



PLAYER HYGIENE POLICY

In accordance with directives and recommendations from the Victorian State Government, Cricket Victoria, Commonwealth and State Government Health departments all members, players, volunteers and visitors attending any Sunshine Heights Cricket Club venue, training facilities or matches must adhere to the following:

- ❖ Face masks are to be worn at all times by those over 11. All players (any age) are exempt from this requirement whilst batting, bowling and fielding.
- ❖ Keep your distance from others (1.5m at all times) on-field and off-field.
 - *Spectators & scorers shall always remain 1.5m away from others.*
 - *Players avoid team huddles, high 5s and minimise time fielding close to an umpire or another player.*
- ❖ Keep your mask on.
 - *Except for those under 12 & any player actively batting, bowling or fielding.*
- ❖ Cough/sneeze into the crook of your elbow or a tissue and avoid touching your nose/eyes/mouth.
- ❖ Shaking hands and celebrations involving contact with another person (including high-fives) are not to be undertaken.
- ❖ Keep use of facilities to a minimum (*e.g. toilet / canteen access only*).
- ❖ Keep cash in your pocket (*use contactless payment wherever possible*).
- ❖ Keep your hygiene practices up.
 - *Players & umpires sanitise hands every 10 overs and everyone to ensure regular hand washing, no spitting, no sweat / saliva on the ball etc.*
- ❖ Do not share drink bottles or cups.
- ❖ Do not share cricket protective equipment between players if they cannot be easily cleaned and sanitised before being used by another player. This particularly includes helmets, bats, batting and wicketkeeping gloves, and batting wicketkeeping leg guards.
- ❖ Do not share groin protectors.
- ❖ Players should be dressed ready to train or play.
- ❖ Personal playing equipment can be shared – however it must be cleaned between use.
- ❖ Put all used tissues in bin provided immediately.
- ❖ Wash avoid close contact with people who are unwell.
- ❖ Do not touch your eyes, nose or mouth if your hands are not clean.
- ❖ Ensure that participants understand that they are not to shine the ball with saliva or sweat at any time.
- ❖ Provide hand washing guidance to players, officials, volunteers and spectators.
- ❖ Promote regular and thorough hand washing.
- ❖ Seek to avoid the use of public toilets where possible, however if used ensure hands are washed thoroughly.
- ❖ Scorers are to bring their own writing tools if scoring in a scorebook.
- ❖ If you have any of the following symptoms, however mild, you should not attend any club facility and should seek advice and get tested:
 - Loss or change in sense of smell or taste
 - Fever
 - Chills or sweats
 - Cough
 - Sore Throat
 - Shortness of breath
 - Runny nose

If upon getting tested, you should immediately isolate and notify the club's Safety Officer of your situation (*any information provided to the Safety Officer will be dealt with in accordance with the club's privacy policy*)

If you come down with any of the above symptoms whilst attending training or participating in a competition event, you must immediately notify the coach, captain or Safety Officer and isolate yourself away from others until the necessary protocols can be activated.