

Safety Measures - Golden Principles for Match / Practice

Safety Measures:

Course of Match and Practice:

- ✓ Warm up and stretch before a day's game. A 10 minute warm up of stretches and jogging is normally enough.
- ✓ Maintain the intake of fluids throughout the days play. It's important that adequate supplies of water are available, as the body can lose between 2-3 litres of sweat in an hour in hot conditions.
- ✓ Make sure that any injured player receives the correct treatment before being allowed to return to the field.

Fielding:

- ✓ Never stop the leather ball with legs
- ✓ Never try to take the catch with one hand only
- ✓ Try to pull the ball onto the Chest
- ✓ Check the field of play for any hazards, broken glass etc, and remove if necessary.
- ✓ Comfortable fitting cricket shoes should be worn.
- ✓ A helmet with a faceguard should be worn by players when keeping wicket
- ✓ Make sure a hat, sunglasses and sun block are used in the appropriate conditions.

Bowling:

- ✓ Bowlers should also warm up before their spell of bowling.
- ✓ Restrict the number of over's a bowler completes in a session. This depends on his physical condition and maturity. Young bowlers should not be overused as it can lead to injury.

Batting:

- ✓ A helmet with a faceguard should be worn by players when keeping wicket, or when batting, both in match situations and in practice.
- ✓ The face guard should be adjusted to make sure the size of the ball being used cannot pass between the peak of the helmet and the face guard.
- ✓ A helmet with a face guard should also be worn if fielding in close.
- ✓ The proper equipment should be worn while batting. This includes helmet with faceguard, body padding, leg pads, forearm pads, gloves and an abdominal protector (a box).

General:

- ✓ Always have a first aid kit on hand when a game is in play.
- ✓ Once the game is over warm down. The warm down should consist of around 5 minutes of exercise. Slow jogging and movement of all the large muscle groups should take place. There should be gentle stretching of the muscles, especially ones used most during a game.