



# FAKENHAM CRICKET CLUB

Highfield Lawn  
Field Lane  
Fakenham  
NR21 9QW

## Net sessions with Fakenham Cricket club.

Our aim at these sessions is to practise our cricket in an enjoyable and safe environment.

To achieve this we have to abide by some basic safety guidelines

Coaches/Instructors

Adhere to all instructions issued by the coaches.

Batting

When batting, players must wear the correct protective equipment at all times. The minimum protective equipment must consist of pads, gloves, helmet and abdominal protector. No one shall bat without such protection.

Other safety equipment, such as a thigh pad, forearm guard, shall be worn at the discretion of the batsman.

No jewellery or watches shall be worn and pockets must be emptied of potentially dangerous items such as keys, coins, etc

Preparing to bat

When preparing to bat, a player must stand away from the net in a position where it is not possible to be struck by a ball.

Whilst batting, please ensure that when retrieving the ball from the netting that you do not put your head close to the netting, use your bat to push the net away and pick up the ball.

Be aware of what is happening in the adjacent net, wait for a safe moment to retrieve the ball.

When returning the ball to the bowler..throw it underarm gently.

Bowling

Only one bowler shall bowl in any one net at any one time. Those who are waiting to bowl must at all times watch the ball in order to avoid being struck unawares. Once the bowler has completed his delivery, he must be safely clear of the net before the next ball is bowled. He must not turn his back on the net whilst rejoining the bowling queue.

Finally....all players must refrain from horseplay! (messing about) bad behaviour is dangerous and will not be tolerated....persistent offenders may be excluded from activities.

We hope that you enjoy your sessions!

