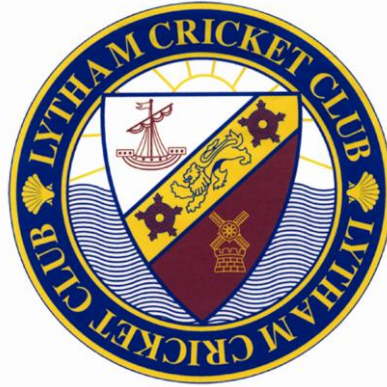




LYTHAM CRICKET CLUB
AN ENGLAND CRICKET BOARD PREMIER LEAGUE CLUB
Church Road, Lytham, Lancs, FY8 5QD
Tel: (01253) 734137 (Club)
Website: www.LythamCricket.co.uk



Lytham Cricket Club

An ECB Premier League Club

Junior Players' Manual 2017





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LETTER FROM JUNIOR CHAIRMAN

Dear Parent or Guardian,

On behalf of Lytham Cricket Club, I would like to welcome you and your child(ren) to the club and to the new season and to give you some information about our activities. The club provides opportunities for young people between the ages of 6 and 17 to receive quality coaching and the opportunity to compete in the Palace Shield (U10-U17) and Liverpool & District Cricket (Senior) leagues. To comply with recommended ECB Safety guidelines, a strict coach to number of player's ratio has to be maintained and here at Lytham CC we have a team of dedicated and experienced volunteer coaches to aid the development of your child.

As the season approaches, we are committed to further developing the quality of coaching provided by the club. We do, however, have a shortage of ECB qualified and qualifying coaches and thus, to enable us to continue to provide cricket to as many junior boys and girls, we do need more people to step forward. Lytham CC welcomes and positively encourages parents and guardians to attend all training sessions and matches and highly values their support. We are keen to involve you in all aspects of the Club and, as with any organisation such as this, we can only survive through the efforts of volunteers. This is your club so **please come forward** if you want to offer any assistance, no matter how small. Your help would be most appreciated.

Throughout the year, you will witness the dedication of our coaches, and on behalf of the Lytham CC community, I would like to acknowledge their continued commitment and also take this opportunity to welcome those who have joined the team this year.

In addition to undertaking various ECB Coaching courses, all of our qualified Lytham CC coaches have valid DBS checks, Safeguarding and Protecting Children and First Aid Certification. The Junior Cricket Section also has 3 qualified Child Welfare Officers.

The following information provides details about training times, schedules and travel arrangements, club kit & registration. Please take the time to study it.

Registration evening will be **FRIDAY 31st MARCH (for existing members) and 7th APRIL (for new members)** at the Club from **6.00pm till 8.00pm**.

Registration and Consent Forms should be downloaded from our website www.LythamCricket.co.uk.

Training Sessions will take place on Friday Evenings from **21st April** as follows:

- **Kwik Cricket (U7-U9 years) – 6.00 pm to 7.00 pm**
- **Juniors (U9, U10 & U11) – 6.00 pm to 7.30 pm**
- **Juniors (U12, U13, U14) – 7.00 pm to 8.30 pm**
- **Juniors (U17) – tbc**

The last training night for the year will be held on **Friday 18th August** and Junior Presentation Night will be **Friday 8th September**.



It is your responsibility as parent or guardian (not the club or coaches) to transport your child to and from training and matches. If you are going to be unavoidably late, please contact your squad coach immediately. Lytham CC will only accept responsibility for your child during the times of their coaching sessions and whilst they are on the cricket field. **It is imperative, for safety reasons, that you collect your child from the designated area immediately the session/match ends.**

If your child is selected to play for a senior team at Lytham CC then parents or guardians, must be aware that as a consequence your child will be sharing changing / shower facilities with adult team members and if you or your child are/is uncomfortable with this arrangement or have any concerns, please do not hesitate to discuss this matter with the team captain before the fixture.

For the safety of your child it is important that the club is informed of any medical condition or allergies that may be relevant should your child fall ill or be involved in an accident while at the club (please refer to Consent Form)

Your child **must** wear appropriate personal protective equipment otherwise participation at training and matches may be prohibited. Unlike many local clubs, all costs associated with training and junior matches are included in the membership fee.

Lytham CC club clothing & apparel will be available to buy at registration and at most training sessions. **All those playing in a junior match must wear a Lytham Cricket Club shirt so that we present our teams in a professional manner (school cricket shirts are not acceptable.)**

Here are some key dates for you to record and **support**:

- **Cricket Easter Ball** - 17th March (The Grand, St Annes)
- **Cricket Force (Volunteers)** - 2nd April
- **Junior Registration Nights** - 31st March & 7th April (6-8pm)
- **Dads/Mums v Lads/Lasses** - (TBC)
- **Sportsman's Dinner** - (TBC)
- **Final Training night** - 18th August
- **Junior Presentation night** - 8th September

I am sure that you and your child(ren) will enjoy a great year at Lytham CC. The Junior Committee has worked hard, during the winter, to ensure that we are one of the best prepared clubs in the region and are able to offer the highest standard of cricket education for your child. Here's to a successful, and most importantly, enjoyable 2017 season.

Yours sincerely,

Steve Davies

Steve Davies
Junior Cricket Chairman



BENEFITS OF MEMBERSHIP OF LYTHAM CRICKET CLUB

- We are the only ECB Premier League Club in the region.
- Minimum of 18 Friday night training sessions to provide best cricket education to all (weather permitting).
- Opportunity to play competitive matches for most juniors.
- Use of the outstanding cricket facilities.
- Lytham CC has earned ECB quality accreditation called “Club Mark”.
- Excellent outdoor nets (available at times other than training nights).
- High quality training aids (bowling machines etc).
- Up to Level 2 ECB coaching standard to provide a strong cricket education.
- Safe & caring environment (coach to player ratio).
- Club policy to have juniors play senior cricket (when ready).
- High quality links to District & Lancashire County Cricket.
- Patron Membership of Lytham CC for all parents (full use of club room & bar).
- Vibrant social set up (functions, children v parents matches, etc).



LYTHAM CRICKET CLUB JUNIORS

TERMS OF REFERENCE

AIM: To advance participation and enjoyment of cricket activity without prejudice for young persons of both sexes, in a safe, effective, and child friendly environment.

ORGANISATION: The Junior Committee shall be a subcommittee of the Lytham CC committee, whose officers shall be ex-officio. The Junior leader elected at the Cricket Club AGM shall assume the office of subcommittee chair. Both the Finance and Administration functions will be under the direct control of the respective officers elected at the Club AGM. Whilst in office the Committee has the power to co-opt new committee persons, and the delegated authority to create additional subcommittees to administer specific taskings. Committee meetings will be held on a regular basis. Six committee members including a minimum of two Officers will comprise a quorum. The Chairman of the Committee Meeting will have a casting vote only.

ROLES AND RESPONSIBILITIES: The Roles and Responsibilities are as the Club Committee approved listing and include:

- Age Group Teams (Managers /Selection/Transport/Kit/Scorers/Result submission)
- Coach Development
- Junior Coaching
- Net practice (Winter/Summer)
- County Trials

DUTY OF CARE: Consideration must be given at all times to matters of Health and Safety, plus Child Protection, together with the Laws of Cricket, the Code of Conduct and Spirit of Cricket and regulations applicable to those Competitions in which the players participate.

AMENDMENTS: Any change to these terms of reference will require the approval of the Club committee.



ECB COACHES CODE OF CONDUCT

Coaches/team managers are role models to all their young players; they represent a powerful agent influencing the behaviour of young people, particularly with officials and umpires. Poor attitudes and consequently bad behaviour can emerge if coaches do not appreciate the role they play with young people and the powerful influence they can exert.

Cricket coaches play a crucial role in the development of the game. Good cricket coaches ensure that Individuals In cricket have positive experiences and are therefore more likely to continue in the game and achieve their potential. Good coaching practice is reflected in key principles, namely:

Rights:

Coaches/team managers must respect and champion the rights of every individual to participate in the sport

Relationships:

Coaches/team managers must develop a relationship with players (and others) based on

- Openness
- Honesty
- Mutual trust,
- Respect

Responsibilities-personal standards:

Coaches/team managers must demonstrate proper personal behaviour and conduct at all times.

Responsibilities - professional standards:

To maximise benefits and minimise risks, must attain a high level of competence through appropriate qualification and a commitment to ongoing training that ensures safe and correct practice.



Based on the ECB Coaches Code of Practice document, coaches/team managers:

- Should assist in the creation of an environment where every individual has the opportunity to participate in cricket.
- Should create and maintain an environment free of fear and harassment.
- Should recognise the rights of players both to be treated as Individuals and to confer with other coaches and experts.
- Should promote the concept of a balanced lifestyle supporting the well being of the player both in and out of cricket.
- Must not engage in behaviour that constitutes any form of abuse (physical, sexual, emotional, neglect bullying).
- Should promote the welfare and best interests of their players.
- Must avoid sexual intimacy with players either while coaching them or in the period of time immediately following the end of the coaching relationship.
- Must take action if they have a concern about the behaviour of an adult toward a child.
- Should empower players to be responsible for their own decisions.
- Should clarify the nature of the coaching services being offered to players
- Should communicate and co-operate with other organisations in the best interests of players.
- Must be fair, honest, and considerate to players and others in cricket.
- Should project an image of health, cleanliness, and functional efficiency.
- Must be a positive role model for players at all times.
- Will provide a safe environment that maximises benefits and minimises risks to players in achieving their goal.
- Will promote the execution of safe and correct practice
- Will be professional and accept responsibility for their actions
- Will make a commitment to providing a quality service to their players
- Actively promote the benefits to society of participation in cricket
- Contribute to the development of cricket coaching as a profession by exchanging knowledge and ideas with others.
- Gain ECB coaching qualification appropriate to the level at which they coach cricket.

This reflects "best practice" in coaching across the spectrum of roles and responsibilities. The ECB strongly endorses the SPIRIT as well as the CONTENT of this code to its coaches.



CODE OF CONDUCT – JUNIOR PLAYERS

The essence of good ethical conduct and practice is summarised below. All players must:

- Abide by the League/ECB Disciplinary Code of Conduct
- Respect the skipper and Umpires at all times
- Respect opponents
- Extend courtesy after the match by applauding them off the pitch
- Be punctual for all pre-match meets
- Wear official Lytham CC clothing for all matches
- Help willingly with match day duties as requested by the skipper
- Always remember they are part of a team
- Support fellow teammates on match days both on and off the field
- Represent both themselves and Lytham CC with pride and always set a good example
- Observe / Respect Club Rules and Regulations
- Leave changing rooms as you would wish to find them

The following positive aspects must be adhered to:

- Treat success/failure, victory/defeat with the same good grace and without excessive displays of emotion.
- Respect the ability of your opponents and your team mates (without them there would be no game).
- No arguments or petulance. Show respect for decisions made by match officials, coaches/team managers and their assistants.
- Extend courtesy to the opposition. Shake hands after a game, applaud in the fielding side at the end of your teams Innings whatever the match result.
- Take pride in doing your best. Look for the good things in your play and build on them. Try to recognise the things that let you down and work on the solutions.
- Try to read and understand the Laws of Cricket. Do not bend the rules. Be honest.
- No intimidation, no direct aggression, no verbal abuse, avoid swearing.
- Inform your coach/team manager if you cannot attend training or a match.
- Always aim to be punctual.
- Always ask permission to use the club equipment or that belonging to someone else.
- Understand that I myself am playing (not Mum or Dad) and therefore it is my own responsibility to ensure my kit, equipment and refreshment is fully prepared.

Always Remember:
Good attitudes enhance the game and make it worth playing again and again.
Bad attitudes can destroy it.



CODE OF CONDUCT FOR MEMBERS and GUESTS

All Members and Guests of *LYTHAM CRICKET CLUB* will:

- Respect the rights, dignity and worth of every person within the context of Cricket
- Treat everyone equally and not discriminate on the grounds of age, gender, disability, race, ethnic origin, nationality, colour, parental or marital status, religious belief, class or social background, sexual preference or political belief
- Not condone, or allow to go unchallenged, any form of discrimination if witnessed
- Display high standards of behaviour
- Promote the positive aspects of Cricket e.g. fair play
- Encourage all participants to learn the Laws and rules and play within them, respecting the decisions of match officials
- Actively discourage unfair play, rule violations and arguing with match officials
- Recognise good performance not just match results
- Place the well-being and safety of Young People above the development of performance
- Ensure that activities are appropriate for the age, maturity, experience and ability of the individual
- Respect Young People's opinions when making decisions about their participation in Cricket
- Not smoke, drink or use banned substances whilst actively working with Young People in the Club.
- Not provide Young People with alcohol when they are under the care of the Club
- Follow ECB guidelines set out in the "Safe Hands – Cricket's Policy for Safeguarding Children" and any other relevant guidelines issued
- Report any concerns in relation to a Young Person, following reporting procedures laid down by the ECB
- In addition to the above, all Club Officers and Appointed Volunteers will:
 - Hold relevant qualifications and be covered by appropriate insurance
 - Always work in an open environment (i.e. avoid private or unobserved situations and encourage an open environment)
 - Inform Players and Parents of the requirements of Cricket
 - Know and understand the ECB's 'Safe Hands – Cricket's Policy for Safeguarding Children'



EQUALITY POLICY STATEMENT

This club is committed to ensuring that equity is incorporated across all aspects of its development. In doing so, it acknowledges and adopts the following Sport England definition of sports equity:

Sports equity is about fairness in sport, equality of access, recognising inequalities and taking steps to address them. It is about changing the culture and structure of sport to ensure it becomes equally accessible to everyone in society.

The club respects the rights, dignity and worth of every person and will treat everyone equally within the context of their sport, regardless of age, ability, gender, race, ethnicity, religious belief, sexuality or social/economic status.

The club is committed to everyone having the right to enjoy their sport in an environment free from threat of intimidation, harassment and abuse.

All club members have a responsibility to oppose discriminatory behaviour and promote equality of opportunity.

The club will deal with any incidence of discriminatory behaviour seriously according to club disciplinary procedures.



CRICKET POLICY FOR SAFEGUARDING CHILDREN

VERY IMPORTANT MESSAGE; It is incumbent upon every Coach/Team Manager/Volunteer who is involved to be aware of his or her responsibilities toward Child Protection. Any suspicion of child abuse or mistreatment in any form must be brought to the attention of the Designated Club Welfare Officer and logged immediately.

Club Welfare Officers

The following persons have undergone child protection training as recognised by the Child Protection for Sport Unit and are the designated Club Welfare Officers:-

Sarah Barraclough (CWO) – 01253 789764
Sarika Passi (Dep. CWO) - 01253 734797
Peter Charlesworth (Dep. CWO) – 01772 631110

Lytham Cricket Club acknowledges, and accepts, as a primary responsibility, the well-being and safety of those children and young persons involved with the cricket club in whatever capacity (e.g. senior team, junior team, practices, scoring, fund raising etc.). The Cricket Club does so in the belief that placing young persons welfare at the centre of its concerns provides a solid foundation for the development of these members and for effective Child Protection practice.

Introduction

This policy is based on the guidelines set down in the ECB document 'SAFE HANDS – Cricket's Policy for Safeguarding Children' (2007)

The Management Committee of Lytham Cricket Club fully endorses the contents of this document, and will ensure that any allegations or suspicions relating to young people will be dealt with swiftly and appropriately

All young people at Lytham Cricket Club, regardless of age, gender, race, religion, sexual orientation, ability or disability have the right to:

- Be protected, and
- Enjoy their cricket in a safe environment

Adults working for Lytham cricket Club will:

- Adhere to the standards set out in this document
- Provide a safe and positive and fun cricketing experience for young people
- Be educated in the best practice when working with young people
- Be familiar with this document and have access to the ECB Welfare of Young cricket Policy via Lytham Cricket Club Welfare Officers



Lytham Cricket Club Good Practice

- ensuring that cricket is fun, enjoyable and fair play is promoted
- treating all children equally, with respect and dignity
- being an excellent role model – this includes not smoking or drinking alcohol whilst coaching
- always putting the welfare of children first, before winning or achieving goals by
- encouraging a constructive environment where healthy competition, skill development, fun and achievement are promoted in equal measures
- always working in an open environment (e.g. avoiding being alone with a child, and encouraging open communication with no secrets)
- building balanced relationships based on trust which enable children to take part in the decision-making process
- in line with Home Office guidelines, if you are in a position of trust and authority, not having sexual relationships with 16-17 year olds in your care
- not tolerating acts of aggression
- recognising the needs and abilities of children, avoiding too much training or competition and not pushing them against their will
- giving positive and constructive feedback rather than negative criticism
- working to the ECB guidance on physical contact, where children are always consulted and their agreement gained before any contact
- keeping up-to-date with technical skills, qualifications and insurance in sport
- ensuring that if mixed sex teams are taken away, they are always accompanied by a male and female member of staff
- while on tour, you do not enter a child's room or invite them into your room – except in an emergency i.e. when very unwell
- finding out if any children you are coaching have medical conditions that could be aggravated whilst playing or training
- keeping a written record any time a child is injured in your care, along with the details of any treatment provided
- promoting good sportsmanship by encouraging children to be considerate of other athletes, officials and club volunteers and by being modest in victory and gracious in defeat
- helping the ECB to work toward eradicating harassment and abuse of children from cricket.

Poor practice means you must never:

- spend excessive amounts of time alone with children away from others
- take or drop off a child at an event
- take children to your home or transport them by car, where they will be alone with you
- engage in rough, physical or sexually provocative games
- share a room with a child
- allow or engage in any form of inappropriate touching or physical abuse



- take part in or tolerate behaviour that frightens, embarrasses or demoralises a cricketer or that affects their self esteem
- allow children to use inappropriate language unchallenged
- make sexually suggestive comments to a child, even in fun
- make a child cry as a form of control
- allow allegations made by a child to go unchallenged, unrecorded or ignored
- do things of a personal nature for children or vulnerable adults that they can do for themselves
- shower with a child.
- Transport young people in your car alone
- Transport young people if you are not insured, your car has no valid MOT or you are disqualified from driving (see Exclusion Section)

Any of these can leave you open to allegations.

ECB Welfare Incident Form

This is part of the 'SAFE HANDS- Cricket's Policy for Safeguarding Children' document and therefore can be obtained via the Welfare Officers and must be completed if any of the Best or Poor Practice Guidelines are breached

Photography or Use of Video

Parents' permission should be sought before young peoples pictures are put on a web-site. Video analysis plays a big part in the coaching of a young cricketer. However, parents' permission should be sought before taking video footage and the footage should be stored. Full guidelines on the use of photography are in the 'SAFE HANDS- Cricket's Policy for Safeguarding Children'..

Changing Facilities

Children under the age of 10 changing in rooms should be supervised at all times by staff of the same gender as the players. If young people do not wish to shower they should be put under no pressure to do so. Encourage them to do so at home.

Guidance for Parents

Parents should be made aware that:

- Lytham Cricket Club encourages coaching staff to be appropriately qualified and aware of all child protection issues
- Lytham Cricket Club encourages parents to get involved with the Club.
- If a parent / carer is late, the Club will:
 - ◇ Attempt to make contact with the parent / carer
 - ◇ Wait with the young person (preferably accompanied by other adults)
 - ◇ Not send a child home with another person without prior permission
 - ◇ Remind parents / carers re late collection
 - ◇ As a last resort, inform social services or the police



Use of Alcohol or Illegal Substances

Young people will not be allowed to drink alcohol, smoke or take illegal substances at Lytham Cricket Club.

Adults should not drink alcohol, smoke or take illegal substances while in charge of young people.

Indications of Abuse

Through training, Lytham Cricket Club coaches will be able to recognise situations where children may have been abused, and guidelines exist to help them assist the young person in an appropriate manner and are set out in full in the 'SAFE HANDS- Cricket's Policy for Safeguarding Children'.

Bullying and Harassment

Through training, Lytham Cricket Club coaches will be able to recognise situations where this may be occurring and is obviously at odds with our policy of providing an environment where young people can enjoy cricket.

Recruitment

Lytham Cricket Club asks all staff to declare their suitability for working via an internal form in accordance with the 'SAFE HANDS- Cricket's Policy for Safeguarding Children'.

Transport Policy

Parents / Guardians accept full responsibility for transportation of the young person to and from away games. In the event that he/she is selected to play for a senior team of Lytham Cricket Club, consent is given for him/her being taken to away fixtures with adult members for the 2015 season. Details of fixtures appear on the club website.

Visibility

Lytham Cricket Club will ensure that all members and parents within the Club are aware of this document and the obligations that go with it.

Exclusions

The following section deals with areas within the 'SAFE HANDS- Cricket's Policy for Safeguarding Children' that Lytham Cricket Club does not have the administrative resource to support.

- The ECB recommends that all drivers who transport young children on behalf of the Club complete a form providing details of the vehicle and driver, eg MOT and insurance. Whilst we support this in principle, we cannot take on this role.
- If under16s are selected to play for senior teams they may well have to share changing and showering facilities with adult members. As a blanket communication, Lytham Cricket Club will ensure that parents are aware of this and the fact that adults are aware of appropriate behaviour in such circumstances.
- The ECB has a recruitment policy and "Self-Declaration" form that has an administrative overhead that Lytham Cricket Club simply cannot meet. Lytham cricket Club will be grateful for any volunteers who come forward and will take measures and allocate funds to



ensure that these volunteers are well-trained in the Welfare of Young People. We will nevertheless endeavour to encourage all adult playing members of Lytham Cricket Club to sign a self declaration form. For the avoidance of doubt this does not apply to adult members of other sports and social sections of Lytham Cricket and Sports Club.

All involved with the juniors must make themselves aware of the sanctions operated by the Cricket Club and those with delegated responsibility for imposing sanctions.

Appendix 1 shows the "Procedure Misconduct and Breach of the Rules."

Appendix 2 shows the "Procedure for a Missing Junior Member"

Appendix 3 shows the "Complaints Procedure"

This policy document has been designed to assist everyone at the Cricket Club, to enable participation of our young players in a safe, effective, child friendly environment.



Emergency Contact Telephone Numbers

In the event of an incident occurring that requires immediate attention by the team manager, coach, or first aider, the primary consideration is for the safety of the young players. Requirements to ensure and maintain the safety of the junior members must be ascertained and actions undertaken in a clear and calm manner. A list of emergency telephone numbers are given below, should the need arise to make urgent contact.

The following persons can be contacted in this regard:

Surname	First Name	Team	Home Telephone Number	Mobile Telephone Number	email
Davies	Sam	Fixtures		07941 603236	lythamccjuniors@gmail.com
Hackett	Len	Chairman	01253 353500		LDHackett@hotmail.co.uk
McIntyre	Craig	Kwiks	01253 733265	07919 008269	Craig_Kato@hotmail.com
Legge	Peter	U9		07713 561403	petelegge@googlemail.com
Hodgkinson	Mark	U10		07778 016903	mark@lythamcricket.co.uk
Pickbourn	Bill	U11	01772 681822	07739 084110	pickbourn@yahoo.co.uk
McKnight	Elliot	U12		07794 966536	u11sacricquet@gmail.com
Davies	Steve	U13	01253 736288	07941 603236	lythamccjuniors@gmail.com
Woodman	Anthony	U13		07912 684830	anthonywoodman22@btinternet.com
Gregson	Dan	U13		07545 445188	Dan.gregson@btopenworld.com
Nichol	John	U14		07747 772564	john.nichol@bowkermotorrad.com
Wood	Richard	U17	01253 732818	07799 036188	r.g.wood@lineone.net
Yates	Dan	U17	01253 738599	07892 761132	yatesy_08@hotmail.com

For further information please contact Steve Davies (Junior Section Chairman) – 0794 160 3236



Junior Administration		
Junior Chairman/Co-ordinator Steve Davies 01253 736288	Club Secretary Susan Chiekrie 01253 795404	Lytham Cricket and Sports Club 01253 734137
External Agencies		
Lancashire CC Welfare Officer William Slinger 01706 223049 www.ref@hotmail.co.uk	Bonny Street Police Station 01253 293933	Crimestoppers 0800 555111
Social Services		
Fylde and Wyre Residents Initial Assessment Team Social Services 29 Station Road Kirkham PR4 2HA 01772 685318 0845 602 1043 (out of hours)	Blackpool Residents Initial Reception Team Social Services South King Street Blackpool FY1 4TR 01253 477668 01253 477600 (out of hours)	



ADVICE ON DIET, EXERCISE AND LIFESTYLE

The following information is in the form of general recommendation for an average active young person who cares about his/her health and fitness.

If any member suffers from any health or eating disorder or is under medical supervision or taking medication, check with your doctor first. If in doubt, seek medical advice before adopting any of the recommendations.

1. Do not smoke.
2. Exercise regularly.
 - A period of at least 20 minutes vigorous exercise, three times per week is a good guide. e.g. running, cycling, swimming etc.
3. Eat sensibly.
 - Cut down on fatty and fried foods.
 - Cut down on convenience foods such as burgers, pizzas, crisps, kebabs, KFC etc.
 - Increase consumption of fresh fruit and vegetables. Try to eat five portions of varied fruit and vegetables per day.
 - Consume a varied range of starchy foods/carbohydrates when exercising regularly. eg potatoes, rice, pasta, wholemeal bread, bananas etc
 - Eat a wide variety of proteins. e.g. eggs, fish, meat, poultry, beans etc.
 - Try to eat one portion of oily fish per week. e.g. mackerel, salmon, sardines, fresh tuna etc. (Remember, cheaper cuts of meat and fish are just as nutritious as more expensive cuts)
 - Cut down on dead foods such as biscuits, cakes and processed foods.
 - Try to eat three regular meals per day. Cut out snacks or replace with fresh fruit.
 - Remember, breakfast is important and a good start to the day. Try fruit, toast, eggs, cereal etc.
 - Moderate intake of salt and sugar.

Like sport, diet is about balance, timing and discipline. Feeling good about your diet helps you feel good about your body and good about life.



SUBSCRIPTIONS / CLUB MEMBERSHIP 2017

The Club requires one copy of the child's birth certificate (for first time registration)

	<u>Type of Subscription</u>	<u>Amount</u>
Kwiks		
	• Kwik Cricket Subscription (school years 2, 3, 4) one child (including Patron Membership*)	£80
	• Kwik Cricket Subscription (school years 2, 3, 4) two children (including Patron Membership*)	£140
Juniors		
	• Junior Subscription (school years 5 to 12) for one child (including Patron Membership*)	£100
	• Junior Subscription (school years 5 to 12) for two children (including Patron Membership*)	£175
	• Junior Subscription (school years 5 to 12) for three children (including Patron Membership*)	£245
Mix of Kwiks and Juniors		
	• 1 Kwik and 1 Junior Subscription - two children (including Patron Membership*)	£165
	• 2 Kwiks and 1 Junior Subscription for three children (including Patron Membership*)	£ 215
	• 2 Juniors and 1 Kwik for three children (including Patron Membership*)	£ 230

**Patron Membership of the Cricket Club entitles parents to use the facilities of the Lytham Cricket and Sports Club (excludes tennis courts). Lytham Cricket and Sports Club of which the cricket is part, is a private members club accordingly without membership use of / drinking in the bar is not permitted.*

Match Fees for Senior Games

To play cricket incurs a surcharge

- Match fees for Juniors (U18 on 1st April 2017), Students, Unemployed, Senior Citizens playing in senior league matches are no more than £8 in the Liverpool and District Cricket Competition

Cheques made payable to: - Lytham Cricket Club



APPENDIX 1 – TO CRICKET POLICY FOR SAFEGUARDING CHILDREN

Procedure For Recording Instances Of Misconduct And Of Breaching The Rules

In the first instance the misconduct/breach of rule would be addressed between the coach/team manager and the person(s) concerned to achieve an agreed solution.

Should this agreed solution not be possible then the parent/guardian/carer will be involved in discussion to achieve an equitable solution.

In the event these verbal communications cannot achieve a positive response, then a formal record will be made (as per attached form) and passed to the club disciplinary subcommittee for action.

In all disciplinary matters there will be a right of appeal to the Club appeals subcommittee, whose decision will be final without prejudice.

Should criminal activity be suspected, it is the policy of Lytham CC to always contact the relevant authority.

Information on Matches and Coaching Sessions

It is the responsibility of the junior member, during inclement weather, to ascertain if the match or training session has not been postponed.

The following persons can be contacted in this regard:

Kwiks Coach
U9 Coach/Team Managers
U10 Coach/Team Managers
U11 Coach/Team Managers
U12 Coach/Team Managers
U13 Coach/Team Managers
U14 Coach/Team Managers
U15 Coach/Team Managers
U17 Coach/Team Managers
Club Secretary



Form For Recording Instances Of Misconduct And Of Breaching The Rules

Reference number.....

Published Rules and Codes of Conduct govern Lytham Cricket Club.

An instance has occurred whereby these were transgressed, sufficiently to warrant this recording.

The Occurrence of the Breach of Rule/Code of Conduct

Reported by.....Date.....

Person(s) involved in the Breach of Rule/Code of Conduct

Signed.....Date.....

Action either to be taken or taken

Signed.....Date.....



APPENDIX 2 – TO CRICKET POLICY FOR SAFEGUARDING CHILDREN

Missing Junior Member

The Cricket Club membership form addresses the issue of parent/guardian/carer responsibility for collection of their child after each club event.

However, if a Junior Member is identified as missing the first action is to inform the local police immediately.

The Police will require:

- Your name and position within the Club
- Your location and telephone number
- Who is the missing junior member
- When the junior member was reported missing and by whom
- When the missing junior member was last seen
- Where the missing junior member was last seen
- The time the missing junior member was last seen
- An officer should then be allocated to visit the scene

In the meantime some useful information can be collated, such as:

- The missing person's full name, date of birth, and address
- A parent/guardian/carer contact name and telephone number
- Who last spoke to the missing person
- What exactly was said
- Any other relevant information
- The Police will then address the situation

It is equally important that an Officer of the club is briefed as soon as possible and a record made for the club reference files.



APPENDIX 3 – TO CRICKET POLICY FOR SAFEGUARDING CHILDREN

Complaints Procedure

Complaints on any subject concerning the Junior cricket section and duly addressed under the following process, if not settled verbally by mutual agreement shall be logged (as per the attached form).

1. Complaint brought to attention of Coach or team Manager or volunteer

Complaint Resolved Yes END of MATTER

No

2. Complaint brought to attention of Junior Chairman

Complaint Resolved Yes END of MATTER

No

3. Complaint formally recorded and logged (Copies held by both parties)

4. Investigation and decision by the Club disciplinary subcommittee

Acceptable decision Yes END of MATTER

No

Investigation and final decision by the Club Appeals subcommittee



Formal Complaints Document

If you have brought a complaint to the Junior Coach/Team Manager/Volunteer and not received an acceptable response you may then verbally report your concern to the Junior Chairman. If the response is still not acceptable then you should ask for the complaint to be formally documented and investigated by the disciplinary sub-committee using this form.

Name.....Parent/Carer/Guardian of.....
Address.....Tel.....
Post Code.....Date.....(Office use) Complaint No.....

Please fully document the subject of the Complaint
Signed by Complainant.....Date.....
Signed on behalf of Club.....Date.....

Results of Investigation carried out by.....Date.....

Any recommendations to be made

Final actions
Authorised by.....Date.....
Actioned by.....Date.....

The above has been explained to me by the Junior Chairman
Signature of Original Complainant.....Date.....