

Tarleton CC Ball Thrower

Cricket Ball Throwers:

Cricket ball throwers (known colloquially as 'dog sticks') can deliver the ball at very high speeds and require a significant amount of skill to use effectively and safely. Although designed to deliver a ball that bounces, mistakes or accidents can occur that result in non-bouncing deliveries (known as 'beamers'). When a ball bounces, its speed reduces. Therefore, if the ball strikes a batter without bouncing this is likely to be at a higher speed than the batter is expecting. As such, the incorrect use of ball throwers can put players at significant risk of being struck by a fast-moving ball. It is strongly advised that the following guidelines are followed when individuals of any age are involved in practise or training where a ball thrower is being used:

Any person who is operating a ball thrower should be suitably experienced, competent and familiar with their safe operation.

No person under the age of 18 should operate a ball thrower.

Adults should familiarise themselves with the ECB's icoachcricket resources on how to use a ball thrower prior to using a ball thrower in a session.

These can be found here. <https://icoachcricket.ecb.co.uk/login>

A full risk assessment should be undertaken before using a ball thrower in practice.

Risk assessments should consider at a minimum the following factors:

- competency of the thrower;
- competency of the batter;
- the use of PPE to mitigate risk of serious injury; and
- condition of the equipment used.

Players aged under 18 must always wear a helmet (with a faceguard or grille) when batting against a ball thrower, and they are strongly advised to wear neck protectors at the same time. Any such player whose sex is male (regardless of gender) must also wear a groin protector.

Players aged 18+ are strongly recommended to wear a helmet (with a faceguard or grille) with neck protectors when batting against a ball thrower. Any such player whose sex is male (regardless of gender) is also recommended to wear a groin protector.

Batters should be confident facing comparable deliveries from a live bowler before balls are delivered via a ball thrower.

Ball throwers should always be used to throw from the full length of a pitch when using a hard ball.

Practice deliveries (without a batter in position) should always be thrown at the start of a session to gauge the direction and pace generated by the ball thrower.

