

Policy For Use of Practice Nets

Maximum number per net

No more than 8 players shall be allowed to use a net at any one time. This **must** be adhered to at all times.

- Each participant must be aware of the need to stop any activity where a potentially dangerous situation starts to arise and must appreciate that he/she must cease the activity immediately.
- If an injury is sustained or an accident occurs during a net session, then a written record of the circumstances, the action taken and the names of witnesses must be kept. A copy of this must be sent to the Club Welfare officer
- All players attending the net sessions must behave in a professional and sensible manner at all times, apply a common sense approach, and be constantly mindful of potential safety hazards.

Clothing and Equipment

- Appropriate cricket clothing should be worn. Indoor sports non-marking footwear to be worn.
- No studded or spiked footwear will be permitted.
- No jewellery or watches shall be worn and pockets must be emptied of potentially dangerous items such as keys, lighters, coins, matches, mobile phones.
- All personal protective and training equipment, whether personal or club owned, must be of a satisfactory condition.
- Bags should be left in an appropriate place where they do not cause any obstruction or blocking any exit. Players should also ensure that discarded jumpers etc. are not obstructing exits or causing a trip hazard.

Batting

- When batting, players must wear the correct protective equipment at all times. The minimum protective equipment must consist of pads, gloves and abdominal protector. No players shall bat without such protection.
- A helmet must be worn by young players (under 18), when batting. It is at the discretion of players over the age of 18 whether they choose to wear a helmet but it is strongly recommended that players wear helmets against fast bowlers.
- If close enough, loose cricket balls should be picked up by the batsman and carefully returned to the bowler after each delivery.
- When preparing to bat, players should position themselves so as not to be hit by a ball coming out of the end of the nets.

Bowling

Only one bowler shall bowl in any one net at any one time.

- Bowlers must wait until the batsman is ready **before** beginning their run up.
- Bowling of bouncers or high pitched deliveries is NOT permitted. It is recognised that on occasion this may happen accidentally, but it must not be done deliberately.
- Bowlers should be mindful of the ability of the batsman they are bowling to, and adjust their bowling style/speed accordingly.
- Those who are waiting to bowl must at all times watch the ball in order to avoid being struck.
- Once the bowler has completed their delivery, he must collect the ball or have it returned to him and be safely clear of the net before the next ball is bowled, ideally behind the bowling crease.
- Players should not turn their back on the net whilst rejoining the bowling queue and while in the queue should not move around behind the bowler or distract the batsman in any other way.
- All players must be aware of the correct methods of retrieving balls from the net. They must also not bowl or be allowed to bowl, if there is a danger of a ball in the net creating a hazardous situation, or when another person is retrieving a ball from the net. If the next net is in use, balls must not be left where they could be disturbed by action from the adjacent net.

Young People

- For the welfare of young players we shall adhere to ECB guidelines regarding the Welfare of Young People (Ref: The Cricket Policy Document *Safe Hands* produced by the ECB).

Use of the Bowling Machine

- All batters should face the Machine protected in the same way as they would be for participating in a competitive match. Therefore, they should be wearing a minimum of; batting gloves, pads and cricket box. If the intention is to practice short pitched deliveries batters should also protect themselves with forearm guards and body and thigh pads.
- It is compulsory for all batters under the age of eighteen to wear a cricket helmet and face guard when practicing with the Machine. It is highly recommend that all batters wear a helmet and face guard when practicing with the machine.
- The Machine should be set up on short legs for all batters under the age of twelve years regardless of how tall they may be. This is because the bounce created by the machine on its full length legs will be unrealistic and unexpected by junior players. Also, remember that lengths will need to be shorter with the short legs to achieve the same bounce.
- Coaches and machine operators should always familiarise themselves with the conditions before delivering any balls to a batter. In outdoor nets a grass surface will obviously change character from day to day but coaches should also be aware that artificial wickets can also change in different conditions (i.e. after a shower of rain or in very hot sun).
- All adjustments to the speed and length of delivery should be made with the knowledge of the batter. There is a tendency for inexperienced machine operators to increase the speed of deliveries to 'surprise' or 'test' the batter. It should be remembered that five mph increase in speed could result in a two foot change in the length of the delivery.

We recommend that coaches keep a chart of each player's capabilities. This will enable him to know the speed and length that each player can comfortably practice attacking and defensive shots off both the front and back foot.

- There is a tendency for the machine to be set to one speed and used at that speed by all the batters taking part in the session. But a good coach has to find out each individual players capabilities and limitations and use the relevant, playable speeds.
- Machine operators and coaches should be aware of the type and condition of balls that they are using. Practice balls should be of similar age and in good condition (without the dimples worn away) to ensure an accurate repetition of each delivery. Please remember that cricket balls will leave the machine a little quicker than practice balls.