

Cricket Hong Kong - COVID-19 Training Protocols

9th Sept 2020

Attn: All Teams, Coaches, Players and Facility Managers

The guidelines below outline protocols for the resumption of Cricket Trainings for Clubs, Schools, Universities, Community Centres, etc from September 11th 2020.

Cricket Hong Kong will continue to monitor developments, liaise with relevant Government Departments, and adjust guidelines accordance with the changing circumstances. Cricket Hong Kong hopes that by maintaining clear communication, we can all work together to protect the health of our players, staff and community in and around CHK.

ARRIVE - TRAIN - LEAVE

- Be prepared for training prior to arrival at venue
- Maintain protocols during training
- Leave training immediately after the session

1. **Government Guidelines:** Please follow all relevant government health and hygiene guidelines. These can be found here: https://www.coronavirus.gov.hk/eng/index.html#Health_Tips
2. **Individuals are NOT to attend sessions if any of the following apply to them:**
 - Are currently serving a 14-day quarantine.
 - Have been living with person(s) under a 14-day compulsory quarantine order.
 - Have been exposed to someone with Covid-19 in the last 14 days and have not tested negative for the virus since.
 - Have exhibited symptoms of 'Fever', 'Cough' and 'Shortness of breath' within the past 14 days. Individuals who have these symptoms are advised to seek medical attention immediately.
3. **Travelling to/from sessions:** Participants must wear a facemask when travelling to and from venues. It is encouraged that they wash and/or sanitize their hands upon arrival at the venue, and right before leaving it.

4. **Arriving Ready to Play:** In order to minimize how much time is spent in bathrooms/changing rooms, it is recommended that all participants arrive dressed in training kit and prepared to play.
5. **Temperature Checks:** All individuals should have their temperature checked upon entry at the venue. This may be done by the venue staff, or by the coach running the session. Anyone who has a body temperature of 37.6°C and above should leave the premises and are advised to seek medical attention.
6. **Hand Sanitizer:** Hand sanitizer should be made available at all venues, and should be used on arrival, when leaving the session, and when appropriate throughout the session. All participants are recommended to practice good hand hygiene throughout the session.
7. **Group size and Social Distancing:** As per the current HKSAR Government guidelines, all practice sessions should be limited to a maximum of 4 participants in each group, inclusive of coaches. The distance between each group should be at least 1.5 meters.
8. **Physical contact:** Participants must avoid any unnecessary physical contact during the session (e.g. High fives, greetings, handshakes, hugs etc.).
9. **Ball shining:** No saliva should be used on the ball at any time.
10. **Equipment:** CHK recommends that all participants use their own equipment where possible. This includes cricket balls. If equipment must be shared, participants should clean their hands thoroughly before and after use. Towels should not be shared. We recommend cleaning and disinfecting all equipment used during a session once the session is complete.
11. **Food and Drink:** Drinks should not be shared during sessions, and it is recommended to avoid food around the Training Area.

NOTE:

Temperature guns will be held at PKVR Reservoir and GDB grounds by the groundstaff.