

SUMMARY

The purpose of these guidelines is to offer practical guidance to players and clubs on the steps they should take to remain safe whilst undertaking exercise in an outdoor cricket club environment.

These guidelines currently apply to England [only](#). Lockdown restrictions remain in place in [Wales](#) with a review due to take place on 28 May 2020.

These guidelines have been produced in line with the UK Government guidance on public spaces, outdoor activity and exercise published on 11 May 2020, which can be read [here](#). Supporting guidance published on 13 May 2020 can be found [here](#).

All activity should be consistent with the Government guidance regarding [health, social distancing and hygiene](#).

In 'Our Plan to Rebuild', the UK Government stated that team sports should not be played outside of a household.

ECB maintains the position that all recreational cricket **remains suspended until further notice**, with the sole exception of the use of outdoor cricket facilities (nets and pitches) for the purpose of undertaking exercise as set out in our detailed guidance document.

Our primary and ongoing goal is to protect the health of everyone in and around the game.

The adjusted lockdown restrictions provide an opportunity for the use of outdoor cricket facilities (nets and pitches) for the purpose of undertaking exercise.

In summary:

1. You can exercise outdoors on your own, with members of your household or with one other person from outside your household while keeping two metres apart at all times. You must only exercise in groups of no more than two people, unless you are exercising exclusively with members of your household.
2. **Social distancing of at least two metres must be maintained at all times** (unless all participants are members of the same household).
3. Only one-to-one coaching is permitted per session.
4. Nets should be used on an 'every other' basis, leaving one net free between nets.
5. Clubhouses can be reopened in a limited way for operational reasons (e.g. for access to first aid equipment) or for toilet access (see below) but all communal areas including bar, changing rooms etc are to remain closed for general use.
6. Toilet facilities can be opened if the venue wishes, but particular care should be taken by those using them and those cleaning them. Where they are open, venues must ensure soap and water is provided.
7. No indoor activity at all.
8. We recommend using your own equipment if possible. If equipment is being shared, please follow UK Government's guidance on the [sharing of equipment](#).
9. No saliva or sweat should come into contact with the ball at any time.
10. Wash hands at home before and after using the outdoor facilities. Bring your own hand sanitiser where possible.