

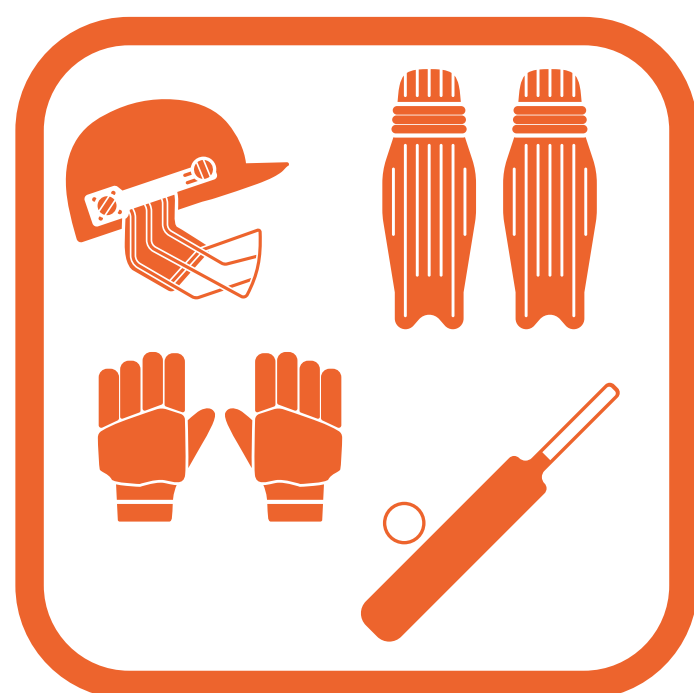
PROTOCOL CRICKET TRAINING



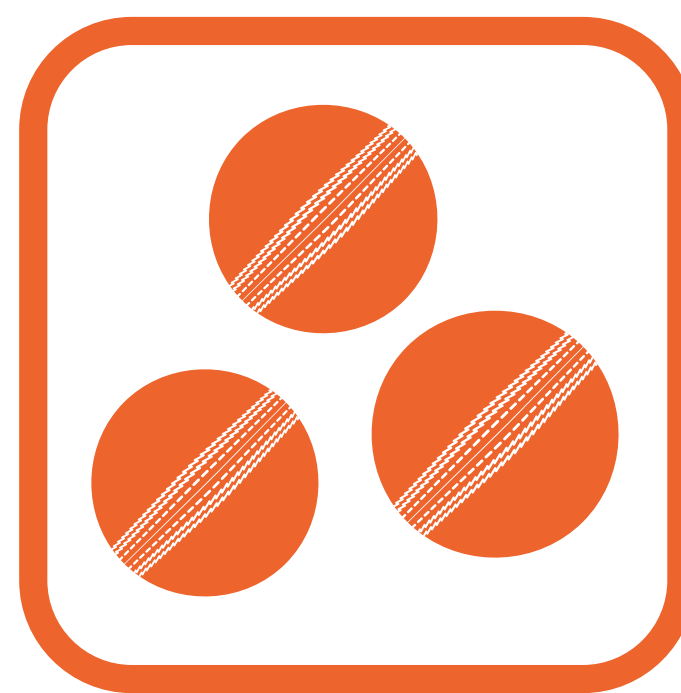
13 years or older?
keep 1,5 metres
distance at all
times



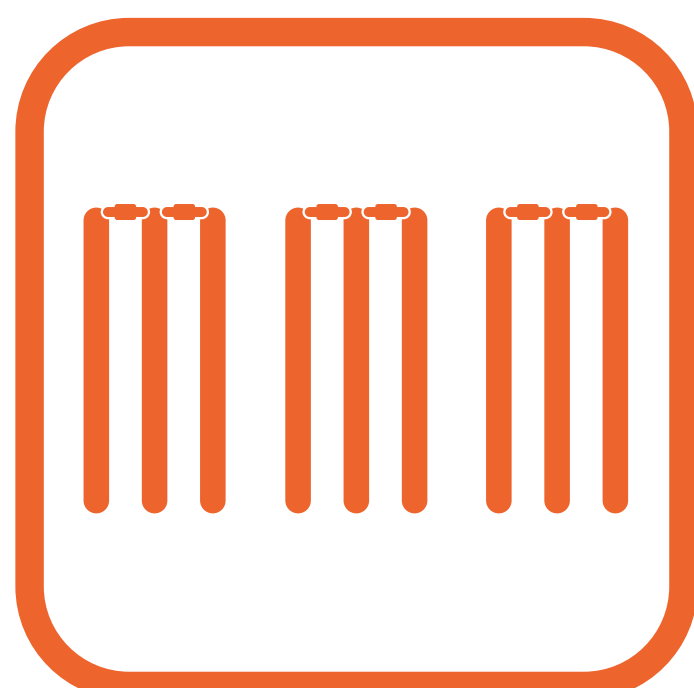
no hand shakes, no high
fives. no spitting



bring your own
equipment if
possible



only use the ball
with your name or
number on it



per net max.
3 bowlers and
1 batsman



using a bowling
machine? set it up in the
middle net

HYGIENE

- club houses and terraces remain closed until September 1
- changing rooms are closed: get changed and shower at home
- wash your hands before, **during**, and after training
- cough or sneeze in your elbow and use paper tissues
- stay at home if you have (even mild) cold-like symptoms, such as a sore throat, a runny nose, sneezing, a mild cough, or a fever
- stay at home if someone in your household has a fever (above 38C°) and/or shortness of breath