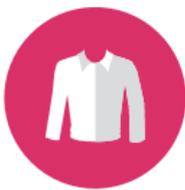


## Being Safe and Feeling Healthy

At LPCC we care about our players' health and safety. With preseason training about to begin it seems timely to remind our members about the risks associated to playing cricket whether it's at training playing socially or more competitively. Below outlines some of the common risk when playing cricket and using the facilities at Garrick as well a Guide of steps that maybe handy reminder of what can be done to reduce the risks for all those involved.

### Sun Smart

We all know how uncomfortable sunburn is, therefore it is crucial that everyone is being sun smart on and off the cricket field. Please apply sunscreen before and throughout the day's play. Where possible we recommend that our players are sitting in the shade when you are supporting your team.



Slip on a shirt



Slip into the shade



Slop on sunscreen



Slap on a hat



Wrap on sunglasses

### Muscle Strains/Injuries

Warming up and stretching before playing or training will reduce the risk of getting sprains or injuries. You are no help to the team if you are sitting on the sideline due to injury. If you need some advice on stretching and warm up techniques, please see your coach or captain. If you do have an injury remember the acronym PRICE. If you need the name of a physio or doctor to see, please do not hesitate to contact us. Remember that often times your injury will be covered by the Government ACC scheme.



### Cricket Balls

That little round red thing that we chase around the park can be painful when it hits you unawares or in an uncomfortable place of your body. When you are training in the nets, or playing on the park, please be aware of your surroundings and the risk of balls flying. Never turn your back to an open net. Make sure you look out for your mates as well.

## **Hydration**

Keeping hydrated is key to helping you perform better, reducing fatigue and also making you feel better on a Sunday after a win! Please prepare and take a full water bottle along to games and keep hydrated during the day. Help support your batsmen by running out drinks etc.

## **Moving Nets and Covers**

Those big heavy white things that help us get on the park and keep the pitch dry are very heavy. As a team and a captain, please ensure there are at least 3 people involved when moving covers on or off the pitch. There would be nothing worse than having to pull out on a Friday night with a back strain!

## **Moving Nets**

Our temporary nets at Garrick Park for training are also very heavy. Once again, please ensure that at least 3 people assist with moving the nets whenever needed.

## **Light Towers (Garrick Park 2)**

The flood lights on the West Side of Garrick Park 2 can be a nuisance. If you are playing on this field, please make sure the Green Padding found in the gear shed is put around the floodlights. This will help keep our players, but also the opposition player's safe on the field.

## **Waterway at Garrick Park**

Please be aware of the waterway along the west fence line of Garrick Park, especially if you have small children coming down to Garrick Park.

## **Carpark/all ground.**

Please be aware of moving cars when fetching sixes that are hit into carpark/road areas. Again, if you have small children coming down to cricket, keep an eye on them!

## **Head Injuries and Concussions**

Concussion is a brain injury that can occur in any sport. Concussion is caused by the impact of force to a part of the body not necessarily the head directly. Symptoms may be present immediately after the blow or can develop over a number of minutes or hours. Key steps to remember when dealing with concussion are below

- Recognise and Remove
  - If concussion is suspected, remove from play and seek medical assessment
  - Concussion often occurs without the loss of consciousness
  - Extra caution should be taken with adolescent athletes
  - Symptoms may take several hours to develop
- Refer
  - Diagnosis can be difficult to make and only a medical doctor can provide assessment and management for concussion.
- Rest, Recover, Return
  - No return to sport on the day injury occurred
  - Concussion can impact other aspects of life including learning or functioning well at work. Return to work may need to happen gradually and demands altered by medical professional. Return to work or school and social activities should be achieved before returning to physical activity and sports.

## RECOGNISE THE SIGNS AND SYMPTOMS OF CONCUSSION

Concussion presents with a range of signs and/or symptoms that may or **may not** include loss of consciousness.<sup>[3]</sup> It is important to remember that not every sign and symptom will be present in every case and signs and symptoms may have delayed onset.

### Memory (what they say)

- What venue are we at today?
  - Which half/quarter is it now?
  - Who scored last in this game?
  - What team did you play last week?
  - Did your team win the last game?
- Failure to answer any of these questions correctly could suggest concussion.**

### Physical signs (what you see)

- Loss of consciousness or non-responsive
- Lying on the ground not moving or slow to get up
- Loss of balance or co-ordination
- Dazed or vacant look
- Disorientated or confused
- Visible injury to face or head
- Grabbing or clutching head

### Clinical symptoms (what they feel)

- Blurred vision
- Neck pain
- Nausea
- Dizziness
- Confusion
- Sensitivity to light or noise
- Nervous or anxious
- Tired
- Irritability
- Headache or pressure in the head
- Drowsiness
- More emotional
- Problems with memory
- Reduced ability to think or concentrate
- Difficulty sleeping

### Red Flags (what requires hospitalization)

- Complaints of neck pain
- Increasing confusion or irritability
- Repeated vomiting
- Seizure or convulsion
- Double vision
- Muscle weakness, tingling or burning in arms or legs
- Deteriorating conscious state
- Severe or increasing headache
- Unusual behaviour change

# Training and Covers Safety Guide

<b>Grounds and Facilities</b>		Yes	No
1	Have the gates been opened and the chain undone at the entry points to the ground?		
2	Has the pavilion and changing rooms been unlocked and alarm turned off?		
3	When moving training nets, which are heavy please ensure that at least 3 people are assisting.		
4	When multiple bowling nets are being used, make sure lane dividing nets have been put up to separate the bowling lanes		
5	When moving or putting on covers ensure there are enough people to help especially in windy conditions		
6	Ensure grounds and changing rooms have been left tidy, alarm is turned on, pavilion, changing rooms and gates are locked and keys have been returned.		
<b>Individual Safety at Training</b>			
1	Ensure players/coaches/spectators are paying attention and are aware of their surroundings. e.g. flying balls etc		
2	Drills and activities are set up a safe distance from other activities. e.g. not fielding right beside through downs or bowling nets		
3	Players are wearing appropriate protective gear for activities they are involved in. e.g. Helmets, pads, gloves		

# Game Day Safety Guide

General		Yes	No
1	Are the weather conditions OK for play to start?		
2	Has all visible debris been removed from the field? e.g. covers pegs, branches etc		
3	Have the covers been removed far enough from field of play and pegged down or hung up if required. Make sure there are enough people to help as they can be heavy.		
4	Are sprinkler covers intact and level with the field?		
5	Have boundaries been marked (cones, lines, flats etc) a safe distance from possible sources of harm such as fencing, concrete surfaces, trees buildings etc		
6	Are the playing surfaces OK for play to start? e.g. pitch, run ups and outfield are dry.		
7	Is there a first aid kit available if required and a first aider?		
8	At the end of the days play ensure all boundary markers and cover pegs are collected, covers are neatly folded and are all stored in the correct place.		
Individual/Personal Safety			
1	Have I/players warmed up and stretched appropriately prior to play starting		
2	Do I/players have appropriate clothing for the conditions? e.g. spikes, warm clothes.		
3	Have I/players taken provisions to be sun smart and stay hydrated? e.g. wearing a hat, sunglass, applying sunscreen regularly, have and consume sufficient water and seek shade when possible when spectating.		
4	Do I/players have adequate protective gear on? e.g. Helmets, gloves, pads etc		
5	Am I/players/spectators paying attention to what is happening around them? e.g. flying balls.		
Garrick Park			
1	Have the gates been opened and the chain undone at the entry points to the ground?		
2	Has the pavilion and changing rooms been opened and alarm turned off?		
3	If playing on Garrick 2 have the green shield pads found in the changing rooms been attached to the flood lights?		
4	Take care when retrieving balls from the carpark as there may be moving cars. Ensure young children are supervised when close to or entering the carpark.		
5	Please be aware of the water way that runs along the west boundary of Garrick Park especially if you have children at the park.		
6	Have flood light pads been returned to the changing rooms at the end of play.		
7	Have changing rooms and spectating areas been left tidy orderly state, alarm set and all doors locked?		
8	Have the gates been locked, chain replaced and lock and keys returned to The Woolston?		