



Junior Section

Indoor Nets Risk Assessment 2016

St Mary's Sports Hall, Waldegrave Road

1. Training

ACCIDENTS	CAUSES	PREVENTATIVE MEASURES	ACTIONS
Batter hit by ball	Lack of protection. Lack of experience.	Batters must wear helmets, gloves, pads and box (thigh pads advisable) whenever facing hard balls.	First Aiders available. Ice pack applied to bruising.
Fielder or spectator 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 . Ensure spectators are positioned in an appropriate place having regard to the training activity.	First Aiders available. Ice pack applied to bruising. In extremis, make speedy arrangements for injured person to be taken to A&E.
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 Aiders available.
Collision between two players	Lack of attention.	Be aware of play at all times.	First Aiders available.

Hit by ball in nets	Bending to retrieve a ball from netting. Lack of attention.	Instructions given to all as to how to retrieve a ball from side netting to avoid being hit by ball in an adjacent net i.e with a bat if batting or foot if a bowler.	Check netting before session commences. First Aiders available. Ice pack applied to bruising. Medical help sought for more serious injuries eg head injuries.
Hit by stray ball from another group.	Groups too close together / orientated in the wrong way/ insufficient supervision.	Ensure that when practising, groups are organised so as to avoid a ball being struck hard into another group's area.	First Aiders available. 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. Remedial strength and conditioning.
Over exertion Hyperventilation	Training too intense.	Training should be appropriate to fitness of group. Players advised to maintain fitness outside of training sessions.	Rest.
Slipping or tripping over	Wet or slippery surfaces.	Ensure floor surfaces are dry. Ensure participants are wearing correct footwear.	First Aiders available.

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.

General Requirements:

1. There should be regular instruction and reminders from coaches on general safety concerns when playing indoors, including the importance of concentration and focus on the activity in hand and on awareness of the actions of others around participants.
2. Ensure that the correct coach to player ratio observed having regard to the relevant activity.
3. Follow concussion protocols for all head injuries.
4. Refer to Appendix 1 of the 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. Arriving and Leaving Training

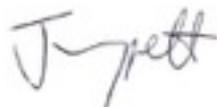
ACCIDENTS	CAUSES	PREVENTATIVE MEASURES	ACTIONS
Collision with Rugby Players in Tennis centre prior to session (not appropriate when in performance hall)	Players encroaching on Rugby playing area.	request players to wait outside of sports hall on to the edge of wall inside.	responsible adult keeping children paying attention when session start in tennis hall
Injury to participant from vehicle outside of Sports Hall.	Lack of attention. Negligent driving.	Participants reminded on the importance of paying attention when arriving and leaving training. Discuss any particular issues with St Mary's Univeristy. Remind parents of the importance of driving safely on drop off and pick up.	First Aiders available. Use emergency number in extremis.
Child 11 and under leaving training without their parent or A N Other designated individual deputed to collect the child.	Lack of communication between parent/child/ coaches.	Coaches to remind parents and children of the importance of a child not leaving without a known adult collecting the child from the training session. Coaches to ensure children 11 and under do not leave without the designated parent/adult entering the Sports Hall.	Coaches to have available contact numbers for parents. In extremis, alert University and police.

3. No Liability

Teddington CC is not responsible for the acts and/or omissions of parents and members when they are not in the Sports Hall, adjacent changing facilities, or when they are otherwise on the University's campus or when they are travelling to or from any training session.

Reviewed : 09/01/16

Signed :



Josh Knappett

Director of Youth Coaching

Teddington CC