



# **Safeguarding Information**

## ***Coaches, Staff, Players and Parents***

**October 2025**

## **CONTENTS**

Introduction

1. Safeguarding Children Policy Statement
2. Code of Conduct
3. Anti-Bullying Policy
4. Changing Room Policy
5. Photography & Recorded Images Policy
6. Social Media & Communications Policy
7. Transport Policy
8. Bowling Machine Policy
9. ECB Guidance on the Wearing of Cricket Helmets
10. ECB Concussion Guidance
11. ECB Fast Bowling Directives
12. ECB Fielding Directives
13. Useful Contact List

## **INTRODUCTION**

The safeguarding of all children, young people and adults taking part in Fledglings Cricket activities is of paramount importance. This booklet explains the expectations we have of you and tells you what to do if you have a concern. Our Safeguarding Policies, Safe Hands and this booklet must be adhered to by everyone involved with Fledglings Cricket, whether paid or as a volunteer. If you have any questions, or anything is unclear, you should ask for clarification.

This booklet should be read in conjunction with Safe Hands, the ECB Policy for Safeguarding Children.

If you are concerned about the welfare of a young person or adult – doing nothing is NOT an option.

For all safeguarding concerns you should contact:  
Suzanne Sidders, Fledglings Cricket Safeguarding  
fledglingscricketsafeguarding@gmail.com

If you need advice straight away and cannot reach the Safeguarding Officer above, call the ECB Safeguarding Team:

Tel: 0207 432 1200 or email: [safeguarding@cricketregulator.co.uk](mailto:safeguarding@cricketregulator.co.uk)  
Or if you have an urgent concern about someone, call the Emergency Services on 999.

Additional helpful numbers can be found at the end of this booklet.

## **1. SAFEGUARDING CHILDREN POLICY STATEMENT**

Fledglings Cricket Safeguarding Policy encompasses all aspects of Fledglings Cricket coaching services provided for boys, girls, adults, and coaches.

Fledglings Cricket is committed to ensuring all Children (aged under 18) participating in cricket have a safe and positive experience.

We will do this by:

- Recognising all children participating in cricket, regardless of age, ability or disability, gender reassignment, race, religion or belief, sex, sexual orientation, marriage and civil partnership and pregnancy and maternity have a right to have fun and be protected from harm in a safe environment.
- Ensuring those working or volunteering within Fledglings Cricket provide a safe, positive, and fun cricketing experience for children.
- Ensuring those working or volunteering within Fledglings Cricket know it is not their responsibility to determine if abuse has occurred, but it is their responsibility to report and act on any concerns they have.
- Adopting and implementing the England and Wales Cricket Board (ECB) “Safe Hands – Cricket’s Policy for Safeguarding Children” and any future versions of this.
- Appointing a Fledglings Cricket Safeguarding Officer and ensuring they attend all current and future training modules required by the ECB, so they have the necessary skills to undertake their role effectively.
- Ensuring all people who work in cricket at, or for, Fledglings Cricket (such as staff, officials, volunteers, team managers, physiotherapists, coaches etc) understand the “Safe Hands Policy” applies to them according to their level of contact with children in cricket.
- Ensuring all individuals working within cricket at, or for, Fledglings Cricket are recruited and appointed in accordance with ECB guidelines and relevant legislation.
- Ensuring all individuals working within cricket at, or for, Fledglings Cricket are provided with support, through education and training, so they are aware of, and can adhere to, good practice and code of conduct guidelines defined by the ECB, and Fledglings Cricket.

- Ensuring the name and contact details of the Fledglings Cricket Safeguarding Officer are available:
  - As the first point of contact for Fledglings Cricket staff and volunteers
  - As the first point of contact for parents and children involved with Fledglings Cricket
  - As the main point of contact within Fledglings Cricket for the ECB Child Protection Team, and
  - As the main point of contact within Fledglings Cricket for relevant external agencies in connection with child protection and safeguarding
- Ensuring correct and comprehensive reporting procedures exist for raising and managing child safeguarding concerns within Fledglings Cricket. These procedures recognise the responsibility of the statutory agencies and are in accordance with predefined child safeguarding procedures as set down by the ECB, Statutory Agencies and Local Safeguarding Children Board (LSCB) guidelines and policies.
- Providing everyone connected with Fledglings Cricket (including children, parents, staff, and volunteers) with the opportunity to voice any concerns they have, about possible suspected child abuse, and/or about poor practice, to the Fledglings Cricket Welfare Officer.
- Ensuring all suspicions, concerns and allegations are taken seriously and dealt with swiftly and appropriately.
- Ensuring access to confidential information relating to child safeguarding matters is restricted to the Fledglings Cricket Safeguarding Officer, and the appropriate external authorities, such as the Police or Children's Social Care Services, as specified within ECB child safeguarding procedures.

The Fledglings Cricket Safeguarding Officer, Suzanne Sidders can be contacted via email [fledglingscricketsafeguarding@gmail.com](mailto:fledglingscricketsafeguarding@gmail.com)

The Kent County Safeguarding Officer can be contacted on 01227 473618, or 07807 026247 or email [bridget.owen@kentcricket.co.uk](mailto:bridget.owen@kentcricket.co.uk)

The ECB Safeguarding Team can be contacted on 0207 432 1200 or email [safeguarding@ecb.co.uk](mailto:safeguarding@ecb.co.uk)

## **2. CODE OF CONDUCT**

The basis of all things successful is good discipline and dedication.

The aim of Fledglings Cricket is to be recognised as the benchmark for providing cricket coaching services in the country thereby enabling people to develop their individual skills and techniques to the highest possible standard.

### **Fledglings Cricket agrees to:**

- Care for a player's safety and welfare during each cricket session, camp, or match.
- Provide access to a qualified, Fledglings Cricket Child Safeguarding Officer as and when required.
- Ensure that the player achieves his/her full potential as a valued member of Fledglings Cricket.
- Help the player to achieve a high standard of work, of behaviour and of social and cultural interaction to meet appropriate levels of responsibility and encourage him/her to build good relationships.
- Provide a balanced and appropriate programme to satisfy the individual needs of the player.
- Keep parents regularly informed about their son's/daughter's progress.
- Recruit highly motivated qualified and DBS cleared coaches and auxiliary staff to enable us to deliver the quality of experience that the players and parents expect.
- Abide by the Fast-Bowling Directives as set out by the England and Wales Cricket Board for fast bowlers.
- Abide by the Rules laid down by the England and Wales Cricket Board regarding the wearing of helmets.
- Abide by the England and Wales Cricket Board regulations covering the minimum fielding distances for young players in all matches where a hard ball is used.
- Keep parents informed about Fledglings Cricket through a variety of communications including email and texts.

- Always communicate with parents/guardians of players under 18 if using social media, and not the player.
- Ensure players are aware of Fledglings Cricket Code of Conduct.

**To challenge you Fledglings Cricket coaches will:**

- Display clear and challenging learning objectives.
- Provide a range of different activities within each session.
- Take account of different learning styles and needs.
- Assess a player's development regularly, listening to the views of the players, engaging them in discussions about their progress.
- Provide regular feedback on how to make improvements.
- Set regular and interesting home learning.

**The Player agrees to:**

- Complete all learning activities to the best of their ability.
- Attempt to meet any targets set by their coaches.
- Ask their coaches if they need help.
- Ensure that their behaviour does not in any way impede their own learning or the learning of other players involved.
- Refrain from any form of peer bullying at any time.
- Never engage in, or tolerate, offensive, insulting, or abusive language or behaviour.
- Proper care being taken of the environment e.g. practice areas and changing areas must be kept clean.
- Abide by the rules laid down by England and Wales Cricket Board regarding the wearing of helmets.

- Abide by the Fledglings Cricket Social Media Policy and not use any form of social media to bully or make derogatory remarks about all others involved in the game, including other teams, players, coaches, umpires, and scorers.
- Not ask their coach or other Fledglings Cricket staff to be “friends” with them on any Social Media platforms.
- Follow Fledglings Cricket Code of Conduct.

**The Parents/Guardians agree to:**

- Communicate with Fledglings Cricket about any matter that may affect the players work or behaviour.
- Keep Fledglings Cricket informed of any changes in address, telephone/mobile number, e mail and other relevant details as well as any other matters relating to my son’s/daughter’s health.
- Ensure that their son/daughter attends coaching sessions, camps, and matches on time and is properly equipped.
- Support the coach and do not interfere with the duties and responsibilities of the coach during coaching sessions, camps and matches.
- Not enter restricted areas e.g. changing rooms unless invited by a member of staff.
- Support the player without undue pressure. Praise and encourage good work and effort.
- Use social media responsibly and in line with the Fledglings Cricket Social Media Policy when referring to Fledglings Cricket activity and behave in the same way online as you would in person.
- Attend parents’ consultation meetings and discussions about your son’s/daughter’s progress.
- Support Fledglings Cricket Code of Conduct.

*Fledglings Cricket may decline any players involvement on account of unsatisfactory behaviour by either the player or parents involved.*

## **Welfare**

Fledglings Cricket is committed to safeguarding and promoting the welfare of children and young people and expects all coaches, staff, and volunteers to share this commitment. If you have any issues you wish to discuss relating to child welfare or safeguarding within Fledglings Cricket, please contact:

### **Suzanne Sidders**

Fledglings Cricket Safeguarding Officer

Email: [fledglingscricketsafeguarding@gmail.com](mailto:fledglingscricketsafeguarding@gmail.com)

## **3. ANTI BULLYING POLICY**

Fledglings Cricket is committed to providing a caring, friendly, and safe environment for all our players so they can practice and perform in a safe and supportive environment. Everyone has the right to be treated with respect. Bullying is unacceptable. If it occurs, all children should be able to tell someone and know that incidents will be dealt with promptly and effectively.

Bullying is the use of aggression with the intention of hurting another person. Bullying results in pain and distress to the victim and can take many forms:

- Emotional: being unfriendly, excluding, tormenting (for example: hiding kit, or making threatening gestures)
- Physical: pushing, kicking, hitting, punching or any use of violence
- Racist: racial taunts, graffiti and/or gestures
- Sexual: unwanted physical contact or sexually abusive comments
- Homophobic: because of, or focusing on, the issue of sexuality
- Verbal: name-calling, sarcasm, spreading rumours and persistent teasing
- Cyber: bullying behaviour online or via electronic communication (email and text, social media etc). Misuse of associated technology, such as camera and video facilities

Everyone involved in Fledglings Cricket will:

- Encourage individuals to speak out about bullying behaviour
- Respect every child's need for, and right to a playing environment where safety, security, praise, recognition, and opportunity for taking responsibility are available

- Respect the feelings and views of others
- Recognise that everyone is important and equal
- Show appreciation of others by acknowledging individual qualities, contributions and progress
- Report incidents of bullying behaviour they see - by doing nothing you are condoning the behaviour

What to do if you are being bullied:

- Talk to someone you can trust - your coach, parent, friend, or the Fledglings Cricket Safeguarding Officer
- They will take your concern seriously - if they do not - tell someone else

What Fledglings Cricket will do:

- We will take your concerns seriously
- We will talk to you about them
- We may discuss this with your parents or carers
- We will talk to the bully and investigate the bullying behaviour
- We will try to help the bully change their behaviour
- We will support you through the whole process
- If the bullying continues, we will need to take further action against the bully

Fledglings Cricket Safeguarding Officer is Suzanne Sidders

- Email – [fledglingscricketsafeguarding@gmail.com](mailto:fledglingscricketsafeguarding@gmail.com)

ChildLine

- Telephone - 0800 1111
- Website - <https://www.childline.org.uk/info-advice/bullying-abuse-safety/typesbullying/>

Kidscape

- Advice and practical support to prevent bullying  
Telephone - 0300 102 4481  
Website - <https://www.kidscape.org.uk/>
- Parents advice line: Email - [parentsupport@kidscape.org.uk](mailto:parentsupport@kidscape.org.uk)  
Telephone - 0300 102 4481

#### **4. CHANGING ROOM POLICY**

We endeavour to ensure that adults will not be using the changing rooms at the same time as children. However, we will be using different facilities, and it is not possible to guarantee this. Adults will be asked to change at separate times to children if sharing the same facilities. Players uncomfortable with this arrangement are advised to change and shower at home.

No parents/carers should enter the changing rooms whilst children are getting changed. Team coaches and staff should not enter the changing rooms whilst children are getting changed.

If team talks have to take place in changing rooms (due to bad weather), two adults should always be present and the door should be left open. This must not be done whilst children are changing.

Mobile phones have cameras and video recording facilities and therefore no mobile phones are allowed to be used for any purpose in the changing rooms.

If you need further guidance or advice, please contact the Fledglings Cricket Safeguarding Officer – Suzanne Sidders email: [fledglingscricketsafeguarding@gmail.com](mailto:fledglingscricketsafeguarding@gmail.com)

#### **5. PHOTOGRAPHY & RECORDED IMAGES POLICY**

Fledglings Cricket is keen to promote positive images of our players involved in cricket. We recognise the need to ensure the welfare and safety of all children and young people involved in our activities. The introduction of proportionate controls on the use of photographic equipment is part of general safeguarding good practice.

Parents should not be prevented from taking pictures or filming their own children.

Parents and children have the right to refuse consent to photographs being taken. Fledglings Cricket will endeavour to respect these wishes but cannot guarantee photographs will not be taken at our events. If parents or children wish to withhold permission, please contact the Fledglings Cricket Safeguarding Officer to discuss this decision.

We will not knowingly permit photographs, video or other images of the young people who play cricket with Fledglings Cricket to be taken without consent. If you feel photos or video

are being taken without that consent, please advise the Fledglings Cricket Safeguarding Officer or in his/her absence their coach immediately.

Fledglings Cricket may take photographs and videos of our players for promotional, publicity, coaching and analysis purposes. These images may appear across all media platforms, including, but not limited to, Fledglings Cricket social media channels, website, YouTube platforms, emails, newsletters, and PR. We will take all steps to ensure these images are used solely for the purposes they are intended. If you become aware that these images are being used inappropriately you should immediately inform the Fledglings Cricket Safeguarding Officer. If anyone has concerns about images being taken, they should immediately report this to the Fledglings Cricket Safeguarding Officer or in his/her absence their coach.

You should be aware that photographers or the media may be present at an event. Some events are public venues over which we may have no jurisdiction.

If you have given consent for photographs and videos to be taken, Fledglings Cricket staff may also give group consent on behalf of you and your child to opponents or Festival organisers to take photographs and videos.

All players who are enrolled onto Fledglings Cricket programmes and have performed well during the year are likely to be named alongside their photos. Parents should indicate their consent (or otherwise) on the Registration Form, to pictures being published alongside the name of their child. Parents should check their child also consents before giving permission.

If at any time either the Parent/legal guardian or the Young Person wishes the data to be removed from the website or other social media channel, they should inform the Fledglings Cricket who will make every effort to remove the images. You should be advised the images may already have been copied and shared. All information will be handled in a secure and confidential manner and held in accordance with the 2018 Data Protection Act (e.g. safely, securely, limited access, delete when no longer required).

If you need further guidance or advice, please contact the Fledglings Cricket Safeguarding Officer - Suzanne Sidders email: [fledglingscricketsafeguarding@gmail.com](mailto:fledglingscricketsafeguarding@gmail.com)

## **6. SOCIAL MEDIA & COMMUNICATION POLICY**

Fledglings Cricket is committed to safeguarding and protecting all young people under the age of 18. This policy provides guidance on how Fledglings Cricket staff and players use the internet and social media and the procedures for doing so. It also gives guidance on our expectations for staff and volunteers who work with us and how we expect young cricketers who are part of our programmes to behave online.

Problems, misunderstanding, and grooming have all occurred within sport where coaches and others working with children start to become overfamiliar with them when using social media and messaging. All advice is primarily to safeguard children, but this advice if heeded, will also safeguard staff. Fledglings Cricket staff must recognise they are in a position of trust and any breaches of this Policy may be referred to Police, Statutory Services, or the ECB.

### **Aims**

The aims of our social media policy are:

- To protect all children and young people involved within Fledglings Cricket and who make use of technology (such as mobile phones, games consoles, iPads, computers and the internet) while in our care.
- To provide coaches, staff, volunteers, players and parents with our policy and procedures for online safety and inform them of how to respond to incidents.
- To ensure Fledglings Cricket is operating in line with our values and within the law regarding how we behave online.

### **Guidance on age-appropriate communications**

**16- to 18-year-old players** - the coach and staff may communicate by message (e.g. text, WhatsApp) with individual players, or squads about their cricket programme, provided parental permission has been granted and the parent is always copied in.

#### **Under 16 players**

Staff must not communicate with any players under the age of 16 by message (e.g. text, WhatsApp). Communication must always be with the parent/guardian. Parental waivers to this Policy must not be accepted.

## **What do we mean by “Social Media”**

Any form of electronic communication allowing people to interact and share information. This includes social networking (including Facebook, twitter/X, LinkedIn) and media/photo/ video sharing sites (including Instagram, YouTube, Snapchat, Pinterest) and interacting via messaging on our phones (texts, instant messages, WhatsApp etc) and blogging. Mobile phones, computers, iPads, games consoles etc can all be used for social media. Social media platforms are continuously evolving – it is impossible to list every site here and if you are unclear about the meaning of any part of this Policy, you must ask the County Welfare Officer.

## **What we expect of our Coaches, Staff and Volunteers**

When using social media, Coaches, Staff and Volunteers should always:

- Be aware of this Policy and abide by it
- Ensure they always copy the parents in, if it is a message to an individual player over the age of 16
- Use this medium to disseminate information about coaching sessions, camps or matches and do not enter into any other dialogue with them. This is to ensure no misunderstandings occur regarding your conduct or intentions, and to safeguard you too
- Report anything to the Fledglings Cricket Safeguarding Officer straight away if it causes you concern. For example, if you receive any email, text, or other communication from a child that causes you concern, or appears overfamiliar
- Make it clear to players that they must copy their parent into any texts, emails or social media messages they are sending you
- Use professional language and behaviour when using social media

If you are running the Men’s or Women’s team and you have any players under the age of 18, these rules apply. Care must be taken if players are sending messages to each other; if they are including U18s in these messages the content must be appropriate, and you must make your squad members aware of this.

Staff must never:

- Communicate with any player under the age of 18 by connecting on any social media network (e.g. Facebook, Twitter etc) \*\*
- Use social media networks to connect and ‘Friend’ or ‘follow’ players under the age of 18 \*\*
- Accept any player under the age of 18 as a ‘friend’ on a social media network (e.g. Facebook/other)

- Post anything inappropriate on their own account, or anything that could reasonably be considered offensive or bring the sport or Fledglings Cricket into disrepute
- Sign off messages with emojis or 'kisses/xxx'
- Take, send, or forward images of people that are illegal, offensive, or invading someone's privacy
- Communicate with any player under the age of 16 via messaging (e.g. text, WhatsApp) - always communicate with the parents

\*\* except family members

All closed groups that include players under 18 must also include their parents or legal guardians. This is a mandatory safeguarding requirement. If staff wish to establish a closed group that does not include parents or guardians, prior approval must be obtained from the **Fledglings Cricket Safeguarding Officer**. No such group may be created without this consultation. All communication within these groups must be strictly limited to cricket-related information and must adhere to ECB safeguarding guidelines.

## **What we Expect of our Fledglings Cricket Players**

- Our players should be aware of this social media policy and agree to its terms
- We expect our players' behaviour online to be consistent with this guidance and this relates to all digital devices including smart phones, tablets, consoles, iPads, computers etc
- Players must not engage in bullying on social media, or making offensive or upsetting comments about other players, officials, or staff
- Players must not engage in "sexting" (sending someone sexual, naked, or semi-naked images or videos of themselves or others or sending sexually explicit messages) or sending pictures to anyone that are obscene, indecent, or menacing.
- Players under the age of 16 must never communicate with coaches or staff via messaging
- Players aged 16 or over must only contact the coach or staff by messaging if they also copy their parents into all messages
- No player under the age of 18 must ask coaches or staff members to be their 'friend' on social media. If a coach or staff member asks them to be a 'friend' this must be reported immediately to the Fledglings Cricket Safeguarding Officer

If you are a player and are concerned that hurtful messages or indecent images of you have been circulated online, the Fledglings Cricket Safeguarding Officer can support you.

The Fledglings Cricket Safeguarding Officer is available to support any players, coaches or staff who need help regarding the use of social media.

If you need further guidance or advice, please contact the Fledglings Cricket Safeguarding Officer - Suzanne Sidders email: [fledglingscricketsafeguarding@gmail.com](mailto:fledglingscricketsafeguarding@gmail.com)

## **7. TRANSPORT POLICY**

Parents/guardians of all Under 18 players are responsible for the safe delivery and collection of their child for coaching sessions, camps and matches. Fledglings Cricket will not be registering Private Vehicles for the transportation of individuals in connection with any coaching sessions, camps or matches arranged by us.

Coaches and Fledglings Cricket staff will be responsible for the children in their care during coaching sessions, camps and matches but will not be responsible for transporting your child to or from these events.

Parents/guardians must ensure they drop their children off in good time for the coaching sessions, camps or matches, and arrive in good time to collect their children.

Fledglings Cricket coaches will provide parents/guardians with their mobile phone number or a contact number to use in the event of a serious delay causing them to be late picking up their child. The coaches will remain at the venue with one other adult and your child unless alternative suitable and safe arrangements are made. At no time will your child be allowed to travel alone with the coaches or other Fledglings Cricket staff member (except in an emergency).

Please respect this policy and do not ask staff to transport your child.

If you need further guidance or advice, please contact the Fledglings Cricket Safeguarding Officer - Suzanne Sidders email: [fledglingscricketsafeguarding@gmail.com](mailto:fledglingscricketsafeguarding@gmail.com)

## **8. BOWLING MACHINE POLICY**

Bowling machines can only be used and operated by coaches and players over the age of 18 years old who are prepared to accept responsibility for the safe operation, storage, and damage whilst they are in use of them.

Those coaches and players will also accept full responsibilities for their actions and Fledglings Cricket will not accept any liability for injuries arising from its operation.

Fledglings Cricket coaches and players who are not familiar with the use of bowling machines must familiarise themselves with the operation manual prior to use.

Bowling machines must not be used in wet weather.

Fledglings Cricket will not permit the operating of bowling machines by anyone under the age of 18 years old. At no time should anyone under the age of 18 years old be receiving balls from the bowling machine unless it is **OPERATED BY AN ECB LEVEL 2 OR ABOVE QUALIFIED COACH** who would have been educated on how to run a net session whilst using a bowling machine.

It is imperative that these operating rules are observed as they are designed for the health and safety of all those concerned.

If you need further guidance or advice, please contact the Fledglings Cricket Safeguarding Officer - Suzanne Sidders email: [fledglingscricketsafeguarding@gmail.com](mailto:fledglingscricketsafeguarding@gmail.com)

## **9. ECB GUIDANCE ON THE WEARING OF CRICKET HELMETS**

As part of the ECB's updated Recreational Cricket Safety Regulations and Guidelines 2025, the ECB continues to emphasise the importance of wearing helmets for all players under the age of 18. This guidance applies to all players up to the age of 18, both in open age group cricket and in all junior cricket played with a hard cricket ball. The guidance also applies during all practice sessions. Any individual taking responsibility for players should take all reasonable steps to ensure this guidance is always followed.

With the support of schools, clubs, leagues, and officials, helmet use among young players has become standard practice across England and Wales. Helmets must comply with the relevant British Standards—BS7928:2013 for helmets with faceguards or grills, and BS7929-2:2009 for wicketkeeper face protectors.

- **Batting:** All players under 18 must wear a helmet with a faceguard or grill when batting against a hard ball in both matches and practice.
- **Wicketkeeping:** When standing up to the stumps, young wicketkeepers must wear either a helmet with a faceguard or a face protector that meets the appropriate British Standard.
- **Protective Equipment:** Helmets or face protectors are considered essential protective gear for young wicketkeepers, alongside pads, gloves, and for boys, an abdominal protector (box).

The ECB requires that this guidance be clearly communicated to parents or guardians through clubs and schools. Young players must not be permitted to bat or keep wicket up to the stumps against a hard ball unless they are wearing the appropriate protective equipment.

## **10. ECB CONCUSSION GUIDANCE**

The ECB has published Recreational Cricket Concussion Guidelines, applicable to all non-professional cricket activities in England and Wales. You are advised to make yourself familiar with it and visit it in the event of someone suffering from concussion. Any player with a suspected head injury must be monitored both on and off the field: the player should not leave the ground without being provided with head injury advice (the parent must be informed). Advise the parent to seek medical advice.

Concussion is a complex and potentially significant brain injury that should be taken seriously. Failure to do so can have major immediate and long-term consequences.

Diagnosing a concussion can be difficult. Therefore, we encourage players to be removed and seek early assessment from a healthcare professional.

All coaches are expected to complete The ECB has a Concussion Education Module.

**IF A CHILD RECEIVES ANY FORM OF INJURY TO THE HEAD YOU MUST NOT LET THE CHILD GO HOME ALONE AND MUST MAKE THE PARENT/CARER AWARE.**

**"IF IN DOUBT, SIT THEM OUT"**

If a player has received a blow to the head, it is imperative you follow the ECB Head Injury and Concussion Guidelines 2018.

Children's/adolescents' (5-19 yrs.) brains are still developing and as such, require additional caution in the management of head injuries. The child and adolescent brain is still improving its learning potential and thus it is imperative that the cognitive function is restored as a priority before any return to sport is considered.

This in addition to other differences in physiological responses and specific risks (e.g. diffuse cerebral swelling related to head impact) demands a more conservative Return to Play (RTP) approach. It is appropriate to extend the amount of time of asymptomatic rest and/or the length of the graded exertion in children and adolescents.

#### Return to Cricket – Only When Safe

- No return to competitive cricket for at least 21 days after a confirmed concussion.
- Your child must be symptom-free for at least 14 days before returning.
- Follow the ECB Graduated Return to Play programme:

The priority in the management of RTP in any child / adolescent must be seen to be a successful return to normal school function before they can return to sport. Any return to play should be signed off by appropriate medical clearance and any worsening symptoms and signs or failure to recover as expected, demands further specialist referral.

Please read the appropriate ECB Factsheet on concussion and refer to the ECB Concussion resources for coaches, umpires, players, and parents.

All children under the age of 12 should be assessed using the Child SCAT5 (ECB Head Injury and Concussion Guidelines 2018).

## **Concussion Recognition Tool: A resource for identifying concussion in children, adolescents, and adults.**

### **Recognise & remove**

Concussion should be suspected **if one or more** of the following visible clues, signs, symptoms or errors in memory questions are present.

#### **1. Visible clues of suspected concussion**

Any one or more of the following visual clues can indicate a possible concussion:

- Loss of consciousness or responsiveness
- Lying motionless on ground / slow to get up
- Unsteady on feet / balance problems or falling over / Incoordination
- Grabbing / clutching of head
- Dazed, blank or vacant look
- Confused / not aware of plays or events

## 2. Signs and symptoms of suspected concussion

Presence of any **one or more** of the following signs and symptoms may suggest a concussion:

- Loss of consciousness - Headache
- Seizure or convulsion - Dizziness
- Balance problems - Confusion
- Nausea or vomiting - Feeling slowed down
- Drowsiness - “Pressure in head”
- More emotional - Blurred vision
- Irritability - Sensitivity to light
- Sadness - Amnesia
- Fatigue or low energy - Feeling like “in a fog”
- Nervous or anxious - Neck pain
- “Don’t feel right” - Sensitivity to noise
- Difficulty remembering - Difficulty concentrating

## 3. Memory function

Failure to answer any of these questions correctly may suggest a concussion:

“What venue are we at today?”

“Which half is it now?”

“Who scored last in this game?”

“What team did you play last week / game?”

“Did your team win the last game?”

Any athlete with a suspected concussion should be **IMMEDIATELY REMOVED FROM PLAY**, and should not be returned to activity until they are assessed medically.

Athletes with a suspected concussion should not be left alone and should not drive a motor vehicle.

### Red flags

If ANY of the following are reported, then the player should be safely and immediately removed from the field. If no qualified medical professional is available, consider transporting by ambulance for urgent medical assessment:

- Athlete complains of neck pain
- Increasing confusion or irritability
- Repeated vomiting
- Seizure or convulsion
- Weakness or tingling / burning in arms or legs

- Deteriorating conscious state
- Severe or increasing headache
- Unusual behaviour change
- Double vision

**Remember:**

- In all cases, the basic principles of first aid (danger, response, airway, breathing, circulation) should be followed
- Do not attempt to move the player (other than required for airway support) unless trained to do so
- Do not remove helmet (if present) unless trained to do so.

## **11. ECB FAST BOWLING DIRECTIVES**

ECB Recreational Cricket Safety Regulations, March 2025

NB The paragraphs in **BLUE** are **ECB Directives** and must be adhered to.

The paragraphs in black are ECB guidance for Clubs and should be adhered to.

### **Injury prevention for fast bowlers**

These Directives apply to girls and boys, and any reference to he/his should be interpreted to include she/her.

A fast bowler is defined as a bowler who attempts to deliver the ball at high intensity. This includes seam bowlers, swing bowlers and medium pace bowlers. Once a bowler has bowled, or attempted to bowl, one ball at high intensity, they are deemed to be a fast bowler. All coaches are urged to identify those players with the potential to bowl fast and to ensure they follow the Directives in all cricket throughout the season.

Fast bowling in cricket puts immense stress on the lower spine, with each delivery generating forces around three times the bowler's body weight. The spine undergoes complex movements—bending, twisting, and rotating—which, under such heavy loads, leads to significant adaptations. In elite fast bowlers, this results in bone mineral density up to 44% higher than the average person and 33% higher than rugby players, offering some protection against lumbar bone stress injuries (LBSIs). However, these injuries remain the most common in cricket, often sidelining players for extended periods. LBSIs range from minor bone swelling to stress fractures and typically develop when bowlers exceed safe workloads, especially over short periods without adequate rest. It takes about 15 years of gradual training to build the bone strength needed to resist such damage, making young

bowlers—especially those going through growth spurts—particularly vulnerable. If a spinal stress fracture occurs, recovery can take up to eight months, potentially setting a young bowler back a full year in both skill and physical development. Coaches should focus on managing workloads carefully avoiding sudden spikes in overs, ensuring consistent bowling throughout the month, and allowing enough rest to support bone recovery and growth.

ECB regulation provides a mandatory limit to the amount a Fast Bowler can bowl during a Spell, and during a game, to reduce the risk of significant injury. They should be read alongside the ECB's Recreational Cricket Safety Guidelines which set out a minimum and maximum number of overs that it is recommended a Fast Bowler should bowl per week.

The following table sets out the mandatory maximum number of overs a Fast Bowler can bowl per Spell and per day.

Age (player's age on the day of the match)	Max. overs per spell	Max. overs per day
11 and below	4	8
12 & 13	5	10
14 & 15	5	12
16 & 17	6	15
18 & 19	7	18

A bowling delivery will count towards the overs limits when it is delivered during a match or in training with the intention of bowling at match (or near match) intensities. Deliveries where there is a clear intention to bowl slower should not be included, for example walk throughs or running in at half (or slower) typical run-up speed.

Having completed a Spell, a Fast Bowler must begin a period of rest and cannot bowl again, from either end, until the equivalent number of overs to the length of their Spell have been bowled from the same end.

In matches of 20 overs or less per team where the applicable competition regulations only allow bowlers to bowl less than or equal to the number of overs specified as the maximum per Spell, the rest period required will not apply. For example, in any competition where a maximum of 4 overs per bowler is allowed these may be bowled at any time in the innings irrespective of the number of Spells bowled.

A Fast Bowler must adhere to the restrictions associated with their age, not the level of Junior Cricket they are playing in. For example, a 13-year-old playing in an U15 match must follow the bowling regulations for a 13-year-old.

Once a player has bowled (or attempted to bowl) one ball at high intensity, they are deemed a Fast Bowler and must therefore adhere to the overs limits.

Coaches are recommended to focus on ensuring correct workloads for the bowlers in their care and promote behaviours that support bone health.

## Workload Management

The ECB recommends the following maximum and minimum number of overs for a Fast Bowler to bowl per week.

Age in Years	Target overs per week
11 and below	12 – 16
12 & 13	16 – 20
14 & 15	20 – 24
16 & 17	22 – 26
18 & 19	24 – 28

In any 7-day period, it is recommended there should be a maximum of 4 bowling days with only 1 instance of bowling on consecutive days.

## Recommended Rest Periods

A ‘rest day’ refers specifically to a day when an individual does not bowl, even if they engage in other cricket-related activities or sports. Participation in other sports does not disqualify a day from being considered a rest day; however, if the individual also plays overhead sports like tennis or badminton, it’s important to manage these workloads carefully in conjunction with bowling. Ideally, there should be a full day of rest from bowling between sessions, though this may vary depending on the number of overs bowled—very low or very high workloads may require more than one rest day. The recommended minimum rest periods based on different bowling volumes are outlined below.

Age in Years	0 days’ rest	1 days’ rest	2 days’ rest
11 and below	<2 overs bowled	2 – 7 overs bowled	>7 overs bowled
12 & 13	<2 overs bowled	2 – 8 overs bowled	>8 overs bowled
14 & 15	<2 overs bowled	2 – 10 overs bowled	>10 overs bowled
16 & 17	<3 overs bowled	2 – 12 overs bowled	>12 overs bowled
18 & 19	<3 overs bowled	2 – 14 overs bowled	>14 overs bowled

If a very high number of overs have been bowled in a week, the ECB recommends that a Fast Bowler’s bowling workload for the following week is adapted appropriately. It is also recommended that Fast Bowlers adhere to the following general Guidelines on rest. ECB also recommends overs to build up to regular bowling to prevent over-loading of the player.

## **Nets:**

### Outdoor:

The emphasis on all nets should be quality rather than quantity. These Directives will encourage young fast bowlers to focus their efforts on shorter, more intensive spells.

Consequently, young fast bowlers should be made aware of the importance of warming up and warming down as part of their preparation.

### Indoor:

In the period between the end of the cricket season and Christmas, indoor practise for fast bowlers should be kept to an ABSOLUTE MINIMUM. The following highlights the risk of playing/practising on hard surfaces such as solid concrete and shows how these forces can be reduced by using appropriate mats or indeed by practising on grass. Concrete offers 0% force absorption whereas grass can offer up to 75%. The 34% offered by natural turf was measured at Trent Bridge on a rock-hard Test Match pitch. These figures have major implications for limiting indoor work in the winter, particularly for seamers, and for ensuring that length and intensity of sessions are considered when working on the harder surfaces.

### **Force absorption and surfaces:**

Concrete: 0% force reduction

Uniturf on concrete: 7% force reduction

Uniturf + mat: 15% force reduction

Uniturf + 2 mats: 31% force reduction

Natural turf: 34% force reduction

Synthetic + underlay: 49% force reduction

## **TECHNIQUE:**

It is crucial that bowlers are encouraged to adopt a safe action early in their development. Bowlers should either have a SIDE-ON, a FRONT-ON or a 'MIDWAY/NEUTRAL' action but SHOULD NEVER MIX THE ACTIONS. The mixed actions (of which there are two main types) are a major cause of back injuries because they cause an unnecessary spinal twist. Excessive hyperextension of the back during the delivery stride is also a contributing factor. For further clarification of mixed actions consult the 'ECB Coaches Manual' or an appropriately qualified cricket coach.

## **PHYSICAL PREPARATION:**

A well-structured, cricket specific training programme is essential to develop, and maintain, the strength, endurance and flexibility required for fast bowling. It is one of the most injury liable non-contact activities in sport and the need for the fast bowlers to be amongst the fittest and best prepared players in the team cannot be over emphasised. Bowlers should WARM UP and STRETCH thoroughly before bowling and training and

should WARM DOWN and STRETCH afterwards. A good warm up helps to encourage a more professional approach, helps team spirit and can actually improve performance. It also helps to reduce the chance of an injury occurring.

### **EQUIPMENT:**

Impact forces of up to eight times body weight can be experienced during the delivery stride. Without the appropriate footwear, these forces must be absorbed by the feet, ankles, knees, and lower back of the bowler. It is therefore essential that bowlers minimise these effects by absorbing them with the use of efficient, well-fitting, cushioned boots or shoes and if required, absorbent insoles. The use of running shoes, basketball-type boots or good cross trainers is also essential as they are designed to cope with the types of forces experienced when bowling on hard surfaces.

## **12. ECB FIELDING REGULATIONS**

The ECB has regulations covering the minimum fielding distances for young players in all matches where a hard ball is used.

- No young player in the Under 15 age group, or younger, shall be allowed to field closer than 8 yards (7.3 meters) from the batsman's position on the popping crease on a middle stump, except behind the wicket on the offside, until the batsman has played at the ball
- For players in the Under 13 age group, and below, the distance is 11 yards (10 meters)
- These minimum distances apply even if the player is wearing a helmet
- Should a young player in these age groups come within the restricted distance the umpire must stop the game immediately and instruct the fielder to move back
- In addition, any young player in the Under 16 to Under 18 age groups, who has not reached the age of 18, must wear a helmet and, for boys, an abdominal protector (box) when fielding within 8 yards (7.3 meters) from the batsman's position on the popping crease on a middle stump line, except behind the wicket on the offside. Players should wear appropriate protective equipment whenever they are fielding in a position where they feel at risk
- These fielding regulations are applicable to all cricket in England and Wales.
- Age refers to the players age on the day of the match.

## **13. USEFUL CONTACT LIST**

### **County Welfare Officer**

Bridget Owen

07807 026 247

[Bridget.Owen@kentcricket.co.uk](mailto:Bridget.Owen@kentcricket.co.uk)

### **Assistant County Welfare Officer**

Alan McCawley

07771 621534

[alan@live.co.uk](mailto:alan@live.co.uk)

### **ECB Safeguarding Team**

020 7432 1200

[safeguarding@ecb.co.uk](mailto:safeguarding@ecb.co.uk)

### **ECB Safeguarding Advisor for Kent**

Claire Bassett

07787 666692

[Claire.bassett@ecb.co.uk](mailto:Claire.bassett@ecb.co.uk)

### **Children's Social Care Kent**

Central Duty Team: 03000 41 11 11

Urgent After Hours: 03000 41 91 91

[Social.services@kent.gov.uk](mailto:Social.services@kent.gov.uk)

<http://www.kent.gov.uk/social-care-and-health>

### **Adult Social Care Kent**

Central Duty Team: 03000 41 61 61 Urgent

After Hours: 03000 41 91 91

<https://www.kent.gov.uk/social-care-andhealth/report-abuse>

### **NSPCC** (adults with concern about a child)

0808 800 5000

[www.nspcc.org.uk](http://www.nspcc.org.uk)

### **Childline** (Free 24-hour helpline for children)

0800 1111

[www.childline.org.uk](http://www.childline.org.uk)

### **MIND** (mental health charity)

0300 123 3393 text 86463

[www.mind.org.uk](http://www.mind.org.uk)