

PHYSICAL ACTIVITY SAFETY CHECKLISTS

CRICKET

Cricket is a bat and ball game played on a field by two teams of eleven players.

Risk Factor Rating

2

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from a trained/certified National Coaching Certification Program/Canadian Cricket Association coach, or an experienced coach capable of demonstrating competencies of a certified coach as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, with students being aware of the potential risks of cricket

Safety rules and procedures are learned prior to participation including safe bowling practice

Skills/movements are learned in proper progression

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Drinking water is available and consumed as needed

All non-participating players are in a place safe from the batter

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **on-site supervision** during instruction

Safety rules and procedures are enforced

Emergency action plan is in place to deal with accidents/injuries

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Facility/Environment

Local weather conditions, forecast, humidity, and temperature are checked prior to outdoor session

Activity area is level and free of hazards/debris while providing adequate footing

Activity area is clearly marked with adequate out-of-bounds areas, which are also free of hazards/debris

Proper lighting and ventilation, when applicable, are provided

Safety rules/regulations are taught and posted

Emergency exit of indoor facility is clearly marked

Designated area is identified for non-participating players and in a place safe from the batter

Equipment

Equipment to be used is suitable and in good condition

Equipment (bats, stumps, and pads) are checked by a qualified person before every session

Wicket keepers wear appropriate cricket pads and gloves

Batters wear appropriate helmet and gloves when batting

Suitable ball is used to match the experience and environment the game/practice is held in (e.g., tennis ball or indoor cricket ball when indoors)

Instructions are given regarding the proper maintenance of cricket equipment

First aid kit and phone are readily available

Clothing/Footwear

Appropriate footwear is worn

Laces are tied and open-toed shoes are avoided

Jewelry is removed or secured when safety is a concern

Appropriate clothing is worn, permitting unrestricted movement

Clothing must meet requirements of club or competition

Other Considerations

The student has completed a regular medical checkup and a medical history prior to starting the program

The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program

Registration in an accident insurance plan is encouraged

Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional

The activity is suitable to the student's age, ability, mental condition, and physical condition

The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate

The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher