

---

# RETURN TO INDOOR CRICKET

## OPERATIONAL GUIDELINES

---

### CONTENTS

Venue location

Lead on site details

Government guidelines

Operational Guidelines

- Medical information
- Cricket environment
- Risk Reduction Behaviors

Operational Guidelines

- Map

How to Book & What to do on arrival

---

#GOGLAM



02920 419 311  
glamorgancricket.com

---

# 1. VENUE LOCATION AND DETAILS

---

Glamorgan County Cricket Club  
Sophia Gardens  
Cardiff  
CF11 9XR

**#GOGLAM**

02920 419 411 // [glamorgancricket.com](http://glamorgancricket.com)



## 2. LEAD ON-SITE CONTACTS

ROLE	NAME	EMAIL
COVID-19 Officer	Dan Cherry	<a href="mailto:dan@glamorgancricket.co.uk">dan@glamorgancricket.co.uk</a>
COVID-19 Medical Officer	Anthony Perera	<a href="mailto:footandanklesurgery@gmail.com">footandanklesurgery@gmail.com</a>
Community Manager	Mark Frost	<a href="mailto:mark.frost@glamorgancricket.co.uk">mark.frost@glamorgancricket.co.uk</a>
Indoor School Duty Supervisors	Ed Smart Mike Clayden Chris Hardy	<a href="mailto:ed.smart@glamorgancricket.co.uk">ed.smart@glamorgancricket.co.uk</a> <a href="mailto:michael@glamorgancricket.co.uk">michael@glamorgancricket.co.uk</a> <a href="mailto:chris.hardy@glamorgancricket.co.uk">chris.hardy@glamorgancricket.co.uk</a>
Operations Manager Operations Co-Ordinator	Katy Allott George Mead	<a href="mailto:katy@glamorgancricket.co.uk">katy@glamorgancricket.co.uk</a> <a href="mailto:george.mead@glamorgancricket.co.uk">george.mead@glamorgancricket.co.uk</a>





# INDOOR CRICKET OPERATIONAL GUIDELINES

## 3. GOVERNMENT GUIDELINES



---

# 3. GOVERNMENT GUIDELINES

---

**Indoor Cricket activities are taking place under strict Government guidelines. Any breach of these guidelines may lead to a cancellation of cricket sessions by the Government:**

- ✓ You must maintain the 2 metre social distancing rule at all times
- ✓ You must ensure you are washing your hands correctly, and regularly, with soap and water or with a hand sanitiser gel. Hand sanitising stations are available all around the Indoor School
- ✓ You must wash your hands regularly, including after touching common touch points, before and after meals, after the use of the toilet, after being in contact with others, after receiving a delivery
- ✓ You must wear PPE on site when you are directed to do so
- ✓ From Monday 14<sup>th</sup> September, it is a requirement of law for all people e.g. staff, coaches, officials, customers and volunteers aged 11 and over to wear a face covering when in public spaces indoors. The face covering may be removed when playing cricket or exercising. A face mask must be worn at all times before and after taking part in an activity
- ✓ You must follow the signage to move around the venue, including one-way signage
- ✓ You must remain within your designated zones. If you try to enter a zone that you do not have access to you will be stopped
- ✓ You must minimise interaction with any other groups

**#GOGLAM**

02920 419 411 // [glamorgancricket.com](http://glamorgancricket.com)



A wide-angle photograph of a cricket stadium filled with spectators. The pitch is green and well-maintained. In the upper right, a yellow cricket ball is captured in mid-air against a bright blue sky with scattered white clouds. The stadium seating is densely packed with people, many wearing hats. The overall atmosphere is that of a major sporting event.

# INDOOR CRICKET OPERATIONAL GUIDELINES

## 4. MEDICAL GUIDELINES

# 4.1 GENERAL COVID-19 MEDICAL INFORMATION

## COVID-19

COVID-19 is a new virus which has spread across the world and the World Health Organisation declared COVID-19 a global pandemic in March 2020.

COVID-19 is passed between people via droplets from a cough or a sneeze, or from touching a contaminated surface then touching your face (eyes, nose or mouth). Unfortunately, there is currently no treatment for the virus, however trials are underway. But until a treatment or a vaccine is available controlling the spread of the virus is crucial.

### What are the risk factors?

There are several factors which appear to increase someone's risk of being affected by COVID-19:

The elderly (over 70) and those with underlying health problems are more likely to be affected

Other chronic diseases like hypertension and diabetes do increase risk problems are more likely to be affected

### What are the symptoms?

Most people will suffer mild to moderate symptoms, similar to a cold or flu, however for some it can be life threatening.

#### Common Symptoms:

- A new, usually dry, cough
- Fever (temperature above 37.8c, or hot to touch back or chest)
- A loss or change to your sense of smell or taste

#### Less Common Symptoms:

- Fatigue
- Muscle pain
- Sore throat
- Headaches
- Shortness of breath

#### Rare Symptoms:

- Runny or stuffy nose
- Diarrhoea

#### Not a Symptom:

- Sneezing

---

# 4.2 CRICKET ENVIRONMENT PROTOCOLS

---

**Anyone attending sessions within the venue, must adhere to the following protocols:**

- ✓ If you display any symptoms, you must stay at home
- ✓ You will have to complete a short medical health check and temperature check on arrival at the venue
- ✓ Please allow time at arrival on to site for these health checks to be completed

**Anyone attending sessions within the venue, must adhere to the following risk reduction protocols:**

- ✓ Players should minimise handling the ball in all activity, by limiting contact as it makes its way back to the bowler.
- ✓ Use small groups in training
- ✓ No sweat or saliva to be added to the ball at any time
- ✓ Limit the sharing of equipment where possible. Where not possible, practice strict hand hygiene
- ✓ All users must follow the clearly signposted routes throughout the venue (these may include one-way systems)
- ✓ All users should be socially distanced at 2 metres
- ✓ Queuing bowlers should maximise their distances from the batter to allow sufficient reaction time to hit balls
- ✓ Participants need to maintain 2 metre social distancing with participants in adjacent nets
- ✓ Bowlers should be frequently rotated so that bowlers are not waiting at the ends for long periods
- ✓ Hygiene breaks should be built into sessions to sanitise players hands and the ball



---

# 4.3 GENERAL RISK REDUCTION BEHAVIOURS

---

To minimise as far as possible the risk of infection from COVID-19 within the venue it is of great importance that all users remain focused to ensure that high levels of hygiene and venue cleanliness are maintained at all times. As such, all users must adopt key behaviours to reduce the risk of COVID-19. These behaviours are.

## 1. Identify vulnerable users

- Each user group must identify vulnerable users and assess if they may be at a higher risk of severe illness from COVID-19. Government and Public Health Wales guidance must be followed in respect of any individuals who are deemed vulnerable or clinically extremely vulnerable.

## 2. Symptom and contact monitoring

- All individuals, and the health of those they live with, will be considered as part of the health questionnaire.
- No one will be allowed to enter the venue if they (in last 7 days) or anyone in their household (in the last 14 days) was unwell with potential COVID-19, and/or they had not completed the Government-recommended isolation period.

## 3. Travelling to venues

- All individuals, wherever possible, should travel alone to the venue in their private vehicle to minimise the use of shared or public transport.
- Where this is not possible then travel should only be with other users living in the same household.
- Public transport and taxis should be avoided. If the use of public transport is unavoidable, users must follow the latest Government guidance on wearing a face mask.

## 4. Daily health checks prior to entry into the venue

- A daily health questionnaire will occur before an individual enters the venue and each time thereafter.
- When the health questionnaire has been approved, the individuals will undergo a temperature check.
- If the temperature reading is not considered normal, the individual will not be admitted to the venue.

## 5. Highest levels of hygiene throughout the site

- The venue will be cleaned to the standard defined in the Government guidance.
- There will be regular cleaning and disinfection of high contact surfaces

# 4.3 GENERAL RISK REDUCTION BEHAVIOURS

## 6. Social distancing

- All individuals must keep at least 2 metres away from another

Figure 5: Social distancing



## 7. Hand hygiene

- All individuals must ensure they are washing their hands correctly, and regularly, with soap and water or with a hand sanitizer gel, especially before and after meals, after the use of the toilet, after being in contact with others, after receiving a delivery and if their hands are visibly dirty.
- It is important to wash hands after touching common touch points (e.g. light switches, doorknobs, handrails and elevator buttons).
- All individuals should also avoid touching their face (especially eyes, nose and mouth) with unwashed hands.
- Hand sanitiser and/or soap and water will be readily available at all entry and exit points in the venue.

There are a few good guides to demonstrate appropriate hand washing and these can be found via these links:

- <https://www.youtube.com/watch?v=3PmVJQUCm4E&feature=youtu.be>
- <https://www.youtube.com/watch?v=ZnSjFr6J9HI&feature=youtu.be>

## 8. Respiratory etiquette

- It is important that if an individual coughs and/or sneezes, they should do this into their bent elbow, or into a tissue and dispose of it into a bin.



Figure 6: Respiratory etiquette

---

# 4.3 GENERAL RISK REDUCTION BEHAVIOURS

---

## 10. Wearing face masks/coverings

- Face masks are an item of personal protective equipment (PPE) that you will need to wear in all public indoor spaces.
- Face masks do not need to be worn outdoors.

## 11. Management of an individual showing signs and/or symptoms of COVID-19 or has a positive COVID-19 test

- The individual member will be immediately isolated within a designated isolation zone.
- The individual will be given a face mask to wear.
- The Venue COVID-19 Medical Officer will then coordinate appropriate medical care for the affected individual and will ascertain their suitability to return home, including any vulnerable people at home and appropriate travel arrangements will be organised.
- The venue will need to get in touch with those who have come in to contact with the individual.

## 12. Government Guidelines

All individuals must abide by Government and PHW guidelines whilst away from the venue, including adhering to social distancing rules, maintaining high standards of personal hygiene to reduce the risk of transmission of COVID-19 and never attending the venue if in the slightest doubt about possible COVID-19 symptoms.

If you require further information or have questions about these guidelines, please ask the Venue COVID-19 Officer.





# INDOOR CRICKET OPERATIONAL GUIDELINES

## 5. FAQs

---

# 5.1 FAQs

---

**Q** What is COVID-19?

**A** COVID-19 is a new virus which has spread across the world. It is passed between people via droplets from a cough or a sneeze, or from touching a contaminated surface then touching your face (eyes, nose or mouth).

**Q** What are the symptoms of COVID-19?

**A** Most people will suffer mild to moderate symptoms, similar to a cold or flu. However for some individuals it can be life threatening. Common symptoms include a new, usually dry, cough, a fever (temperature above 37.8c, or hot to touch back or chest) and a loss or change to your sense of smell or taste. Less common symptoms include; fatigue, muscle pain, sore throat, headaches and shortness of breath. There are some rare symptoms that include: a runny or stuffy nose and diarrhea. Sneezing is not a symptom of COVID-19.

**Q** What happens if I get ill onsite?

**A** If you display symptoms of COVID-19 whilst working at the venue, you will be immediately isolated within a designated isolation zone, given a face mask to wear and the COVID-19 Officer / COVID-19 Medical Officer will coordinate appropriate medical care.

**Q** Can I travel with someone?

**A** Ideally everyone should travel alone. If you have to travel with someone, please ensure it is someone from your household.

**Q** How can I help reduce the spread of COVID-19?

**A** You can help reduce the spread of COVID-19 by: washing your hands after touching common touch points (e.g. light switches, doorknobs, handrails and elevator buttons), avoiding touching your face (eyes, nose and mouth) with unwashed hands, washing your hands regularly, with soap and water or with a hand sanitizer gel, coughing and sneezing into your bent elbow, or into a tissue and disposing of it into a bin, wearing gloves and a face mask, and maintaining a 2 metre social distance from others.

**Q** Where can I find out about more information on social distancing guidelines?

**A** You can find more information at [www.gov.uk/coronavirus](http://www.gov.uk/coronavirus) or at [www.who.int/emergencies/diseases/novel-coronavirus-2019](http://www.who.int/emergencies/diseases/novel-coronavirus-2019).

**Q** Who do I speak to at the venue if someone is breaking guidelines?

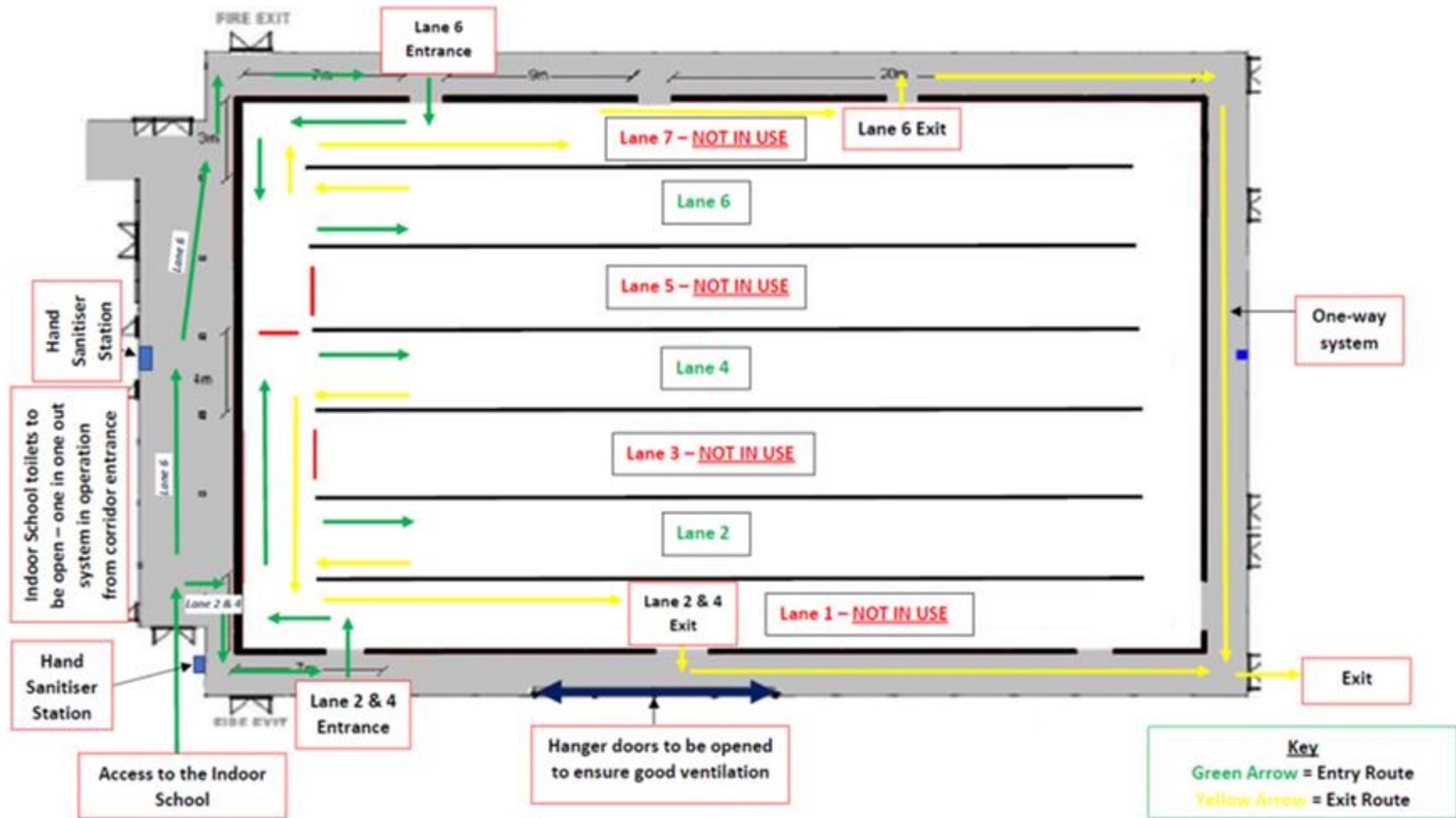
**A** You should speak with the Duty Supervisor



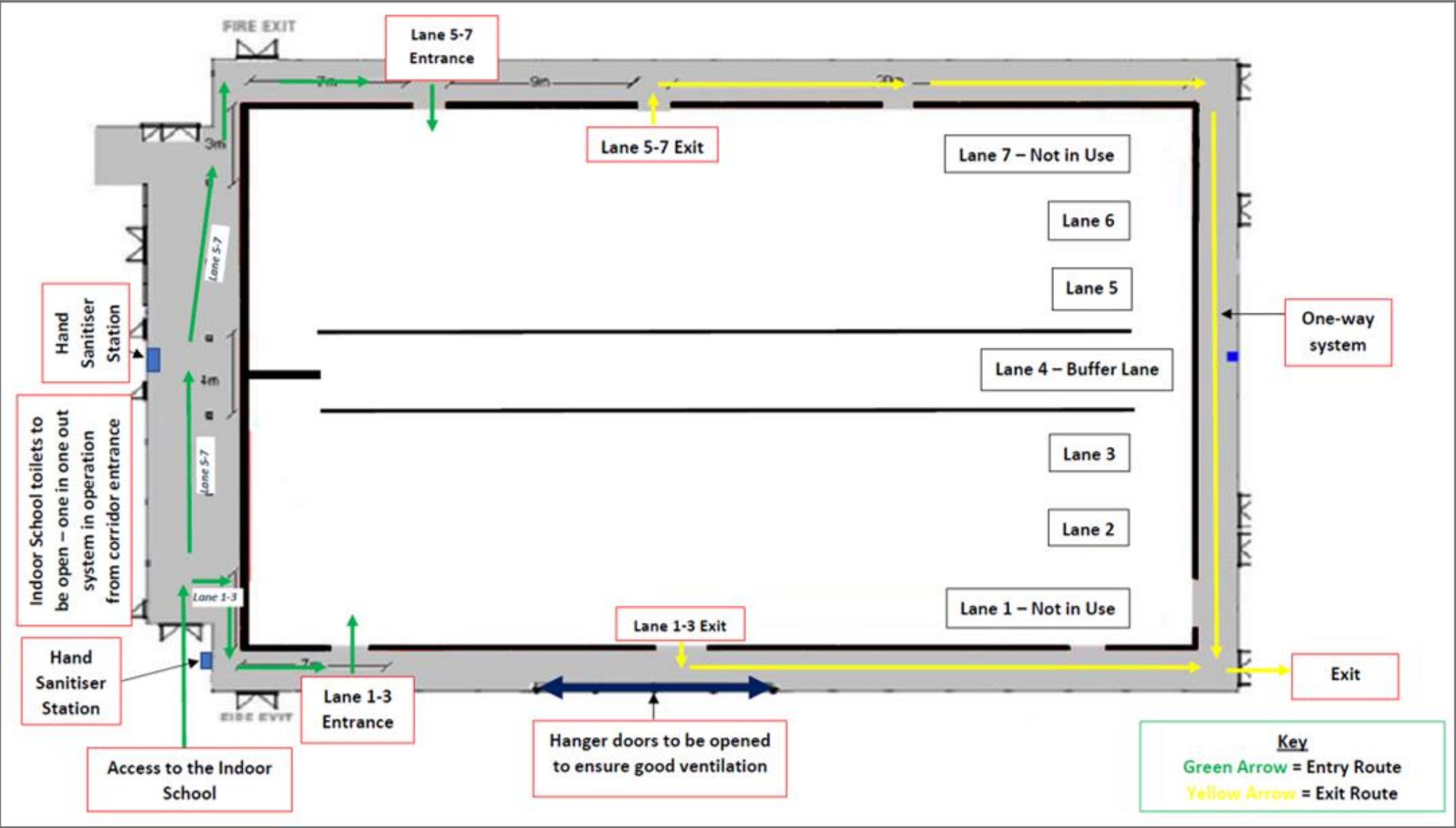
# How to Book & What to do on arrival

1. All bookings must be on-line (only) via our webpage form <https://www.glamorgancricket.com/national-cricket-centre>
2. As the Cricket centre can only take 20 people maximum including the Duty Manager please restrict your party to an **agreed number**. All names must be submitted PRIOR to arrival
3. All payments must be via contactless or online arrangements
4. Every participant must complete an 'Opt-In' form which includes a *code of conduct*. This will be kept on file and asked for only once.
5. Arrival: The admission of users to the Stadium is strictly managed by a steward on Gate 5. The steward will be provided a list from the Community Department with names of every attendee who will be participating in that day's sessions. Anyone who is not on this list will not be allowed access to the Stadium. Every visit will ask participants for:
  - a. temperature check (a high temperature will require a second test and failing that the person will not be admitted)
  - b. Track and Trace (NB must be via smartphone)
  - c. Parents **must stay in cars** at all times
6. Please only bring the minimal amount of kit required and come changed. There will be no changing facilities available.
7. Do not bring food (No food to be consumed on site, vending machines not in operation) other than your own bottled water
8. Departure: Your organiser will ensure you leave by the designated exit and get to your vehicle/ Gate 5.
9. Coaches to ensure they have their own kit, including individual balls and sanitiser.





# Indoor school one-way system route v2



# PLAN FOR SOCIALLY DISTANCED CRICKET INDOOR IN WALES

Facility-owners/providers and clubs should  
appoint a Coronavirus Officer (see guidance for details)



Undergo a personal symptom check at home prior to matches, practice and training. Stay at home and do not take part if you demonstrate any COVID-19 symptoms



Use own equipment throughout where possible and arrive ready to play



No sweat or saliva is to be applied to the ball at any time. Hands and the ball should be cleaned in between each activity or session



Players, coaches and visitors to remain socially distanced at 2m at all times and follow rules on wearing a face covering indoors



Use of the indoor facility, changing rooms and toilets should adhere to the latest Welsh Government advice - check with your venue provider



Keep a record of all those in attendance at each session, including contact details



Avoid shouting or singing



Maximise "fresh air" using mechanical ventilation systems and/or open doors and windows



Check with the venue and your session organiser about the arrival process and spectator policy before you travel

Groups sizes are strictly limited to a maximum of 30 in Wales, including coaches, officials, participants and any required parents or carers in the activity area – check with your venue provider





THANK YOU  
@GLAMCRICKET

#GOGLAM



02920 419 311  
glamorgancricket.com