experience.	Batters must wear gloves & leg pads whenever facing cricket balls. Under 18's must wear helmets when facing cricket balls if no parental consent.	First Aid in Portacabin and Clubhouse Ice pack applied to bruising.
Fielder or onlooker hit by ball	Lack of attention.	Pay attention at all times and always face the batsman. Under 18's must wear helmets if keeping wicket standing up ¹ .	First Aid in Portacabin and Clubhouse Ice pack applied to bruising.
Pulled muscles	Lack of warm up. Lack of warm down.	Carry out warm up and gentle stretching drills before training. Brief warm down after a session, or advise players to jog/stretch when they get home.	First Aid in Portacabin and Clubhouse
Collision between two players	Lack of attention.	Be aware of play at all times.	First Aid in Portacabin and Clubhouse
Hit by ball in nets	Bending to retrieve a ball from netting. Lack of attention.	Instructions given to all batsmen to be aware of play from nearby nets and e.g. to retrieve the ball with a bat.	First Aid in Portacabin and Clubhouse Ice pack applied to bruising. Medical help sought for head injuries.
Hit by stray hard ball from another group.	Groups too close together / orientated in the wrong way	Ensure that when practising with a hard ball, the groups are organised so as to avoid a ball being struck into another group's area. Identify a safe pathway for players/coaches/volunteers/spectators to pass through training area.	First Aid in Portacabin and Clubhouse Ice pack applied to bruising.
Injury due to excessive bowling	Young bowlers bowling too much.	Follow ECB Directives for U19's ² – maximum of 42 balls per session, 3 sessions per week.	Ice pack applied to bruising.
Over exertion	Training too intense.	Training should be appropriate to fitness of group.	Rest.

Hyperventilation		Players advised to maintain fitness over holiday periods.	
Slipping or tripping over	Wet or slippery surfaces.	Ensure floor surfaces are dry for external indoor nets. Coach/captain/person leading training must ensure grounds are fit for for each outdoor session. All players to wear appropriate footwear for condituions.	First Aid in Portacabin and Clubhouse Follow First Aid guidelines in external locations.

1. Keeping wicket standing up means that the wicket keeper is close to the stumps when the ball is bowled and thus in possible danger of being hit by the batsman.

2. A person is in the U19 age group if they were under the age of 19 on the 1st September of that academic year.

Refer to Appendix 1 of the new ECB Cricket Coaches Manual for safety guidelines and requirements of indoor and outdoor net facilities (surfaces etc.), lighting and background as well as net discipline, safe use of bowling machines and wearing of protective helmets.

2. Matches

N.B. Training risks also apply.

ACCIDENTS	CAUSES	PREVENTATIVE MEASURES	ACTIONS
Tripping, slipping or being hit by the ball due to bumpy or wet playing surface.	Inadequate pitch conditions.	Umpires and captain to inspect pitch before the game starts and after any rain interruptions.	First Aid in Portacabin and Clubhouse
Running into sightscreen or (if applicable) other obstacle.	Lack of attention.	Players to be aware of the presence of the sightcreens prior to start of match.	First Aid in Portacabin and Clubhouse
Being hit on the leg or other part of body while batting or wicket-keeping.	Inadequate protection.	Players MUST ensure that they are wearing adequate protective equipment whilst batting or wicket keeping.	First Aid in Portacabin and Clubhouse
Ball causing injury by hitting hard object being worn or in a pocket.	Player inadequately prepared.	Players to ensure that, while on the field of play, they have removed items such as watches, rings, bracelets and emptied their pockets of hard or sharp objects such as keys or coins.	First Aid in Portacabin and Clubhouse
Injury due to excessive bowling	Young bowlers bowling too much.	Follow ECB Directives for U19's – maximum of 7 overs per spell, 21 overs per day.	Captains to ensure bowling restrictions are adhered to.
Dehydration	Lack of fluid intake.	Ensure breaks for drinks in long innings.	Rest out of sun and take in fluids. Seek medical help if

			necessary.
Sunburn	Lack of adequate protection.	Apply suncream regularly.	Apply after sun lotion, depending on severity of burns.
Heat-stroke	Over exposure to hot sun.	Take plenty of fluids. Wear a hat in strong sunlight.	Rest out of sun and take in fluids. Seek medical help if necessary.
Spectators hit by ball	Lack of attention. Standing too close to play.	Advise spectators to watch from outside boundary ³ .	First Aid in Portacabin and Clubhouse

3. The boundary of play will be usually marked by a rope, painted line or regularly spaced markers.

3. Transportation to matches

ACCIDENTS	CAUSES	PREVENTATIVE MEASURES	ACTIONS
Road traffic accident	Lack of care from road users.	Ensure drivers are suitably qualified and insured.	Call emergency services if necessary.
Breakdowns	Faults on vehicles. Bad weather.	Minibus drivers must have appropriate category on licence & taken course. Check vehicle is roadworthy before setting off. Drive appropriately for conditions. Fill in trip registration form where applicable.	Obtain details from other drivers involved. Take breaks at service stations or another suitable place to change drivers.

4. Other

Reviewed : 9/09/17

Signed :

Position	Name	Signature	Date	Email
Captain				
Vice-Captain				