



# Dulwich Cricket Club

*The Premier Cricket Club in South London*

## Bowling Machine Policy

It is compulsory that all Club Coaches, Bowling Machine Operators, Batters and spectators read and comply with these health and safety guidelines.

- The Bowling Machine must normally only be used in the fixed cricket nets.
- The Bowling Machine must only be operated by Adult Playing Members of the Club (ie over age 18).
- Use of the Bowling Machine must be under the supervision of official Club Coaches who are over age 18 and hold an ECB level 2 or higher coaching qualification. They will offer instruction on the safe use of the Bowling Machine. There must be no unsupervised use of the Bowling Machine.
- The Bowling Machine is for use by Playing Members of the Club only and must not be used, either as an Operator or Batter, by anyone who is not a Playing Member of the Club.
- All Operators of the Bowling Machine are advised to wear helmets, face guards, leg and chest pads. The Operator should constantly be aware of the possibility of the ball being hit straight back at him/her.
- All Batters must face the Bowling Machine protected in the same way as they would be for participating in a competitive match. Therefore, they should be wearing a minimum of batting gloves, leg pads and for male Batters a cricket box.
- It is strongly recommended that all Batters wear a cricket helmet with a face guard when practicing with the Bowling Machine.
- It is compulsory for all Batters under the age of 18 to wear a cricket helmet with a face guard in addition to the requirements of batting gloves, leg pads and for male Batters a cricket box when practicing with the Bowling Machine.
- Non-participants, whether players waiting to bat or bowl or spectators, are not allowed in the net and must ensure they are situated where they cannot be hit by a Batter striking the ball and must remain vigilant at all times.

### ALL BOWLING MACHINE OPERATORS AND BATTERS MUST THINK ABOUT SAFETY AT ALL TIMES

- Although the Bowling Machine must normally only be used in the fixed cricket nets, an official Club Coach who is over age 18 and holds an ECB level 2 or higher coaching qualification may use the Bowling Machine outside of the nets under his/her direct supervision in a safe environment.
- If the intention is to practice short-pitched deliveries it is recommended that Batters should protect themselves with forearm guards and chest and thigh pads.
- The Bowling Machine must be set up on short legs for all Batters under the age of 12 regardless of how tall they may be. This is because the bounce created by the Bowling Machine on its full-length legs will be unrealistic and unexpected by junior players. Also, remember that lengths will need to be shorter with the short legs to achieve the same bounce.
- Coaches and Bowling Machine Operators should always familiarise themselves with the conditions before delivering any balls to a Batter. Outdoor artificial wickets can change in different conditions, eg after a shower of rain or in very hot sun.



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- All adjustments to the speed and length of delivery must be made with the knowledge of the Batter. There is a tendency for inexperienced Bowling Machine operators to increase the speed of deliveries to 'surprise' or 'test' the Batter. It should be noted that a 5 mph increase in speed could result in a two-foot change in the length of the delivery.
- It is recommended that Coaches keep a chart and fully understand each Batter's capabilities. This will enable him/her to know the speed and length that each batter can comfortably practice attacking and defensive shots off both the front and back foot.
- There is a tendency for the Bowling Machine to be set to one speed and used at that speed for all the Batters taking part in the session. However, a good Coach finds out each individual Batter's capabilities and limitations and uses the relevant, playable speeds.
- In all drills that require two Batters to be in the net during a session with the Bowling Machine (usually fitness or match situation sessions) the non-striker must be alert to the ball and properly attired.
- Bowling Machine Operators and Coaches should be aware of the type and condition of balls that they are using. Bowling practice balls should be of similar age and in good condition (without the dimples worn away) to ensure an accurate repetition of each delivery. It should be noted that cricket balls will leave the Bowling Machine a little quicker than practice balls.
- When coaching shot-making against short-pitched deliveries, always begin the session using BOLA HiViz balls. These are softer than standard balls and will bounce higher and leave the pitch slightly slower.

Policy approved by Dulwich Cricket Club Executive Committee on 1 May 2024