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# A SAFE RETURN TO CRICKET

## *STANDARD OPERATION PROCEDURE (SOP)*

This guideline is a precautionary measure to ensure a safe return to cricket.

## Introduction

The COVID-19 (CV-19) virus emerged in Wuhan, China in early December 2019 and has resulted in a World Health Organization (WHO) declared pandemic that has upended all areas of life, and cricket is no exception. Cricket scheduling and player preparation has been significantly affected by the current COVID-19 pandemic. The response of governments and public health authorities to limit the spread and impact of CV-19 has been to reduce human-to-human transmission. This preventative action has resulted in an array of responses including quarantine, border closures, school, and workplace closure, gathering restrictions, social distancing, etc. As the clampdown gradually starts to relax in some parts of the our country and cricket moves towards resumption, it is important to ensure there is no compromise on the health of individuals or the community and that the government guidelines are strictly adhered by everyone.

## Purpose of this Guideline

The purpose of this document is to provide guidance for the safe resumption of cricket activities (training, playing, and travelling) in countries and regions at community, domestic professional and international levels. This document does not seek to address the question of 'when cricket can restart' - as this is individualized to each district. Rather, this document offers guidance on how district members can return to play alongside the resumption of outdoor sport and exercise in their district once they are able to.

BC Members should use this guideline to create polices for a safe return to cricket activity within their own district. It should be read and adopted alongside any national and local government regulations and guidance which should always take precedence over these guidelines. BC Members should monitor changes to such laws and policies and amend their own policies as required to ensure that their cricket community is applying best practices and complying with national and local requirements. The guidelines are relevant for all cricket, be it international cricket, domestic professional cricket or community cricket and apply to all participants.

## Key Decision Principles

The primary considerations in developing the 'BC Back to Cricket Guidelines' are:

### 1. Safety first

- a. The BC's priority is the wellbeing of the entire cricket community.
- b. The resumption of cricket activities should begin only if there is no perceived or known risk that doing so might result in an increase in the local CV-19 transmission rate.
- c. Every effort should be made to ensure that risks associated with the cricket environment i.e. field of play, training venue, changing rooms, equipment, management of the ball have been mitigated before any training session or match.

### 2. Government advice

- a. BC Members (and their own cricket communities) should be guided by the advice of the irrespective governments in relation to when sporting activity is resumed. Where sporting activities have been expressly forbidden by governments, no cricket activity should commence until approval to do so has been obtained from the government.
- b. BC Members should be guided by the advice of their respective government in relation to travel restrictions (domestic and international) and quarantine requirements.

### 3. Leadership and the wider impact of cricket

- a. Cricket can play a leadership role in combating the global pandemic by providing positive role models for society.
- b. As the country governing body for cricket, the BC is looking to provide all within the sport - individuals, teams, and national cricket federations - with clear direction to support a safe and successful back to cricket regime.
- c. Cricket plays an important positive role in supporting individuals to gain a sense of normalcy in their lives and carries with it important physical and mental health benefits.

## General Principles- Cricket Specific risks

There are several risks specific to the sport of Cricket which must be considered alongside general physical exercise guidance issued by national governments and sporting bodies. Cricket is a non-contact team sport and so the risks and exposure to CV-19 may differ from full-contact team sports. In particular:

- Cricket requires players to be in close proximity at times and involves the use of shared facilities. Therefore, should a team member or opponent develop any CV-19 symptoms or be found to develop an infection, participants will require isolation and testing as they are most likely to have been in close contact.
- Although Cricket is not a contact sport, the cricket ball is a potential transmission medium and rules should be applied around the management of the ball.
- On-field behavior that includes celebrations with body contact, and shared use of drink bottles, towels, and equipment can pose a risk in cricket and should be strongly discouraged.
- Players should be encouraged to take responsibility for their own items (sunglasses, cap, jumpers, towels, etc.) and instructed against handing over any items to umpires or teammates.
- Participants, in particular umpires, match referees, and support staff may be considered vulnerable individuals that are at higher risk of severe illness due to CV-19. This includes older individuals (approx. 60+) and people of any age with underlying medical conditions such as cardiac, kidney, diabetes, obesity, weak innate immunity, etc.
- Safe and effective return of players to strength and conditioning (particularly bowlers). Limited preparation may cause higher injury levels. - Cricket is officiated by umpires on the field of play and their health and well-being need to be taken into full consideration as they spend the greatest amount of time in close proximity to players.
- Government restrictions on air travel could delay the resumption of domestic and international cricket.
- Based on international evidence, the transmission of CV-19 is assumed to be greater for indoor sporting activity than for outdoor activity, even with taking similar mitigation steps. Extra caution should therefore be taken for any indoor cricket activity.

## Government Restrictions

- The first step towards the resumption of cricket is to seek permission and guidance from your government and public health authorities on resuming training and competition.
- Are spectators permitted? If so, what restrictions will apply? Consider the following -
  - o Physical distancing of spectators by limiting entry numbers, controlling seating and guiding corridor movement of crowds
  - o Ensure public health advice is available before and during the event to all spectators
  - o Ensure entry is restricted to those acutely unwell or with symptoms of a viral illness
  - o Ensure there are entry warnings for those who are more 'at risk' of serious outcomes from the CV-19 virus
  - o Consider not serving food and drinks to spectators to eliminate a chance of them coming into proximity with each other.

## Education and Awareness

- Education of the health risks associated with CV-19 underpins all other measures set out.
- Education will help promote and set expectations for player behaviour ahead of resumption in play.
- Players at all levels should be made aware that the ICC is expected to ban the use of saliva on the ball in the very near future (on medical advice).
- Education should include preventative measures such as:
  - o General hygiene practices - regular and thorough washing of hands with soap and sanitizing with an alcohol-based hand-rub, refraining from touching your eyes, nose and mouth and good respiratory hygiene such as coughing or sneezing into your bent elbow etc.
  - o Hygiene practices specific to cricket such as no sharing of drink bottles and towels and the safe management of the ball. Wherever possible, items of cricket equipment should not be shared with anyone else unless an appropriate cleaning protocol is followed.
- It is important to educate the cricketing community on strategies to mitigate against CV-19.
- Players should be advised to minimize the use of changing rooms, shower facilities and other communal areas. Where possible, players should be encouraged to shower and change at home instead of at match and training venues.
- Education should include the heightened risk of severe illness caused by CV-19 to vulnerable/high-risk groups.
- Display appropriate CV-19 awareness material within sporting facilities. Links to WHO CV-19 guidance documents and awareness posters are below.
  - o COVID-19 advice from MoH
  - o Clean care - hand washing guidance
  - o Q & A on Coronaviruses (COVID-19)
  - o WHO - COVID 19 posters

## BASIC COURSE

This course is designed to provide players, officials, coaches and club volunteers (including COVID-19 Monitors) with the necessary information to safely return to cricket as the country moves out of the nationwide lockdown.

### What is COVID-19?

Covid-19 is a severe acute respiratory syndrome caused by Coronavirus 2 (SARS-CoV-2). It is currently the cause of a worldwide pandemic as the virus is highly infectious and at present there is no effective treatment. Most people (80%) who are infected have mild symptoms whilst some do not have any symptoms at all. Like other viral infections, individuals who have Covid-19 are infectious for up to 2 days before they have symptoms, meaning the virus is spread before an individual is aware they even have it.

### Symptoms of Covid-19

Common symptoms include a cough, high temperature, shortness of breath or difficulty breathing, a loss of or change to your sense of smell or taste (known as anosmia). However, these symptoms are similar to lots of other illnesses, like common colds and flu. If someone has these symptoms it doesn't necessarily mean they have Coronavirus. However, if someone has these symptoms, he/she should better contact to local health authority .

**Know the symptoms of COVID-19**

**Coronavirus**

**Symptoms of COVID-19**

**Cough**

**Fever**

**Chills**

**Muscle pain**

**Shortness of breath or difficulty breathing**

**Sore throat**

**New loss of taste or smell**

Symptoms can range from mild to severe illness, and appear 2–14 days after you are exposed to the virus that causes COVID-19

Seek medical care immediately if someone has emergency warning signs of COVID-19

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake

**KNOW COVID 19 BASICS**

This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.

**ICFRC** **unicef** **World Health Organization**  
for every child

## BASIC COURSE

### How to avoid catching COVID-19

One of the most important things you can do to reduce the risk of infection for yourself and the people around you is to wash your hands, frequently and thoroughly for 20 seconds with soap and hot water. You should wash your hands more often than you would normally. You should also make sure you catch coughs or sneezes with a tissue or your sleeve – not your hands – and put used tissues in the bin. Then wash your hands. Try to avoid touching your eyes, nose or mouth, and if you are able you should wear a face covering and maintain social distancing when you are in an enclosed public space such as a shop, or on a public transport.



### What should you do if you think you have symptoms?

Stay calm, isolate yourself from anyone else in your household, and use the NATIONAL HEALTH CENTER to call and inform Coronavirus service center for advice.

You should do this if:

- you think you might have symptoms of Coronavirus
- you've been in close contact with someone who has Coronavirus
- you've been to a country or area with a high risk of Coronavirus in the last 14 days
- If you think you might have Coronavirus, don't go to your doctor's surgery or hospital. Contact the Coronavirus service center

## BASIC COURSE

### Contact Tracing

Contact tracing is a process for identifying people at risk of Coronavirus (COVID-19) infection because they've been physically close enough to a person who has tested positive. These people will be given advice to help reduce the risk of spreading the virus. Contact tracing is a well-established public health intervention. Health protection teams have a lot of experience delivering contact tracing for a range of infectious diseases. Contact tracing is part of the national Test and Protect approach to containing the virus.

Download DRUK TRACE APP and scan it whenever you make a visit to places like shops, restaurants, offices, banks, gym, movie halls, super markets, sports arena, buses, schools, colleges, hotels, park. Bar-CODE is available in every place now.

*It is a mandatory requirement that places should collect the name, contact number, date of visit, time of arrival, and where possible the departure time of all those attending facilities.*



**USE DRUK TRACE APP  
SCAN ME TO SAVE US**

## RESUMPTION OF CRICKET

The restart of cricket requires planning to assess and manage the risk of CV-19 infection. Members should follow their government's restrictions and advice, specifically those related to gatherings, travel, social distancing, and sporting competition for a safe return to cricket. Members may be required to confirm their resumption of training and competition with the responsible government and public health authority along with a detailed copy of their plan for a safe return. Members may refer to the following measures for guidance in developing their back to cricket plan. Each plan will differ based on government regulation and status of the CV-19 virus in communities.

### Back to Cricket Approach

A safe return to cricket will require different considerations, depending on if this is being looked at from the perspective of community cricket, domestic professional cricket, or international cricket. However, in all cases each group or team should consider three main elements of this return:

1. Back to Training
2. Back to Play
3. Back to Travel

This document offers specific guidance (where applicable) across all three elements from the perspective of community cricket, domestic professional cricket, and international cricket. All guidance is based on the ICC's Principles (outlined above) and is underpinned by the importance of Education and Awareness of the virus.

## Resumption of Domestic Cricket

### *Return to a Safe Training: District Team, Cricket Academy & Club Training*

- It is a mandatory requirement to adopt athlete consent form for resumption of cricket training.
- Health and temperature checks should be monitored for all participants and considered where possible at training and competition venues.
- Training activities may be performed in small groups (maximum 8-10) maintaining distancing norms of minimum of 1 meter between athletes and ensuring aspects of training which require physical contact are avoided like tackling, body blocking etc.
- Additional staff may be appointed for proper disinfection of the equipment prior to continuous usage.
- A risk assessment of training venues must be carried out to ensure precautions are taken to minimize risks and provide a safe workplace to those participating in cricket. This should include:
  - o the protocol and frequency of cleaning shared facilities
  - o availability of hand sanitizers in prominent places (entry/exit and high traffic areas) around training and match venues
- Personal equipment should be sanitized before and after use (training and competition).
- Equipment sharing should be avoided where possible and if sharing is required (resistance bands, balls, bats, ball throwers etc.) strict hygiene and sanitizing protocols should be followed.
- It is a mandatory requirement to use DRUK TRACE APP, or sport facility operators will collect the name, contact number, date of visit, time of arrival, and where possible the departure time of all those attending facilities or activities.
- Coaches, officials, parents and guardians should continue to observe physical distancing when involved in children's activity as a coach, official or spectator.
- All participants should adopt a 'ready to train' approach, i.e. come to training prepared without the need to use any communal facilities such as changing rooms or showering facilities.
- Consider the age and health of participants and discourage any high-risk individuals from participating in training or competition.

***Please remember that physical distancing is required before and after cricket activity which includes, for example no traditional team photos or group photos after the training. Please also note that the players during the break should be appropriately spaced out.***

# Resumption of Domestic Cricket

## Return to a Safe Play- School and club competition

- It is a mandatory requirement to adopt athlete consent form for resumption of competition.
- Health and temperature checks should be mandatory for all participants before entering the competition venue.
- Review domestic playing conditions to minimize risks associated with playing during this CV-19 period.
- Consider rule amendments to allow for the safe management of the ball -
  - o Regular hand sanitizing when in contact with the ball
  - o Do not touch eyes, nose, and mouth after making contact with the ball
  - o Saliva should not be used on the ball
  - o Umpires to consider wearing gloves when handling the ball.
  - o Polishing the ball on his or her clothing provided that no artificial substance or saliva is used and that such polishing wastes no time
- Consideration should also be given to rule amendments to maintain social distancing (e.g. field positioning).
- On-field protocols - For example, no unnecessary body contact and no handing over items (cap, towels, sunglasses etc.) to umpires or teammates. Each player should be responsible for their own items.
- Players and umpires will be encouraged to regularly sanitize their hands during breaks in play.
- Off-field protocols - For example, minimal use of communal facilities before and after the match, and social distancing to be maintained at all times. A 'ready to play' approach should be adopted.
- Discourage sharing of all equipment where possible. If it is required ensure equipment is cleaned appropriately.
- If spectators are permitted, social distancing should be maintained.
- For shorter format competition such as T10 or T20 where in a day two matches are usually scheduled, teams playing in the afternoon match are restricted to enter the venue until the depart of the morning match teams.

**Please remember that physical distancing is required before and after cricket activity which includes, for example, no traditional team photos or group photos after the match.**

**Please also note that the players of the batting team outside the field of play should be appropriately spaced out.**



# Resumption of Domestic Cricket

## Return to a Safe Travel

- Where possible, players should travel alone to and from matches unless they are living in the same household. Where this is not possible, social distancing should be maintained.
- Where using public transport to travel, players should avoid travelling at 'peak' transport hours to limit contact with others. Players should wear a face mask at all time.



Bhutan Cricket recommends a phased approach to resuming of training activities in line with Government regulations.

STAGE 1

STAGE 2

STAGE 3

STAGE 4

**Individual training**

Resume basic cricket activities on your own and keep fit

**Small group of <3**

Participate in cricket activities while following social distancing

**Playing <10**

Small groups/teams work together including a coach or supervisor

**Playing 10+**

Resume squad based cricket sessions while limiting contact

 <b>Participant Health</b> Consider the age and health of participants and discourage any vulnerable individual from	 <b>Sanitized Equipment</b> All equipment should be sanitized before and after use and sharing of equipment should be	 <b>Social Distancing</b> Training should be staggered to minimize numbers, maintain social distancing, and reduce contact.	 <b>Ready to Play</b> A 'ready to play' approach should be adopted to ensure minimal use of communal facilities where possible.	 <b>Transit &amp; Travel</b> Players should maintain social distancing when travelling to training and matches.	 <b>Play it Safe</b> Any unnecessary body contact on the field of play should be avoided. Players should not hand over items	 <b>Education &amp; Awareness</b> Education on hygiene practices and safety measures should be prioritized before any cricket activity
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\*Compliance with national and local government regulations should always take precedence over these guidance.

# RESUMPTION OF DOMESTIC CRICKET

## DZONGKHAG CRICKET CHAMPIONSHIP

The major guidelines:

- All the players and staff must download the **Druk Trace APP** for contact tracing, protection and prevention.
- Before the commencement of the championship, the CDO will also need to conduct a webinar and inform the district cricket association about all the protocols.
- Wearing a mask over nose and mouth in public places is mandatory for all players and staff from the time they leave their home till the end of the camp (optional while training). Worn out and wet masks should be replaced from time to time.
- Keeping in line with the ICC guidelines, all players and staff must agree to participate in the camp by signing a Consent Form for the resumption of training.
- In case of accommodation, the players should be kept in rooms solely arranged by BC. If staying at a hotel, it should be close to the ground where the competition is being held.
- The academy/hotel staff should be screened for Covid-19 symptoms two days before the players move in. Any staff showing signs of Covid-19 like symptoms should be removed from duty. It must be mandatory for academy/hotel staff to download and install the Druk Trace App on their mobile phones. The body temperature of all staff should be recorded using a non-contact thermometer before they begin their duty every day.
- The academy/hotel rooms and the common areas, including dining areas and common toilets, should be thoroughly cleaned and sanitized before the players move in. All facilities should continue to be disinfected on a regular basis, multiple times a day. If staying at a hotel, the players should be isolated from the rest of the hotel guests by segregating them in a separate block or particular floor/s.

### TRAVEL PROTOCOLS FOR PLAYERS AND STAFF MEMBERS:

- The BC must make appropriate travel arrangements (preferably by bus) for transporting the players from their accommodation to the ground and back. These buses must be for exclusive use of players and staff. During non-training times, the buses should not be used for the general public. The travel and medical history of the staff managing the bus must be provided to the CDO. Any staff showing signs of Covid-19 like symptoms should be removed from duty.
- The bus driver and helper/s must wear a mask covering nose and mouth at all times and clean their hands using liquid sanitizer as often as possible. All players must maintain social distancing norms while seating in the bus (only one person on each seat). Players should avoid sitting in the driver's cabin. The helper must provide hand sanitizer drops/spray to each individual before they enter the bus.

# RESUMPTION OF DOMESTIC CRICKET

## DZONGKHAG CRICKET CHAMPIONSHIP/ NATIONAL TEAM CAMP

### GROUND PROTOCOLS:

- Spectators, players' parents and other visitors should not be allowed entry into the ground at any time of the day. Only players, support staff and other accredited ground, catering and security staff should be permitted.
- If any visitors are permitted, then they must be compulsorily screened using non-contact thermometer before entry into the stadium/ground. They must wear a mask covering their nose and mouth at all times.
- Only one entry point to the stadium should be accessible to control access to the ground.
- The ground staff should prepare the ground and the wickets during the time outside of the team training hours.
- Restrict the number of catering and dressing room attendant staff.
- All equipment and facilities (including the bathrooms) that are used will be wiped and sanitized at the end of each training session.
- All ground staff should sanitize their hands regularly as per the guideline. All staff within the premises must wear a mask covering nose and mouth at all times.

### GROUND PROTOCOLS:

- Suspected/positive cases should be immediately isolated from the rest of the squad and managed in close coordination with local hospitals and treatment centres equipped with COVID-19 testing and treatment. All concerned cases should be dealt with as per the guidelines set by the Government of Bhutan or that may apply to that particular local area so that contact tracing can be commenced immediately.

### TRAINING PROTOCOLS:

- All players and support staff's symptoms (if any) and body temperature should be checked every morning.
- If a member develops any initial symptoms (cough, headache, chills, fever, body ache, difficulty breathing, loss of smell or taste or any other unusual symptoms), they should inform the team medical personnel immediately and remain self-quarantined until help arrives.
- Training to be implemented following social distancing rules.
- All individual and team kit bags should be sanitized upon arrival and after every use.
- Sanitation of cricket balls to be done after discussion with relevant authorities at BC headquarters.
- All members should arrive dressed and ready to train to minimize the use of the dressing room, washrooms and communal areas.
- Spitting and clearing of nasal/respiratory secretions on the ground or at any place other than washrooms shall be prohibited. Members doing so should discard the tissue paper securely in provided dustbins.

# RESUMPTION OF DOMESTIC CRICKET

## DZONGKHAG CRICKET CHAMPIONSHIP/ NATIONAL TEAM CAMP

### NO USE OF SALIVA ON THE BALL:

#### **Saliva Ban (41.3 –UNFAIR PLAY - Changing the Condition of the Ball)**

Clause 41.3 of the Playing Conditions has accordingly been amended.

41.3.2.1 polish the ball on his or her clothing provided that no artificial substance or saliva is used and that such polishing wastes no time.

41.3.7 If the umpires believe that saliva has been applied to the ball, the umpires shall:

41.3.7.1 If it is a first instance during an innings, summon the captain of the fielding side and issue a first warning.

41.3.7.2 If it is a second instance during an innings, summon the captain of the fielding side and issue a second and final warning and warn the captain of the fielding side that any further offence of such type by any member of the team during the innings shall result in the award of 5 Penalty runs to the batting side.

41.3.7.3 If it is a third or subsequent instance, award 5 Penalty runs to the batting side.

41.3.7.4 The ball shall not be changed but the umpires shall wipe the ball with an appropriate cloth.

41.3.8 Use of saliva in breach of clause 41.3.2.1 above shall not, in and of itself, be considered an offence under Article 2.14 of the ICC Code of Conduct (Changing the condition of the ball in breach of clause 41.3 of the ICC Standard Test Match, ODI and T20I Playing Conditions).

### MANDATORY:

- For creating a safe training environment, all team members should strictly adhere to and implement the protocols of this guideline.
- All members should avoid stepping out of the team environment or meet anyone outside the team environment, including family members, for the entire duration of the camp. If any member is required to travel outside the team environment for unavoidable circumstances, upon his/her return, he/she should be isolated from the rest of the squad and medically assessed before he/she is allowed back in the team environment.

## PHASED BACK TO TRAINING ACTIVITY

The BC recommends that the back to training activity should be phased in over a number of stages, where progression to the next stage should not begin until it is deemed safe to do so and there is no evidence that the local CV-19 transmission rate has risen as a result of this training activity.

Stage 1 - Individual training activity (outdoor or indoor, away from home)		
Context	Guidelines	Recommended hygiene measures
<p>Stage 1 should begin once individuals are able to exercise <b>on their own</b> and may be able to resume basic cricket activities.</p> <p>This stage maintains engagement in the sport and may be assisted by online coaching resources, social media, and other virtual aides.</p>	<p>Activities should involve no contact with, or participation alongside, any other individual or partner.</p> <p>Activities may include cardiovascular exercise or strength and conditioning training to keep in good general health and fitness.</p> <p>Use of equipment such as cones and stumps should be limited but participants may use essential cricket equipment (i.e. bat, ball) for activities such as shadow batting, bowling, catching.</p>	<ul style="list-style-type: none"> <li>- Good general hygiene (washing/sanitizing your hands before and after activity)</li> <li>- Sanitizing any personal equipment used</li> <li>- Observing social distancing rules at all times in public spaces</li> <li>- Limiting the use of external equipment</li> <li>- Do not attend training if unwell (contact doctor)</li> <li>- Minimise use of communal facilities</li> </ul>
Stage 2 - Training activity in small groups of 2-3		
Context	Guidelines	Recommended hygiene measures
<p>Stage 2 should be considered when national Government restrictions allow family members, friends and/or teammates to participate in sporting activity in <b>small groups of 2-3 individuals</b> whilst maintaining social distancing rules.</p> <p>This stage may also include supervised cricketing activity from a coach or responsible adult.</p>	<p>Basic batting, bowling and fielding exercises should be carried out such that they minimise interaction between participants. This may include some fielding exercises or net practice.</p> <p>Participants should have their own equipment, including a bat and ball. Where this is not possible, all shared equipment should be limited and should be sanitised between different participants' usage.</p>	<ul style="list-style-type: none"> <li>- Continue recommended hygiene measures in Stage 1</li> <li>- No sharing of exercise equipment</li> <li>- No direct physical contact between participants (handshakes, hugs, 'high fives', other touch)</li> <li>- No sharing of any non-cricket equipment (e.g. water-bottles, gloves, pads)</li> </ul>
Stage 3 – Training/Playing in group of <10		
Context	Guidelines	Recommended hygiene measures
<p>Stage 3 should be considered when national Government regulations allow individuals to participate in sporting activity in <b>groups of no more than 10 individuals</b> whilst maintaining social distancing rules.</p> <p>This stage may also include supervised cricketing activity from a coach or responsible adult.</p>	<p>Activities should be non-contact skills training whilst observing social distancing measures and, where possible, should still limit the number of individuals that participants come into contact with (e.g. a training session with 2 distinct groups of 4 players).</p> <p>Participants should use their own equipment where possible. Where this is not possible, participants should be provided with their own specific club equipment (e.g. use only a ball assigned to you for the session).</p>	<ul style="list-style-type: none"> <li>- Continue recommended hygiene measures in Stage 2</li> <li>- Clear demarcation of team cricket equipment (e.g. numbered balls)</li> <li>- Thorough disinfecting of all team cricket equipment after a session</li> </ul>

## PHASED BACK TO TRAINING ACTIVITY

The BC recommends that the back to training activity should be phased in over a number of stages, where progression to the next stage should not begin until it is deemed safe to do so and there is no evidence that the local CV-19 transmission rate has risen as a result of this training activity.

Stage 4 – Training/Playing in groups of >10		
Context	Guidelines	Recommended hygiene measures
<p>Stage 4 should be considered where national Government regulations allow sporting activity to take place in groups of <b>more than 10 individuals</b> and social distancing measures allow participants to come to within 1.5m of each other.</p>	<p>Stage 4 activities should still limit the number of individuals that participants come into contact with but may allow wider squad training and should allow the use of shared equipment, in particular a cricket ball.</p> <p>Physical contact between participants will be allowed though this should still be limited where possible. For training situations, teams should still consider maintaining some small group separation.</p> <p>All participants should still consider a <b>'ready to train'</b> approach though full use of communal facilities will be permitted during this stage.</p>	<ul style="list-style-type: none"> <li>- Continue recommended hygiene measures in Stage 3.</li> <li>- Communal facilities can be used.</li> <li>- If any massage beds are used, hygiene practices to include (i) no bed linen except single use of towels and (ii) cleaning of treatment beds and key surfaces after each cricketer.</li> </ul>

## GUIDELINES FOR PREPARATION OF BOWLERS

Bowlers are at a particularly high risk of injury on return to play after a period of enforced time-out. When looking at timescales, consideration needs to be given to the age and physical preparedness as this will influence the risk and length of time required to develop appropriate bowling loads that will allow a safe and effective return to international cricket. Evidence suggests long-term workloads over 1200 overs, older bowlers, > 24yrs and reducing spikes in load have some protective elements in relation to stress fractures, the most significant injury in relation to time-loss. However, these figures have not been seen in conditions where such an enforced period of lock down has been noted. Research suggests a 7-week period of shut down can see 2% bone loss in the spine that takes up to 24 weeks to replace. The protective effect of older age groups may not apply to other injury categories with the potential for deconditioning in relation to musculotendinous injuries and capacity requiring a more careful preparation period.

### Preparation of bowlers for return to International Cricket.

With the likelihood of a return to international cricket potentially resulting in a condensed schedule it will be necessary for countries to utilise larger squads to safely meet the performance demands imposed. The following suggested periods would be dependent on the bowler having been able to undertake regular running and some bowling drills whilst in lockdown. However, a longer period may well be necessary on an individual basis.

- A return to T20I would suggest a minimum 5-6 week preparation period, the last 3-week period would involve match intensity bowling.
- ODI cricket would require a minimum 6-week preparation period, the final 3-week period would involve match intensity bowling.
- Test cricket would require a minimum of 8-12 week preparation period, the final 4-5-week period would involve match intensity bowling. These are dependent on a multifactorial assessment with age of bowlers, injury history, bowling technique and speed and lifetime overs, amongst others. Bowling loads therefore need to be developed progressively, with adequate rest built into a return programme and based on match intensity overs per week.

## BACK TO CRICKET CHECKLIST

No.	CHECKLIST	CC	PC	IC
1.	<b>Government regulation</b> – Seek permission and guidance to resume training and competition (with or without spectators).	✓	✓	✓
2.	<b>Education and Awareness</b> – Health risks, preventative measures, expected player behaviour, general hygiene practices, hygiene practices specific to cricket, risk to vulnerable groups etc.	✓	✓	✓
3.	<b>Plan for a safe return to cricket</b> – Consider drafting a plan for the safe resumption of training activity and competition. The plan should comply with government regulation. Refer to the ICC's guidance for assistance.	✓	✓	✓
4.	<b>Medical</b> - Engage your Chief Medical Officer or a Medical advisor to assist with planning and implementation of the 'Back to Cricket' strategy.		✓	✓
5.	<b>Player preparation</b> – Adopt a phased approach to resuming training activity in compliance with government regulation. The load and intensity of training should be progressive to prevent injury. Refer to Appendix 1 of the ICC Guidelines.	✓	✓	✓
6.	<b>Safe environment</b> – A risk assessment of training and match venues must be carried out to ensure the necessary precautions are taken to minimize risks to participants and ensure a safe return to cricket.	✓	✓	✓
7.	<b>On and off field protocols</b> – Draft protocols for on and off-field behaviour including sharing of equipment, management of ball, use of communal facilities, (changing rooms), celebrations, social distancing etc.	✓	✓	✓
8.	<b>Local travel</b> – Consider the necessary precautions regarding travel to training and competition and provide guidance to participants.	✓	✓	✓
9.	<b>Air Travel</b> – Consider chartered flights, social distancing, hand and food hygiene, sanitising of baggage, use of personal protective equipment.		✓	✓
10.	<b>Accommodation</b> – single rooms, dedicated floors where possible, food quality and hygiene.		✓	✓
11.	<b>Strategies</b> – Consider protocols for dealing with symptomatic and COVID-19 participants. Consider the impact on the match and/or series. Consider recovery strategies for players.		✓	✓
12.	<b>Host team</b> – Consider testing/screening protocols for participants. Possible quarantine requirements depending on state and national restrictions.		✓	✓
13.	<b>Visiting team</b> – Consider isolation training camp including testing prior to travel and enquire about possible quarantine on return to country.			✓
14.	<b>Testing and Screening Plan</b> – cost, accuracy, speed, volume and frequency of testing.		✓	✓
15.	<b>General measures to be considered -</b>			
	Medical doctor to accompany international teams			✓
	Medical support for match officials and participants			✓
	Cleaning protocols and frequency of cleaning for shared training equipment. Sharing of equipment should be avoided where possible.	✓	✓	✓
	Restrictions and additional safety measures if spectators are permitted.	✓	✓	✓

