

Hounslow and Whitton Cricket Club

Net & Other Practice during COVID 19: Guidance for Parents and Participants

BEFORE YOU BOOK

Please read the important guidance below.

If at any point anyone in your household is experiencing symptoms or has experienced symptoms (whether confirmed or not as COVID 19) in the past 14 days, please DO NOT attend practice. Anyone who has been asked to self-isolate via NHS Test and Trace must not attend. If this is the case, please [email our practice booking account](#).

All quarantine periods - whether **due to symptoms** or to **returning from international travel** - must be adhered to.

All participants should be aware of the increase in transmission risk associated with partaking in even socially distanced group activity. Participants should understand that they are opting to participate in cricket activity, which is not risk free.

Nets are ONLY available via our booking system to live members of Hounslow and Whitton CC

No other times are available, and walk-ins are strictly not allowed.

If you have any questions, please check the website.

USE OF THE NETS – VERY IMPORTANT

- Sessions begin on the hour and end at 50 minutes past the hour. Please vacate the net currently to allow for a 10-minute changeover time.
- Please do not attempt to enter the net until the previous users have left.
- No more than 4 people per net (batsman/bowler or batsman/coach)
- Batsman and bowler can be from different households, but both must be members
- No more than 4 in a net under any circumstances
- Parents of Under 18s must be present in the Car Park/the waiting area and must be available via mobile phone.
- Far left and far right net lanes to be used. Centre lanes are closed.
- 10-minute gap between private coaching sessions to allow safe entry/exit.
- No changing clothes at the nets. Please come ready to bat. Kit must always be kept in your own bag and must not be left outside the bag at any time. Take everything home with you.
- No movement between nets
- Batsmen to wear full protective clothing always.

Important Guidelines

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- Do not remove batting (or keeping) gloves when batting/practising. Do not throw back balls, instead use the bat or kick the ball back.
- Kit must not be shared.
- Each player to use his own set of balls (bowlers must NOT use the same ball/balls as previous bowler). Please bring your own unless organised previously with a coach.
- Balls not to be shared between nets – please mark your balls
- Wash hands before and after your session; participants to bring their own hand sanitiser.
- Bring your own water/drinks (must be clearly marked)
- No spitting or no shining the ball with spit/sweat.
- Avoid unnecessary touching of any surfaces, nets, fixtures, fences
- Please do not bring your dog to practice
- Do not over-exert yourself. Nets are for technical practice only rather than a fitness workout.
- Toilet facilities and changing rooms are NOT open.
- A basic First Aid kit is available in the nets, but we cannot guarantee access to more substantial first aid facilities such as the defibrillator.
- First Aid during this time is the parents' responsibility rather than the Club's.
- Social distancing - especially 2 metre rule - to be always observed.
- ECB rules to be always observed. A representative of the Club will always be in the vicinity – their authority must be respected.
- Please refer to the Hounslow and Whitton CC website for general guidance on use of nets and hard-ball safety.
- Please read the ECB guidelines on this and Covid 19 generally via the link below:

<https://www.ecb.co.uk/news/grassroots>