Safety Tips For Cricket

Implementing the tips below can help prevent injuries in cricket:

• Appoint a risk management officer to consider and implement these safety tips as a minimum. Good preparation is important;
• Warm up and stretch before and regularly during a cricket session. Bowlers, particularly fast bowlers, should warm up before their bowling session;
• Good technique and practices will help prevent injury;
• Restrict the number of overs bowled in any one session. The actual number should take into account the bowler’s physical maturity. This is particularly important for young cricketers;
• Follow Cricket Australia’s Bowling Injury Prevention SPOT program which advocates screening young bowlers for risk factors, including postural stature; physical preparation; avoidance of over bowling; and use of correct bowling techniques;
• Coaches should undergo regular re-accreditation and education updates to ensure they have the latest information about playing techniques;
• Wear appropriate safety equipment;
• Wear body padding when batting including gloves, leg pads and protectors for boys;
• When batting, wicket-keeping up to the stumps or fielding in close wear a cricket helmet with a faceguard that complies with the Australian standard;
• Wear protective gear during training as well as competition;
• Seek professional advice on appropriate cricket shoes;
• Modify rules for children;
• Encourage children to play modified cricket programs as a means of developing good technique;
• Wicket-keepers to wear a mouth guard (especially in junior cricket);
• Appoint a club/school safety officer and develop a procedural response checklist in readiness for an injury that may occur during training or competition. This may include checking that the first-aid kit for the club/school is adequately stocked in case an injury occurring;
• Ensure all injured cricketers receive adequate treatment and full rehabilitation before they resume participation.
• Where possible, ensure a qualified first-aid or sports trainer is on hand to treat injured players.