



NOVA SCOTIA | THE OFFICIAL HOME OF THE
CRICKET ASSOCIATION



High Performance (HP) Training & Indoor Cricket Return to Play Plan

Cricket is considered a moderate and brief contact sport as per government guidance. This plan is based on the 21 December 2020 Coronavirus (COVID-19) restriction update taken from the Government of NS's COVID-19 plans (<https://novascotia.ca/coronavirus/restriction-updates/#2020-12-21>)

The plan is based on current Nova Scotia Provincial guidelines remaining as per new gathering limits for Provincial Sport Associations for indoor training. It is expected that if the province changes the limits from the current 25 or below, all indoor HP activities will cease or will be adjusted accordingly.

General

Practice takes place with a fix numbers of High Performance (HP) athletes. The main practice facility is Spryfield Lions Gym (Indoors) and Ridgecliffe Middle School (School Playground - Outdoors) for physical training. There are also 'nets' that is held at the batting cages in 'The Warehouse' (Private facility in Lower Sackville), where at a lane each, a single batsman will practice against 3-4 bowlers taking turns to bowl at them. In addition, fielding practice normally takes place at Ridgecliffe Middle School playground where about 25 participants practice fielding, catching, and throwing, usually widely spaced. The only physical contact possible is touching the same ball among the players. Batsmen require protective equipment – gloves, pads for the legs and a helmet. All the HP athletes have their own equipment and do not share any equipment

The potential risk of COVID-19 spread is highest when individuals are indoors, within two meters of each other, for more than 15 minutes, in a small space with limited ventilation, sharing equipment or food, and/or taking deep breaths (e.g. while singing, shouting or exercising). Therefore, indoor sports are considered high risk.

All public health measures required by the Government of Nova Scotia will always be respected.

- No participant can be symptomatic – fever, cough, or difficulty breathing; or have had contact with any person who has tested positive in the prior 2 weeks.
- Any participant feeling unwell should stay home.
- All current isolation protocols must be respected (quarantine after travel etc.).

- Those considered in a vulnerable group based on age, underlying medical conditions, or sharing a household with those considered vulnerable should not take part.
- Participants must follow the non-medical mask (NMM) requirements that came into effect. Full information may be found at <https://novascotia.ca/coronavirus/masks/>
- NMM must be worn inside the facility, however participants may remove their mask once the activity starts (e.g., as athletes start warm-up activities).
- Participants must for each session attended sign a declaration that there are in good health and should not be self-isolating for any reason.
- All participants must be signed in for contact tracing purposes.
- Shared equipment must be cleaned with an appropriate disinfectant between users.
- Participants are encouraged to use personal hand sanitizer, and hand sanitizer must always be available.
- Athletes are to arrive at the gym no earlier than 5 minutes prior to scheduled practice time. If early, they must remain in their vehicle until 5 minutes prior to the start time.
- Athletes are to leave the premises no later than 5 minutes after scheduled completion time.
- Congregating in social groups before and after practice is prohibited.
- Change rooms may not be open for use. Athletes are expected to arrive wearing practice attire, except for footwear. Athletes should enter the gym and remain on the floor runners at all times to find their physically distanced personal storage space (ideally marked with an X) where they can leave their belongings and change footwear.
- Athletes are required to hand sanitize upon entering the facility and prior to exiting.
- Athletes are required to hand sanitize prior to entering and exiting a bathroom; bathroom use should be restricted to emergencies only, and only one individual at a time or advised by the facility.
- Athletes are required to have an individual labelled water container. Athletes are not permitted to share water or other beverages.
- **No spectators are permitted – only athletes and coaches limiting to maximum capacity of 25.**
- Personal equipment cannot be stored at the facility.

Entry to the Spryfield Lions gym will be through the main blue door on the back; exit will be through the same main door as well. Entry should be directly to the gym at the appropriate time; waiting in the lobby is not permitted. After sessions, participants must leave directly; socializing or discussion in the gymnasium or parking lot area is not permitted.

All participants should follow the direction of Spryfield staff at all times, particularly on COVID-19 related issues. Failure to respect or follow these guidelines can result in disciplinary action and immediate removal of the participant from HP Program.

Monitoring of Compliance

NSCA will have individuals responsible for monitoring compliance in attendance at all sessions. The responsible individual in practice sessions will usually be the HP Admins including the Coach, or other organizers of the session on a particular day.