



Three Hills Sports Park, Cheriton Road, Folkestone, Kent CT19 5JU
 Tel: 01303 846020 www.folkestonecc.com

Risk Assessment for Folkestone Cricket Club

1. Training

ACCIDENTS	CAUSES	PREVENTATIVE MEASURES	ACTIONS
Batter hit by ball	Lack of protection. Lack of experience.	Batters must wear gloves whenever facing cricket balls. Under 18's must wear helmets when facing cricket balls if no parental consent.	First Aiders available. Ice pack applied to bruising.
Fielder or onlooker hit by ball	Lack of attention.	Pay attention at all times and always face the batsman. Under 18's must wear helmets if keeping wicket standing up. Keeping wicket standing up means that the wicket keeper is close to the stumps when the ball is bowled and thus in possible danger of being hit by the batsman.	First Aiders available. Ice pack applied to bruising.
Pulled muscles	Lack of warm up. Lack of warm down.	Carry out warm up and gentle stretching drills before training. Brief warm down after a session, or advise players to jog/stretch when they get home.	First Aiders available.
Collision between two players	Lack of attention.	Be aware of play at all times.	First Aiders available.
Hit by ball in nets	Bending to retrieve a ball from netting. Lack of attention.	Instructions given to all batsmen to be aware of play from nearby nets and e.g. to retrieve the ball with a bat.	First Aiders available. Ice pack applied to bruising. Medical help sought for head injuries.
Hit by stray hard ball from another group.	Groups too close together / orientated in the wrong way	Ensure that when practising with a leather ball, the groups are organised so as to avoid a ball being struck hard into another group's area.	First Aiders available. Ice pack applied to bruising.
Over exertion Hyperventilation	Training too intense.	Training should be appropriate to fitness of group. Players advised to maintain fitness over holiday periods.	Rest.



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Slipping or tripping over	Wet or slippery surfaces.	Ensure floor surfaces are dry.	First Aiders available.
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2. Matches

ACCIDENTS	CAUSES	PREVENTATIVE MEASURES	ACTIONS
Tripping, slipping or being hit by the ball due to bumpy or wet playing surface.	Inadequate pitch conditions.	Umpires and captain to inspect pitch before the game starts and after any rain interruptions.	First Aiders available.
Running into sightscreen or (if applicable) boundary fence.	Lack of attention.	Captain to remind players of the presence of the sightscreens/fence prior to start of match.	First Aiders available.
Being hit on the leg while batting or wicket-keeping.	Inadequate protection.	Captain MUST ensure that the player is wearing adequate batting or wicket keeping leg guards. Batsmen have the option of wearing a thigh pad; this is personal choice.	First Aiders available.
Ball causing injury by hitting hard object being worn or in a pocket.	Player inadequately prepared.	Captian to ensure that team members, while on the field of play, have removed items such as watches, rings, bracelets and emptied their pockets of hard or sharp objects such as keys or coins.	First Aiders available.
Dehydration	Lack of fluid intake.	Ensure breaks for drinks in long innings.	Rest out of sun and take in fluids. Seek medical help if necessary.
Sunburn	Lack of adequate protection.	Apply sun cream regularly.	Apply after sun lotion, depending on severity of burns.
Heat-stroke	Over exposure to hot sun.	Take plenty of fluids. Wear a hat in strong sunlight.	Rest out of sun and take in fluids. Seek medical help if necessary.
Spectators hit by ball	Lack of attention. Standing too close to play.	Advise spectators to watch from outside boundary. The boundary of play will be usually marked by a rope, painted line or regularly spaced markers	First Aiders available.



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Date of assessment:	24 th July 2017	Assessor: Alwyn Fernandes
1st Review date	24 th July 2018	
2nd Review date		
3rd Review date		