



Return to Cricket

Practicing in a safe
environment

A guide for Players and
Parents [Phase II Roadmap]

Welcome to New Season

Welcome to the new season. A late start but at least the cricket training can at last begin. But even as training starts, we have to implement a range of measures to ensure the safety of members of the club.

This guide is intended to step you through the various measures that have been put in place and is based on the protocols agreed between Cricket Ireland [CI] and Sports Ireland. They relate to Phase 2 of the roadmap for the lifting of Covid restrictions and cover 'Return to Training'.

The measures set out will be kept under review and will be adapted and amended as government guidance changes.

Always respect the Government Guidelines on Hand Hygiene, Respiratory Etiquette and Social Distancing

In line with CI guidance a Covid Committee has been set up and Paddy Byrne has been appointed as the Covid Safety Officer. If you have any specific queries about how Merrion is dealing with the pandemic you should send them to covid@merrioncricketclub.ie .

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Template: Training Times

| Periods of Day | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------------------------|---|------------------------------------|---|------------------------------------|---|---|--|
| 9.00 – 13.00 | Exercise Slots 1H Booking [4] | Exercise Slots 1H Booking [4] | Coaching 1:1 <u>C Raack</u> 10.00 – 13.00 14.00 – 17.00 Eight slots Booking | Exercise Slots 1H Booking [4] | Nets Slots Cavaliers [2] Reserved Booking Reserved for Outfield Work | Junior Practice 3 Sessions [12] Booking [90min] 9.30 – 13.45 | Minor Practice 2 Sessions [12] Booking 9.00 – 11.30 Zoom for 4 th Class and below from 11.30. |
| 14.00 – 17.00 | Exercise Slots 1H Booking [4] | Exercise Slots 1H Booking [4] | | Exercise Slots 1H Booking [4] | Exercise Slots 1H Booking [4] | | |
| 17.30 – 20.30 | Womens Practice By Invitation | Open Senior Squad By Invitation | Colts Practice Booking [12] 16.30 – 18.00 Open Junior Squad Booking [16] 18.30 – 20.30 | Open Senior Squad By Invitation | Access to Ground for Members | Access to Ground for Members | Access to Ground for Members |
| Exercise Slots 1H | Can be used by households for exercise, including use of nets | | | Coaching Slots | Coaching [1/1]. Named Coach. 30m slots [15 minute gap]. Members of same family may link slots. More Coaching [1/1] sessions will be added as we gauge demand. | | |
| Official Practices | Sessions for different groups [number attending in brackets]. Some need to be booked – others by invitation | | | Access | Periods when Members can come down to the ground and exercise [or chat] subject to compliance with social distancing requirements. Names recorded. | | |

Access and Booking

In order to control numbers on the ground and to enable 'track and trace' systems to work effectively the club has introduced additional measures to support training. It is a requirement of the protocols that only paid up members can access the club at present. For those involved in personal training, coaching and practices at the club: -

[a] an online booking system has been introduced. What time slots are available will be clear by clicking into the booking system at <https://merrion-cricket-club.reservio.com/>

[b] access to the ground is controlled by a member's mobile phone which will open the main gates. Your mobile phone will be entered into the Gateslave system as part of the membership renewal process.

Entrance to the training area is via the BBQ terrace where registration will take place [also hand sanitisation station]

Both the booking and the access system will help the club maintain records of who visited a club at a particular time.

Setting Out

There are a number of things that you must do before you set out for a training session.

[a] Take a moment to reflect on whether you should be attending practice. If you are feeling unwell or exhibit any of the symptoms of Covid you should not come down to the club. If you have been in contact with someone who has been tested as Covid positive in the past 14 days or you have returned from abroad over the same period, you should not attend. The full list of health symptoms and official guidance can be found on the Government's Covid website at

<https://www.gov.ie/en/campaigns/c36c85-covid-19-coronavirus/>

[b] Fill out the Health Check Questionnaire [a copy can be downloaded from the Merrion website], sign it, and when you get to the club deposit it in the box provided. You only need to do this once.

[c] Remember you should bring your own hand sanitiser for moving around the ground.

Remember that current government requirements are that you do not travel more than 20 Kilometers to the ground.

Arrival at the Ground

You should aim to arrive no earlier than five minutes before the scheduled time of your training. You should arrive in training kit [the changing rooms will not be available]. When you arrive at the ground remember to use your mobile phone to enter the ground, even if someone is going through before you and the gates are open – it is part of the record of who is on the ground.

[a] identify yourself to the Covid support staff on duty and confirm your health status,

[b] deposit the completed Health Check Questionnaire in the box provided [this applies the first time you are training]. The Questionnaire must be completed by [or on behalf of in the case youth players by parent / guardian] each person attending the ground, whether training or not.

[c] use hand sanitiser provided at entrance to ground

[d] entrance is around the back of the pavilion to the waiting area

[d] report to the person in charge of the coaching / practice [if different from above] and go to an assigned training zone [or a designated waiting area].

Training and Coaching

Social distancing applies during training – maintain at least two meters gap at all times.

Players use their own equipment and do not share it with others. Players should bring their own drinks and food.

Coaches [or a dedicated person] to use bowling machines

Fielding drills to ensure no passing of balls between players – catching mitts and bats to be used.

Bowlers use their own balls only [or balls assigned to them].

Only two nets to be used at one time [1 and 3]. An extra net on square may be set up. There must be no more than two bowlers and one bat in each net [except for family members]. The ground is divided into designated zones for training / waiting.



Practice Zones

1/2/3 Nets/Batting Drill Areas

4/5 Bowling Drill Areas

6/7/8 Fielding Drill Areas

9 Junior Collection Point

10 Waiting Area / First Aid

Note: No spectators on ground, parents can stay in their cars on the driveway if they wish. No standing on clubhouse terrace.

Waiting area: if needed to quarantine someone will be re-purposed.



Departure and Afters

Use hand sanitiser when you have finished training.

Players should sanitise any equipment they used.

Wait at Junior Collection Point and exit by DunLuce side of the clubhouse.

Once the training / coaching session is over the members concerned should leave the ground as quickly as possible.

If a player feels unwell at or after a training session, displays symptoms or who subsequently finds that they had been in contact with someone who has Covid, they should contact their GP in the first instance and then inform the club so that contact tracing measures can be put in place by the appropriate authorities.



Parents and Children

When youth members are brought to practices or coaching sessions it is not expected that the parents remain at the ground unless they are involved in supervising. If parents are not involved in supervising [and subject to there being no more than 15 persons in total on the ground] they may remain but at a distance from the training.

Parents must stay in their cars or, if the weather permits, in a designated area of the ground, always respecting social distancing.



The Club's Child Safety Statement has been updated to take account of Covid. This can be found on the club's website.

Things to Remember

You must be a current member to come down to training

You need to review your health status before coming down for training the first time and fill in health questionnaire.

Wash your hands and respect social distances

Don't share gear or touch equipment

You have to use the club's online booking system to reserve slot

There cannot be more than 15 persons on the ground at a time.

