**Marcellin Old Collegians Cricket Club Safety Policy**

While there is an inherent safety risk in all sports, cricket is generally a safe game, particularly if there is the adoption and implementation of an injury prevention and safety program in the club.

The following facts pertain to cricket injuries:

* Almost 20% of injuries occur during training or practice.
* Typical cricket injuries are mostly sprains, fractures and bruising.
* Direct impact from the ball during delivery or fielding, mostly to the face, fingers or hand, is the most common cause of injury.
* Overuse injuries are also common and are most often associated with back injuries to fast bowlers, particularly at the elite level and in young cricketers.

The following guidance is to be applied for all cricketing activities at MOCCC (mandatory items are marked with an \* ):

* Good preparation is important to prevent injuries.
* Warm ups are to be conducted by all players before undertaking training or a game. \*
* The following bowling restrictions are to apply for young bowlers:
	+ No junior bowler is to bowl more than 8 balls in a single over including wides and no balls, \*
	+ etc
	+ etc
* Players are advised that accredited coaching staff are always available to assist with technique correction or advice on "mixed actions".
* U/10 to U/12 wicketkeepers are to wear helmets when ever keeping \*
* All Junior players are to bat with a helmet in games and at practice, regardless of age. \*
* Captains and Team Managers are to ensure that a first aid kit is available at all matches. \*
* All players are to wear appropriate body padding when batting including gloves, leg pads and protectors. \*