



CRICKET NSW

TRAINING AND WARM-UP POLICY

POLICY INFORMATION

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VERSION INFORMATION

Effective period	Document Title	Changes
21 March 2016 to 18 February 2024	Training and Warm-Up Policy	
19 February 2024	Training and Warm-Up Policy	Updated in line with current SSSM practice

ASSOCIATED INFORMATION

Effective period	Document Title
	Nil

CNSW Training and Warm Up Policy

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Part 1 Purpose and Policy Statement

- (1.1) The game of cricket is constantly changing, and the speed and power associated with cricket are drastically increasing. Dangers exist within the training environment and the potential for serious risk or injury is ever present.
- (1.2) Cricket NSW has recently identified the training and/or warm-up environment as an area of high risk that needs to be addressed.
- (1.3) Cricket NSW does not intend to wait until a serious injury or 'near-miss' occurs before mitigating this risk. Hence, this policy is to be implemented with effect immediately.
- (1.4) The purpose of this policy is to outline the protective equipment and safety practices that coaches, support staff, and players must adhere to whilst operating in a training and/or warm-up environment.
- (1.5) This Policy should be read in conjunction with the following policies:
 - (a) CNSW Helmet Management Policy;
 - (b) CNSW Heat Policy;
 - (c) The rules and terms and conditions that govern the use of CNSW's Venue known as Cricket Central.
- (1.6) The defined terms set out at Schedule A to this Policy apply for the purpose of this Policy for the interpretation of those terms.

Part 2 Scope

- (2.1) This policy applies to all CNSW Staff, Player Support Personnel and Players who are actively involved in a training and/or warm-up environment across any Squad or Team.
- (2.2) This policy applies in the following situations:
 - (a) Where a coach, support staff or player is throwing balls (throw downs) to a player in a confined environment (e.g., within nets/cage).
 - (b) Where a coach, support staff or player is operating a bowling machine.
 - (c) Where a coach, support staff or player is hitting slip catches.



- (2.3) Wherever the term helmet is used in this policy it refers to a helmet that provides full face and head protection. Face masks, such as those used in baseball, are not compliant. All helmets used must meet the British Standard **BS7928:2013**.

Part 3 Training and Warm-Up Procedures

- (3.1) Where any coach, support staff member or player is throwing balls (known as throw downs) to a player regardless of the location, the individual throwing the ball must be protected as prescribed in this Policy.
- (3.2) CNSW enforces the following requirements for equipment when providing throw downs to players over the age of 15 years:

Compulsory	Recommended
Helmet	Pads/shin guards
Protector	

- (3.3) Protective equipment is not compulsory (although highly recommended) when providing throw downs to players under the age of 15 years. Coaches are required to assess the players skill level, power hitting ability, and the environment in which throw downs are to be provided, and subsequently make a decision regarding the level of protective equipment required. Despite not being compulsory when providing throw downs to players under the age of 15 years the following protective equipment is highly recommended:
- (a) Helmet
 - (b) Protector
 - (c) Pads or Shin Guards

- (3.4) CNSW enforces the following requirements for equipment when operating bowling machines:

Compulsory	Recommended
Helmet	N/A

- (3.5) CNSW enforces the following requirements for equipment when hitting slip catches:

Compulsory	Recommended
Helmet	Protector
Gloves	

Part 4 Definitions and Interpretation

Defined Terms

(4.1) In this Policy, all defined terms have the meaning as set out in the table below:

CNSW	means the New South Wales Cricket Association (ABN 27 000 011 987) and where the context provides, includes its officers, employees, contractors and agents
CNSW Staff	Any individual working for and representing CNSW, including employees, Board Directors and sub-committee members, contractors, consultants and/or related personnel acting for or on behalf of CNSW.
Player	means a person selected for, or invited to train or play with any Squad or Team.
Player Support Personnel	means any parent, guardian, coach, trainer, team manager, player agent, selector, umpire, team official, doctor, physiotherapist, dietitian, fitness or other health-related advisor or any other person employed by, contracted to, representing or otherwise affiliated to CNSW for a Team or Squad, or other person known to be working with, treating or assisting a Player.
Squad	means those selected to train for selection in a CNSW Team.
Team	means those selected to play in a match or competition organised, sanctioned or otherwise under the auspices of a CNSW and includes the following teams: <ul style="list-style-type: none"> • NSW Blues • NSW Breakers • Sydney Sixers BBL / WBBL • Sydney Thunder BBL / WBBL • NSW Metropolitan and ACT/NSW Country Second XI • NSW Metropolitan and NSW Country female U16s and U19s • NSW Metropolitan and NSW Country male U17s and U19s • Cricket NSW Academy
Venue	Any cricket facility owned and/or operated by CNSW.

Interpretation

(4.2) In this Policy:

- (a) references to 'including' or similar words are not words of limitation;
- (b) 'business day' means a day other than a Saturday, a Sunday or a day which is lawfully observed as a public holiday in the State of New South Wales;
- (c) all notices must be in writing and in English;
- (d) words in the singular include the plural and vice-versa;



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- (e) a construction that would promote the purpose or object underlying this Policy must be preferred to a construction that would not promote that purpose or object; and
- (f) to the extent that there is any inconsistency between a term of any legislation and a term of this Policy, the term of that legislation overrides the Policy and applies to the extent of the inconsistency.