



COVID-19 Return to Cricket Guidelines



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1st Edition: 6 June 2020



A. PURPOSE

These Return to Cricket Guidelines are intended to assist the USA cricket community by highlighting the cricket specific risks associated with Covid-19 and providing a framework of information and recommended guidelines to those who are seeking the safe resumption of training and playing domestic cricket in the USA.

They do not seek to address the question of 'when cricket can/should restart' as this is specific to each local region within the USA and will ultimately be determined by the relevant organizers themselves in accordance with the regulatory restrictions that apply in that region.

Rather, the document is meant as a general informational resource tool that offers guidance on how cricket training and playing can recommence as safely as possible once the local regulatory environment permits.

It should not be considered as the provision of specific medical or expert advice to participate in any type of activity and all those who return to participate in any cricketing activity do so with knowledge of the risk and potential exposure involved and agree to accept any and all inherent risks to their personal health.

B. CORONAVIRUS (COVID-19)

Background

The World Health Organization (WHO) reported on 12 January 2020 a cluster of severe acute respiratory syndrome in Wuhan, China, following a novel coronavirus outbreak in December 2019. From January to early February 2020, the majority of the cases were isolated in China, but the subsequent global spread led to the WHO declaring a pandemic on 11 March 2020.

According to John Hopkins University & Medicine, as of mid-May 2020, there have been more than 5,500,000 cases and 350,000 deaths. Within the USA there have now been close to 1,750,000 cases and over 100,000 deaths.

The novel coronavirus is formally named SARS-CoV-2, once an individual is clinically diagnosed with SARS-CoV-2 this is referred to as COVID-19. COVID-19 is an infectious disease that mainly affects the upper respiratory tract.

Symptoms

Reported COVID-19 cases present with a range of symptoms from mild to severe and in extreme cases leading to death. On average it takes 5–6 days from when someone is infected with the virus for symptoms to show, however it can take up to 14 days.

The latest list of COVID-19 symptoms as advised by WHO are:



Most Common Symptoms	Less Common Symptoms	Serious Symptoms
<ul style="list-style-type: none"> • fever. • dry cough. • tiredness. 	<ul style="list-style-type: none"> • aches and pains. • sore throat. • diarrhoea. • conjunctivitis. • headache. • loss of taste or smell. • a rash on skin, or, • discoloration of fingers or toes. 	<ul style="list-style-type: none"> • difficulty breathing or shortness of breath. • chest pain or pressure. • loss of speech or movement.

Note: Children have similar symptoms to adults and typically have milder illness and symptoms. Sourced: [World Health Organization](#).

Prevention: General Guidelines

The [Centers for Disease Control and Prevention](#) and [World Health Organization](#) offers recommendations on best practices for the general public and how to help prevent the spread of COVID-19. Among other things, these recommendations currently include:

- Thoroughly wash hands with soap and water thoroughly for at least 20 seconds, or use an alcohol sanitizer with 60% plus alcohol content as advised by the CDC.
- Carry hand sanitizer with you when leaving the house.
- Avoid touching or making contact with others when out in public. No handshaking, fist pumps, hugs etc.
- Wear a face mask that covers your nose and mouth when in public settings.
- Avoid putting hands in your mouth, eyes or nose.
- Cover your sneezes (sneeze into crease of elbow) and coughs or use a tissue.
- Clean and disinfect frequently touched surfaces and exercise equipment, light switches, doorknobs, water fountains, door handles, mobile phone, car keys, computer keyboards, etc.
- Stay home if you are sick or have any symptoms.

Note: The full set of general CDC guidelines can be found at <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html> and the full set of WHO guidelines can be found at <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>

C. THE IMPACT OF COVID-19 ON CRICKET

COVID-19 has had a devastating impact on local, national and international communities, leading to significant restrictions on all industries of society, including sport.

Participation in team and individual sporting pursuits is a crucial component for psychological, physical, and emotional well-being; and, in turn, sport helps to bring people and communities together and to connect, engage and inspire them around a common focal point of interest. Unfortunately, the direct impact of COVID-19 has been that many sports around the world, and especially those in the USA, have been stopped in their tracks for the past few weeks and months.

Conscious of the important role that sport plays in society and of the need for people to return to sporting activity at all levels, cricket and other sports have been developing plans which support the return to training and playing. These plans typically identify the risks of contracting or of communicating COVID-19 to another



person through participation in the sport, and then seek to put in place strategies which mitigate that risk to an acceptable level.

In the USA in particular, this is a difficult challenge given the various factors at play, including the sheer size of the territory, the different risk profiles and risk appetites of potential participants, the unique nature of each sport, the disparate levels of exposure to COVID-19 across different parts of the country and the lack of a unified regulatory regime.

Cricket Specific Risks

At the time of writing, organizers of cricket across the country are working on various anticipated return dates for group training and competitive matches, all of which would need to be guided carefully by the local and state regulations as they evolve. For example, certain Leagues have been considering a potential return to cricketing activity in June/July, whilst Leagues in the worst affected areas of the country consider that they might suffer from a longer period of inactivity.

Cricket is a non-contact team sport and so the risks and exposure to COVID-19 are different from full contact team sports. However, there are several risks specific to the sport of cricket which must be considered alongside general physical exercise guidance issued by national governments and sporting bodies. In particular:

1. Cricket requires players to be in close proximity at times during a match and involves the use of shared facilities. At a domestic or social level, players might also share certain items of kit and equipment, such as bats, helmets and pads.
2. Although cricket is not a contact sport, the cricket ball is passed around the players throughout the course of a game and is therefore a potential medium for the transmission of COVID-19.
3. On-field behavior in the form of team huddles and celebrations often bring players together or result in bodily contact between them, and certain fielding positions (e.g. in the slips) require individuals to be in close proximity.
4. Cricket has traditionally permitted the use of saliva to be used to help preserve and enhance the condition of the ball.
5. Depending upon the format being played, the duration of a cricket match can be longer than many other sports and therefore increases the risk of communication of COVID-19. In addition, because of the construct of a cricket match, it can be an extremely social pursuit where players engage socially with each other for large parts of the game (e.g. particularly members of the batting team waiting for their innings).
6. Some participants, in particular umpires, match referees and support staff, may, as a result of their age, be considered vulnerable individuals that are at higher risk of severe illness due to COVID-19.
7. Because of the role of bowlers (particularly fast bowlers) within a game of cricket and the impact on their body in fulfilling that role, certain players will be at higher risk upon return where insufficient strength and conditioning preparatory work has been carried out.
8. Based on international evidence, transmission of COVID-19 is assumed to be greater for indoor



sporting activity than for outdoor activity, even with taking similar mitigation steps. Extra caution should therefore be taken for any indoor cricket activity.

In addition to the above, as with other sports, during any period of reduced training loads and inactivity such as that which we have experienced over the past few weeks and months, cricketers must take extra caution to reduce the likelihood of injuries on their return to training and play. As training re-commences, cricketers and coaches must consider their respective age, fitness and period of inactivity and follow a simple program which supports a graduated return to activity, adding more volume and intensity as the body becomes more tolerant.

This is particularly the case in managing the return of fast bowlers and limiting the incidence of shoulder injuries through a sudden increase in either the volume or intensity of bowling and/or throwing. Some guidelines to assist players and coaches mitigate such specific injury risks are provided in **Appendix 1** (see pages 15 and 16).

Minimizing the Risk in Three Phases

USA Cricket is providing these guidelines which are aligned to guidance provided by US Government sources (Center for Disease Control), global and US sporting institutions (International Cricket Council, US Olympic Committee) and a number of other US domestic sports and cricket governing bodies.

It is also important to note that these Guidelines reflect the information and research available at the time of preparation. The response to the pandemic is rapidly evolving and it is likely that these Guidelines will change as time goes on to reflect the evolving levels of risk and current thinking around ‘best practice’. USA Cricket will review these Guidelines on a regular basis and publish updated versions containing all suitable amendments as and when required.

These Guidelines recommend the following three-phased approach which is based on the following categorization of the level of risk involved:



Whether an activity falls within one of Phase One (Individual Training), Phase Two (Return to Group Training and Practice) or Phase Three (Return to Competition and Match Play), it is important that both the organizer of and the participants in any such activity are familiar with and comply at all times with any relevant local rules and regulations that govern the congregation of groups or activities of individuals for sporting/recreational purposes.

The local rules and regulations are evolving quickly as many states in the USA start to ease existing ‘shelter in place’ or lockdown-type restrictions and regular checks should be made locally to ensure that the latest position is understood.



Overarching Principles

In developing these Guidelines, USA Cricket has sought to apply the following overarching principles:

1. The protection of the health and safety of all participants should be first and foremost. To the extent that there is any doubt or uncertainty, all stakeholders should err on the side of caution in all of their decision-making related to returning to training or playing.
2. All those responsible for staging cricket activities in the USA should themselves carry out an internal risk assessment (which should reflect the current state of the COVID-19 outbreak in the local region, the scope of the proposed cricketing activity and the readiness within that activity to comply with these Guidelines and all local regulatory requirements) prior to any resumption of activity and satisfy themselves that all risks associated with their specific cricket environment have been suitably mitigated. Resumption should only begin if there is no perceived or known risk that doing so might result in an increase in the local COVID-19 transmission rate.
3. Above all, Leagues and cricket communities should be guided by the advice of their respective local governments and authorities in relation to when sporting activity is resumed (and under what conditions) in their local region. In no circumstances should any individual or group training or competitive match play be staged in a manner that would not comply with any aspect of any local regulatory requirement.
4. It is acknowledged that the biggest risk of spreading COVID-19 is through the physical proximity of individuals to one another and therefore there is an overarching need to ensure at all times that participants maintain good social distance or that they wear a suitable cloth face mask. **Appendix 2** (see pages 17 and 18) provides some examples of indoor and outdoor Training and Match Setups as guidance for groups and teams to follow as COVID-19 restrictions ease and Phase Two (Medium/Higher Risk) activities restart. The diagrams reinforce the key principles of maintaining a safe social distance of 6ft wherever possible and using face masks where this distance might be compromised during training, net practice and match play.
5. Cricketing authorities need to respect that this is a challenging time for everybody and that families and communities have had individually unique personal experiences dealing with the impact of COVID-19 and may therefore have different appetites for risk in the early months of returning to training and playing. As such, nobody should be put under any type of pressure to act in any way that they feel uncomfortable with and flexibility and goodwill need to be shown when dealing with the issues discussed in these Guidelines.



PHASE ONE: Individual Training

Due to local and national lockdown restrictions that have been put in place to mitigate the spread of COVID-19, the entire population has been affected and many have had to change or re-evaluate how they achieve their own personal exercise goals.

Before returning to a group training environment or match play scenario, it is recommended that all cricketers complete some basic fitness activities **on their own** that help them to establish a base level of individual cardiovascular exercise or strength and conditioning to keep in good general health and fitness and to avoid suffering unnecessary injury upon the sudden return to sporting activity.

Individuals should be aware that any attempt to establish a base level of strength and fitness following a prolonged period of more inactivity carries a risk of injury and it is recommended that they undertake such activity with a graduating level of intensity and include in each session basic physical fitness activities and movements, as well as warm-ups, cool-downs and full stretching routines.

Such activity might include performing home-based strength workouts, using online fitness classes, walking, running and cycling outside or using skipping ropes. At all times, activities should involve no contact with, or participation alongside, any other individual or partner (other than where such individual is a household member). Use of equipment such as cones and stumps should be limited but participants may use essential cricket equipment (i.e. bat, ball) for activities such as shadow batting, bowling and catching.



PHASE TWO: Group Training and Practice

Please note that these Guidelines are suggestions for best practice. All those responsible for any such cricketing activity should feel free to make their own guidelines more stringent wherever they deem necessary.

Managing Training and Practice Sessions	
Communication of Plan for Mitigating Risk	<p>All those responsible for convening group training and practice sessions (e.g. Leagues, Clubs, Academies or training facilities) should communicate to the participants (including parents) what mitigating steps they will be taking to protect against the risk of catching Covid-19 through group training or practice sessions.</p> <p>Where practical, clear messages and instructions to participants about key behaviors (e.g. washing hands) should be prominently advertised.</p>
Transportation	<p>Players should make every effort to arrive at the ground/facility using their own method of transport. However, where they share a car with individuals outside of their own family or use public transport, then they should wear a cloth mask at all times.</p>
Temperature Testing	<p>There should be a mandatory temperature check of all players prior to training commencement; where any player has a temperature of 100.4F (or 38c) or higher, then access to such training session should be denied.</p> <p>All employees, officials, staff or consultants working at any facility should also be subjected to a mandatory temperature check at the commencement of work each day at the relevant facility. Where any such person has a temperature of 100.4F (or 38c) or higher, then they should not be permitted to work in the facility.</p>
Sanitization	<p>Hand cleaning products such as soap and water or sanitizer should be made available to all cricketers at all training sessions; players are strongly encouraged to bring own sanitizing products to ensure that they have easy access to such materials.</p> <p>All players should take steps to clean their hands immediately prior to the training session, immediately after the training session and before any material change in activity during the session (e.g. once a batting net is complete and a player move to a set of fielding drills).</p>
Equipment	<p>All sharing of personal cricket equipment or “team kit” should be strongly discouraged. Where (particularly for cost reasons) this cannot be complied with, cricket equipment may be shared provided that a thorough sanitization process for the equipment after each use is completed.</p> <p>Particular care should be taken in respect of the shared use and sanitization of helmets.</p>



	<p>Where possible and practical, bowlers should use their own ball during net bowling sessions.</p>
<p>Social Distancing and Use of Facial Covers</p>	<p>There should be no deliberate physical contact at any time or for any reason.</p> <p>Where any participant (player, coach or otherwise) is unable to maintain 6ft of social distance from another at any point during a training session then cloth masks should be worn during that part of the relevant training session.</p> <p>Where practical, markers should be placed on the ground to indicate appropriate social distance, e.g. between training stations (or similar).</p> <p>Where any participant wishes to wear a face-mask even when more than 6ft away from another, they shall be free to do so.</p>
<p>Drinks</p>	<p>All players should bring their own drinks/containers to the session; there should be no sharing of drinks or drinks bottles/containers.</p> <p>Communal water fountains should not be made available to participants.</p>
<p>Ball Maintenance</p>	<p>No saliva should be applied directly or indirectly on the ball.</p> <p>Players should refrain from licking hands/fingers at all times.</p>
<p>Managing symptoms and incidents of Covid-19</p>	<p>Where any player or official has trained in a group environment and then subsequently fallen ill or developed symptoms, then that player or official should: (1) report the same to the organizer of the training group; (2) seek healthcare support immediately; and (3) follow all local and authority regulatory requirements.</p> <p>Where any player or official has trained in a group environment and then subsequently contracts COVID-19, then that player or official should: (1) report the same to the organizer of the training group; (2) follow all local and authority regulatory requirements; (3) self-quarantine for a minimum period of 14 days (or such period as they may be advised by any medical practitioner – whichever is longer) before returning to training; and (4) provide a copy of a doctor’s note confirming that they are clear to participate in such group training environment.</p> <p>Where any report of an individual contracted COVID-19 is made, the organizer of the training session should: (1) notify all individuals who may have come into contact with the reporting individual; and (2) immediately cease all related activities and carry out a new risk assessment exercise before any further activities are resumed.</p>
<p>Practice</p>	<ul style="list-style-type: none"> • Maximum of three bowlers per net at any time. • Batters must tap ball back to bowler with the bat. • Coaches use baseball mitt or gloves at all times throughout a session. • Coaches should carry out a basic assessment of individual fitness for all



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	<p>players prior to involving them in group training sessions and then map the intensity of any group activity against the assessed level of fitness of those individuals so that they are not exposed to an undue risk of injury.</p>
Transition of group sessions	<p>There should be no possibility of interaction permitted between groups who have finished a training session and those who have arrived for a new session. Such separation can be enforced through the scheduling of extra transitional time between sessions or through the provision of different waiting areas.</p> <p>Players should arrive at sessions ready to commence activity immediately and should disperse promptly once any such session has concluded.</p> <p>An appropriate amount of time should also be scheduled in-between training sessions to allow for the appropriate cleaning of all facilities and equipment.</p>
Ensuring compliance	<p>One individual should be appointed prior to each session to be responsible for ensuring the compliance of these guidelines (and/or any other relevant regulatory guidelines) throughout the session.</p> <p>Any individual who does not comply with these guidelines (and/or any other relevant regulatory guidelines) during a session should be removed from the session.</p> <p>For the purposes of supporting potential contact tracing, the individual assigned responsibility for ensuring compliance should keep a record of all persons in attendance at each training session.</p>
Player Waiver	<p>All players should be required to sign an assumption of risk, release and waiver of liability and indemnity agreement relating to COVID-19 exposure, COVID-19 liability and COVID-19 risks. Any such waiver should be drafted in accordance with local state laws and provisions.</p>



PHASE THREE: Competition and Match Play

Please note that these Guidelines are suggestions for best practice. All those responsible for any such cricketing activity should feel free to make their own guidelines more stringent wherever they deem necessary.

Managing the Match Day	
Communication of Plan for Mitigating Risk	<p>All those responsible for convening competitive matches (e.g. Leagues and Clubs) should communicate to the participants (including parents, where necessary) what mitigating steps they will be taking to protect against the risk of catching Covid-19 through such competitive matches.</p> <p>Where practical, clear messages and instructions to participants about key behaviors (e.g. washing hands) should be prominently advertised.</p>
Transportation	<p>Players should make every effort to arrive at the ground/facility using their own method of transport. However, where they share a car with individuals outside of their own family or use public transport, then they should wear a cloth mask at all times.</p>
Temperature Testing	<p>There should be a mandatory temperature check of all players, team and match officials prior to game commencement; where any player or team or match official has a temperature of 100.4F (or 38c) or higher, then participation in that match should be denied.</p>
Sanitization	<p>Hand cleaning products such as soap and water or sanitizer should be made available to all players at all matches; players are strongly encouraged to bring own sanitizing products to ensure that they have easy access to such materials.</p> <p>All players should take steps to clean their hands immediately prior to their participation in the match, immediately after the match and at the innings break.</p> <p>Umpires should carry small sanitizing products for use by players from time to time.</p>
Equipment	<p>All sharing of personal cricket equipment or “team kit” should be strongly discouraged. Where (particularly for cost reasons) this option cannot be complied with, cricket equipment may be shared provided that a thorough sanitization process for the equipment after each use is completed. Particular care should be taken in respect of the shared use and sanitization of helmets.</p> <p>Umpires should not hold kit or equipment for bowlers or any member of the fielding side during the match. Where necessary, such kit should be placed on the ground either immediately behind the wicketkeeper or behind the umpire and appropriate amendments to the playing regulations should be</p>



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	<p>made to address the issue of if/when the cricket ball hits such kit or equipment during a match.</p>
Social Distancing and Facial Covers	<p>There should be no deliberate physical contact at any time or for any reason.</p> <p>Where any participant (player, coach or otherwise) is unable to maintain 6ft of social distance from another at any point during a training session then cloth masks should be worn during that part of the relevant training session.</p> <p>Where any participant wishes to wear a face-mask even when more than 6ft away from another, they shall be free to do so.</p>
Team Meetings	<p>Follow social distancing guidelines, all players should be 6ft apart in a circle.</p>
Ball Maintenance	<p>No saliva should be applied directly or indirectly on the ball.</p> <p>Players should refrain from licking hands/fingers at all times.</p> <p>Where the League and the participating teams so agree, teams may use two new balls (one from each end) and appropriate rule changes may need to be made to incorporate this practice.</p>
Batting Partners	<p>Both members of the batting pair should remain 6 ft away from each other at all times, with particular care to be taken when communicating orally throughout the match.</p>
Wicket Celebrations and Handshakes	<p>There should be no team huddles, hugs, 'high-fives', handshakes or anything that requires physical contact of any type.</p> <p>To uphold the spirit of cricket, teams should show their respect and acknowledgement for members of the opposition at the end of a match in an alternative fashion to the traditional handshake, e.g. verbally or through a wave or other suitable gesture.</p>
Batting Team on Sideline	<p>Members of the team should remain separated by 6ft at all times.</p>
Umpire Standing Position	<p>The umpire at the bowler's end should stand 3 ft behind stumps to ensure safe distance from the non-striking batter.</p>
Scorers	<p>Scorers should be 6ft apart from one another and bring their own pens, pencils and devices to score; there should be no shared scoring equipment or devices.</p>
Food & Drinks	<p>All players, parents and spectators should bring their own food to the ground. There should be no sharing of drinks, drinks bottles/containers or food prior to, during, or after the match.</p>



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	Communal water fountains should not be used.
Parents / Spectators / Volunteers	Individuals should bring their own chairs to the ground if they wish to sit and spectate and remain 6ft apart.
Managing symptoms and incidents of Covid-19	<p>Where any individual has played, officiated or been involved in a competitive match and then subsequently fallen ill or developed symptoms, then that player or official should: (1) report the same to the organizer of the match; (2) seek healthcare support immediately; and (3) follow all local and authority regulatory requirements.</p> <p>Where any individual has played, officiated or been involved in a competitive match and then subsequently contracts COVID-19, then that player or official should: (1) report the same to the organizer of the match; (2) follow all local and authority regulatory requirements; (3) self-quarantine for a minimum period of 14 days (or such period as they may be advised by any medical practitioner – whichever is longer) before returning to training and/or participating; and (4) provide a copy of a doctor’s note confirming that they are clear to participate in such activity.</p> <p>Where any report of an individual contracted COVID-19 is made, the organizer of the match should: (1) notify all individuals who may have come into contact with the reporting individual; and (2) immediately cease all related activities and carry out a new risk assessment exercise before any further activities are resumed.</p>
Transition of field and facility	<p>There should be no possibility of interaction permitted between groups who have finished a match and those who have arrived for a subsequent match. Such separation can be enforced through the use of extra time between matches or providing different waiting areas.</p> <p>Players should arrive at sessions ready to commence activity immediately and should disperse promptly once any such session has concluded.</p> <p>An appropriate amount of time should be scheduled in-between matches to allow for the appropriate cleaning of all facilities and equipment.</p>
Ensuring compliance	<p>One official from each team should be appointed prior to each match to be responsible for ensuring the compliance of these guidelines (and/or any other relevant guidelines) by his/her team throughout the match.</p> <p>Leagues should develop protocols for dealing with the deliberate and/or repeated transgression of relevant guidelines by players or teams.</p> <p>For the purposes of supporting potential contact tracing, the individual assigned responsibility for ensuring compliance should keep a record of all persons in attendance at each match.</p>
Player Waiver	All players should be required to sign an assumption of risk, release and waiver of liability and indemnity agreement relating to Covid-19 exposure,



Covid-19 liability and Covid-19 risks. Any such waiver should be drafted in accordance with local state laws and provisions.

D. COVID-19 RESOURCES

General Resources

[Center for Disease Control](#)

[How COVID-19 spreads](#)

[COVID-19 advice](#)

[Q & A on coronaviruses \(COVID-19\)](#)

[WHO – COVID 19 posters](#)

USA Sports and Cricket Resources

[National Strength and Conditioning Association - Return to Play](#)

[International Cricket Council,](#)

[Team USA](#)

[US Olympic & Paralympic Committee guidance on Return to Training](#)

[US Olympic & Paralympic Committee guidance on Sports & Events](#)

[CDC considerations for Youth Sports](#)

[CDC considerations for Parks and Recreational Facilities](#)

[National Recreation and Parks Association on Slowing the Spread](#)

[National Federation of State High School Associations guidance on high school sports and activities](#)

Hygiene and Cleaning

[Cleaning and disinfecting](#)

[Social distancing](#)

[Handwashing: Clean hands save lives](#)

Local Public Health Recommendations

[Directory of State Health Departments](#)

[State-by-state Covid-19 guidance](#)



APPENDIX 1

A. SAMPLE 4-WEEK RETURN-TO-BOWLING PROGRAM

Below is a sample 4-week return to bowling program. It is very important for bowlers to be gradually reintroduced to bowling and progressively overload their bodies with the stresses and intensity of which they will be returning to once matches resume.

Bowling injuries typically occur due to rapid rise in workloads or intensity when the body was not ready for such changes. The suggested below program below should help to mitigate the likelihood of any injuries to bowlers; although individuals and teams should feel free to manipulate the sample program according to their overall plan, session goals and objectives.

Sample 4 Week Pace Bowling Program	
Week	Session Objectives
Week 1	<p>Total Overs: maximum 10 overs for the week (60 balls)</p> <p>Sessions: 2 per week with maximum 5 overs per session</p> <p>Recovery: minimum of two full days off between sessions</p> <p>Intensity: 50% to 75% effort off a reduced run-up</p> <p>Focus: good technique</p>
Week 2	<p>Total Overs: maximum 15 overs for the week (90 balls)</p> <p>Sessions: 3 per week with maximum 5 overs per session</p> <p>Recovery: minimum of one full day off between sessions</p> <p>Intensity: 75% effort off a reduced / full run-up</p> <p>Focus: bowling rhythm</p>
Week 3	<p>Total Overs: maximum 18 overs for the week (108 balls)</p> <p>Sessions: 3 per week with maximum 6 overs per session</p> <p>Recovery: minimum of one full day off between sessions</p> <p>Intensity: 75% to 90% effort off a full run-up</p> <p>Focus: line and length (quality)</p>
Week 4	<p>Total Overs: maximum 20 overs for the week (120 balls)</p> <p>Sessions: 3 per week with maximum 8 overs in one session only and 6 overs in the other two sessions</p> <p>Recovery: minimum of one full day off between sessions</p> <p>Intensity: 90% to 100 % effort off a full run-up</p> <p>Focus: match pace (at least two sessions)</p>



B. SAMPLE 4-WEEK RETURN TO THROWING PROGRAM

Below is a sample 4-week return to throwing program. The varying toss distances are great for ingraining technique and arm strength, whilst moving to fielding drills will be beneficial for match scenario events.

Once the allocated total ball thrown target is met, players should replicate the throwing setup but underarm the ball so they do not overload the arm/shoulder during specific fielding drills. Feel free to manipulate the number of balls thrown over shorter distances according to an overall session plan.

Sample 4 Week Throwing Program	
Week	Session Objectives
Week 1	<p>Total Throws: Maximum 50 throws for the week</p> <p>Sessions per week: Two throwing sessions per week with a maximum of 25 per session</p> <p>Recovery: Minimum of 1 day off between throwing session</p> <p>Intensity: 50 – 75% throwing effort. Mix between stationary and stepping to throw long throws</p> <p>Focus: Ingrain basic throwing technique and mixture of fielding drills</p>
Week 2	<p>Throws for the week: 50 - 75 throws for the week</p> <p>Sessions per week: Two throwing sessions per week with a maximum of 25 - 40 per session</p> <p>Recovery: Minimum of 1 day off between throwing session</p> <p>Intensity: 75% throwing effort. Mix between stationary and stepping to throw long throws</p> <p>Focus: Ingrain basic throwing technique and mixture of fielding drills</p>
Week 3	<p>Total throws: 75 throws for the week</p> <p>Sessions per week: Two throwing sessions per week with a maximum of 30 - 40 per session</p> <p>Recovery: Minimum of 1 – 2 days off between throwing session</p> <p>Intensity: 75 - 90% throwing effort. Mix between stationary and stepping to throw long throws</p> <p>Focus: Ingrain basic throwing technique and mixture of fielding drills</p>
Week 4	<p>Total Throws: 75 – 100 maximum throws for the week</p> <p>Sessions per week: Two throwing sessions per week with a maximum of 40 - 50 per session</p> <p>Recovery: Minimum of 1 – 2 days off between throwing session</p> <p>Intensity: 90 – 100 % throwing effort. Mix between stationary and stepping to throw long throws</p> <p>Focus: Ingrain basic throwing technique and mixture of fielding drills</p>

APPENDIX 2

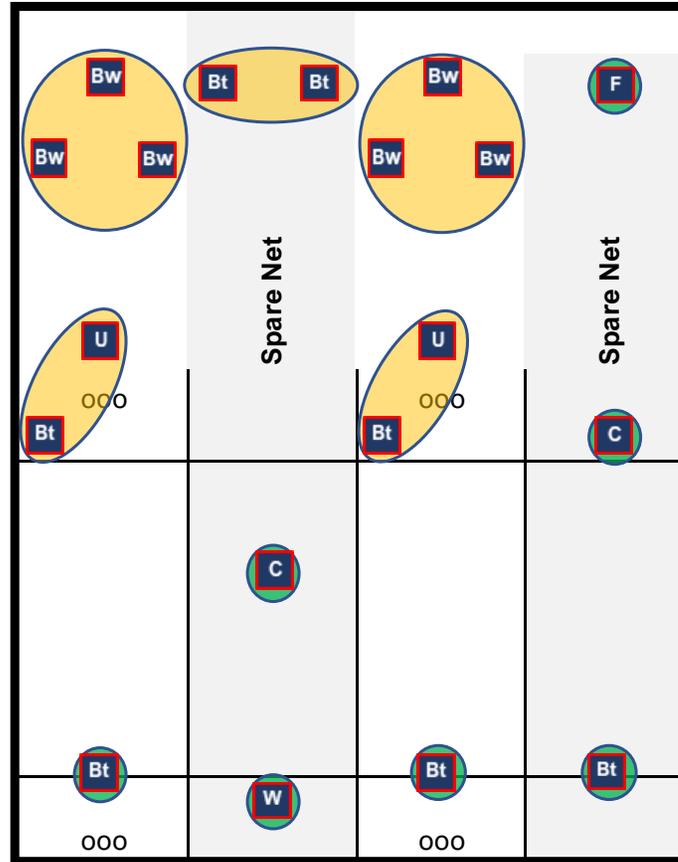
A. RECOMMENDED TRAINING SET-UP (PHASE 2)

TRAINING SETUP - INDOOR / OUTDOOR NETS

Key Points

- 1 Use spare net with fewer numbers
- 2 3 bowlers maximum per net
- 3 2 batters maximum per net
- 4 If nets are side by side:
 - only 2 bowlers per net
 - only 1 batter per net
 - incoming batters to wait outside nets
- 5 Coach to wear gloves / mit
- 6 One ball per individual
 - if sharing wash hands before each spell
- 7 Batters to tap ball back to bowler
- 8 Optional umpires standing at bowlers end
- 9 No saliva on the ball (sweat permitted)
- 10 All shared equipment to be sanitized between uses

- Individual - maintaining social distancing - 6 ft
- Gro up - maintaining social distancing - 6 ft
- Gro up - face masks recommended



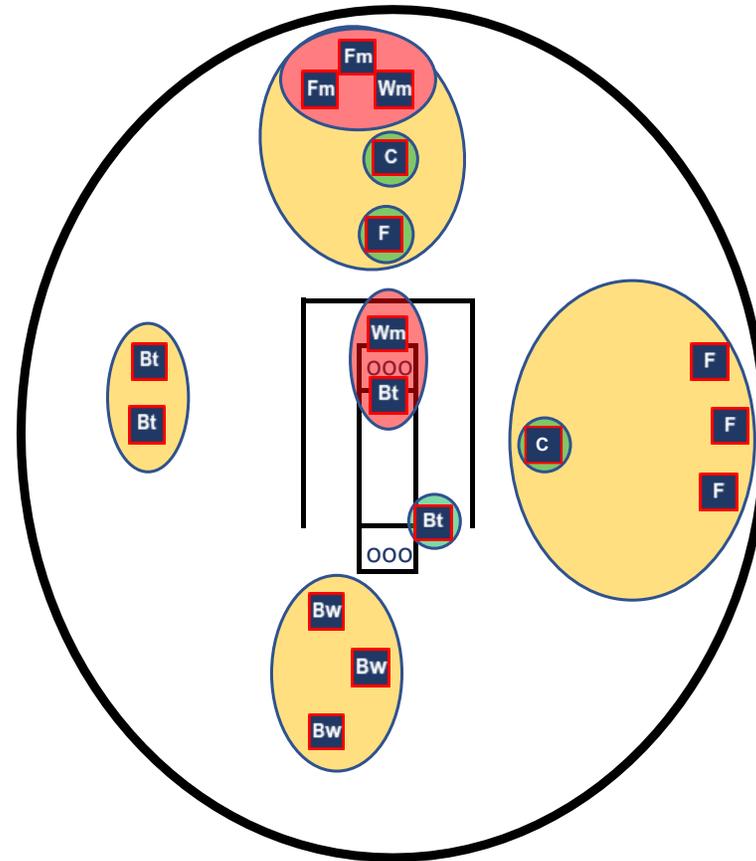
Bt=batter; Bw=bowler; F=fielder; W=keeper; C=coach; U=umpire

B. RECOMMENDED TRAINING SET-UP (PHASE 2)

TRAINING SETUP - PART OR FULL GROUND

Key Points

- 1 Limit numbers in net area
- 2 3 bowlers maximum per net
- 3 2 batters maximum per net
- 4 Keeper in net to wear face mask
- 5 Incoming batters to wait away from others
- 6 Coach to wear gloves / mit
- 7 One ball per individual
- if sharing wash hands before each spell
- 8 Batters to tap ball back to bowler
- 9 No saliva on the ball (sweat permitted)
- 10 All shared equipment to be sanitized between uses



- Individual - maintaining social distancing - 6 ft
- Group - maintaining social distancing - 6 ft
- Group - face masks recommended

Bt=batter; Bw=bowler; F=fielder; W=keeper; C=coach; U=umpire; 'm'=mask

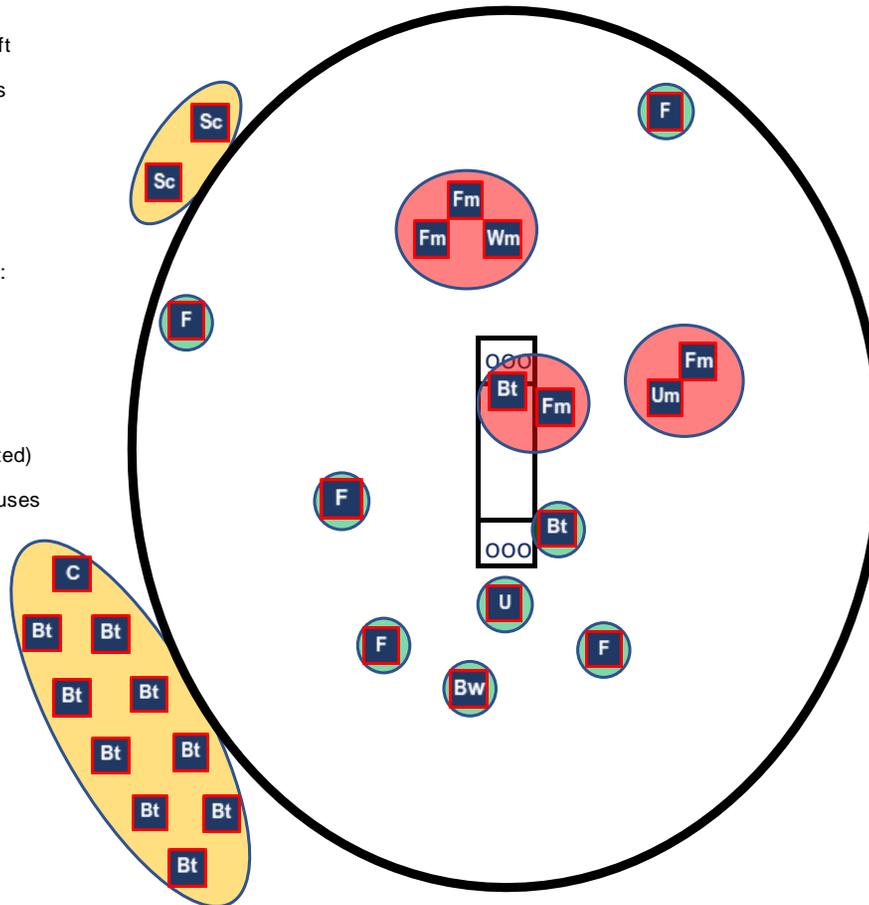
C. RECOMMENDED MATCH SET-UP (PHASE 3)

MATCH SETUP - FULL GROUND

Key Points

- 1 Batting team to maintain social distancing - 6 ft
- 2 Fielders in close positions to wear face masks
- 3 Scorers to sit separately
- 4 Umpires to wear gloves
- 5 Umpire to stand at least 3 ft behind stumps
- 6 Any clothing / equipment / helmets if removed:
 - for batters leave on ground behind keeper
 - for all others taken off ground at end of over
 - nothing to be left with umpires
- 7 No saliva to be used on the ball (sweat permitted)
- 8 All shared equipment to be sanitized between uses

- Individual - maintaining social distancing - 6 ft
- Group - maintaining social distancing - 6 ft
- Group - face masks recommended



Bt=batter; Bw=bowler; F=fielder; W=keeper; C=coach; U=umpire;
Sc=scorer; 'm'=mask