

CRICKET + WASH PLAYBOOK



“खेल्दै सकिँ, फि रहौ!”

Let's learn through play and stay clean!





This playbook has been created as part of *Cricket Unites* - a global cricket initiative that uses the power of sport to create positive change in communities.

www.cricketunites.com

The Cricket + WASH playbook is a collaboration between:

Cricket Without Boundaries (CWB)
Welthungerhilfe (WHH)
Sabal Nepal
MCC Foundation



Developed in partnership with coaches, young people, and community leaders in Madhesh Province, Nepal. With thanks to the Cricket Changemakers, schools, coaches, and players who contributed ideas, stories, and games.

About WASH

WASH stands for Water, Sanitation, and Hygiene

These are basic human rights, and are essential for health, education, and dignity.

WASH means:

- Having safe water to drink and wash with.
- Having safe, clean toilets that everyone can use with privacy.
- Practicing good hygiene, including menstrual hygiene, like handwashing with soap and safe disposal of pads.

When schools, homes, and communities have regular WASH practices:

- Children get sick less often.
- Girls are more likely to stay in school, especially during their periods.
- Vulnerable groups like pregnant women, lactating mothers, elderly people and persons with disabilities are healthier.

Many schools and communities still face barriers like broken toilets, no access to clean water, no soap, or shame around periods.

This playbook helps coaches and young people become leaders and WASH Champions through the power of sport.

You do not have to be an expert on cricket or WASH to use this playbook.

All the information you will need is provided in this playbook.



Water
Clean drinking water prevents diarrhoea, dehydration, and missed school.

Sanitation
Safe, private, clean toilets protect dignity and reduce disease.

Hygiene
Handwashing with soap (especially after toilet and before eating) stops the spread of germs.



When WASH is poor:

- Children miss school because of illness.
- Girls stay home during their periods.
- Teams can't train or perform well.

Your Role in WASH:

1. Role model handwashing and hygiene.
2. Encourage open conversation about periods.
3. Support players to ask for water and toilet access.



About Cricket + WASH

This playbook combines the power of cricket, one of the most popular sports in the world, with the importance of WASH.

Cricket + WASH helps players:

- Learn about water, toilets, adopting good hygiene behaviours, and health through fun and active games.
- Practice speaking up, working together, and solving problems.
- Become role models in their schools and communities.



Why use sport?

- Sport is visible - others notice how players act.
- Sport builds teams - players support and learn from each other.
- Sport builds confidence - and confidence leads to action.

As a coach or facilitator, your role is to make sessions:

- Fun
- Safe
- Inclusive
- A space where people learn

Learning happens when young people think and discuss different ideas, so you should aim to make sure your sessions are interactive and give young people a chance to share their ideas and perspectives.

How This Playbook Works

This playbook contains 6 themed sessions. The session themes are:

No.	Theme	Focus	Pages
1	Water is Life	Protecting drinking water from contamination	7-9
2	My Toilet, My Health	Safe, clean, and private toilets for all, and regular use of toilets	10-13
3	Handwashing is Power!	When and how to wash hands properly	14-16
4	Periods and Pride	Safe menstrual hygiene and ending stigma	17-20
5	WASH is Everyone's Responsibility	Shared responsibility for clean spaces, and to keep toilets clean, safe, and working.	21-23
6	WASH is Our Right	Knowing your rights and leading change	24-27

Each session includes:

- A focus on one WASH topic.
- Cricket-based warm-ups, games, and cool-downs.
- Clear guidance for preparing, leading, and discussing WASH in sessions.
- Reflection questions and a call to action.

Each session follows this format:

Section	What You'll Find
Prepare Beforehand	Everything you need to set up: equipment and materials.
Key WASH Content	What players need to know: with talking points and examples.
Cricket Games	Activities adapted to include WASH learning.
Discussion Prompts	Questions to encourage players to think and speak up.
Quiz Activity	A fun recap to reinforce learning.
Call to Action	How players can apply what they've learned and be WASH leaders.
Handwashing Close	Every session ends with hand cleaning to reinforce positive hygiene behaviours.

A Note on Materials, Printing & Preparation

This playbook is accompanied by “flashcards” which use clear and simple language with pictorial illustrations to help players learn - you should photocopy and laminate these in advance of the sessions as they are used to help share key WASH information. Cut along the dotted line where relevant.



Go to the Appendix (page 28) for the flashcard materials.

Session	Cards Needed	Page
All Sessions	YES / NO / NOT SURE	29
Session 1: Water is Life	WATER TREATMENT TASKS	30-31
Session 2: My Toilet, My Health	SAFE / CLEAN / PRIVATE	32
Session 3: Handwashing is Power!	HANDWASHING GUIDE	33
Session 4: Periods and Pride	SAFE / UNSAFE DISPOSAL	34-35
Session 5: WASH is Everyone's Responsibility	N/A	-
Session 6: WASH is Our Right	WASH BARRIERS	36-38

Coaches & Facilitators: You Are Role Models

All resources use simple, user-friendly, low-cost equipment (cones, bats, tennis balls, markers). Don't be afraid to adapt activities to your space, group size, or available materials.

Young people look up to coaches and senior players. Everything you do, how you talk, listen, wash your hands, and treat others, sets an example.

So, remember:

- Be kind and inclusive
- Listen actively to your players
- Create a safe space for learning
- Model good hygiene behaviours at all times



Session Planning for Cricket + WASH Coaches

Good session planning helps you create sessions that are fun, active, inclusive, and meaningful, while making sure key WASH messages are clearly understood. This playbook is designed to support you step by step, but remember: you are encouraged to adapt sessions to suit your group, space, and time available.

Session Length and Structure

Each Cricket + WASH session is designed to last approximately 45 minutes. If you have more than 45 minutes, sessions can easily be extended. You can do this by:

- Playing the main game for longer
- Repeating the game with new rules or challenges
- Adding an extra cricket game.
- Allowing more time for discussion and questions

If time is short, focus on one strong game and a short discussion, making sure the key WASH message is still clear.

Preparing in Advance

Before each session:

- Read through the session plan and key WASH content
- Prepare and check equipment
- Have flashcards and quiz materials ready
- Ensure soap and water are available for handwashing

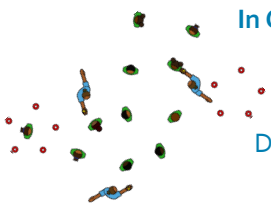
Being prepared helps sessions run smoothly and keeps players engaged.

Adapting to Your Group

Every group is different. You may need to adapt:

- Group sizes
- Pitch or space available
- Skill level and age of players
- Language and examples used in discussions

The most important thing is that players are active, feel safe, and understand the WASH message.

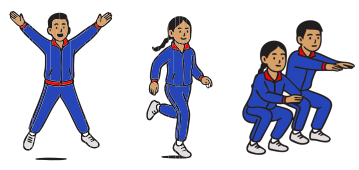


In Cricket + WASH sessions, players:

- Dodge germs in tag games 🦠
- Bowl down WASH barriers 🎯
- Decide when to wash their hands 🧼
- And lots more!

As a coach, your job is to:

1. Set up the game ✓
2. Keep it fun and fair ✓
3. Ask great questions ✓
4. Help players connect the game to real life ✓



Session 1: Water is Life

"Protect Water, Protect Health"

Session Purpose:

To help players learn:

- Why clean drinking water is essential for good health.
- What can contaminate water (dirty containers, open storage, germs).
- How to treat water (boiling, filtering, chlorination).
- The importance of safe storage and using clean containers.

Prepare Beforehand

Task	Notes
Print or Write	Water Treatment Task Card YES / NO / NOT SURE Answers for closing activity.
Equipment	16 cones, 6-12 tennis balls, 1 bats, 2 stumps.
Handwashing Setup	Soap, water, clean bucket and mug ready for session start and end.

Lesson Overview

Activity	Time	Message
Group Handwashing	5 minutes	Sportspeople are role models for WASH
Water Rapids	30 minutes	Water should be tested and contaminated water should be treated
Summary Quiz	5 minutes	Review lesson content
Group Handwashing	5 minutes	Sportspeople are role models for WASH

Group Handwashing - Opening the Session:

Role model handwashing at the start of the session. Remind players:

"Everyone needs clean, safe water to stay strong and healthy. As athletes we need to drink enough water to stay hydrated and perform."

Encourage discussion about local water practices:

- Where do players get drinking water at school/home?
- How is it stored? Treated?
- Do they always have clean and safe drinking water available?
- What happens when people drink contaminated water?

Session 1: Water is Life

"Protect Water, Protect Health"

Water Rapids

Time: 30 minutes

Equipment:

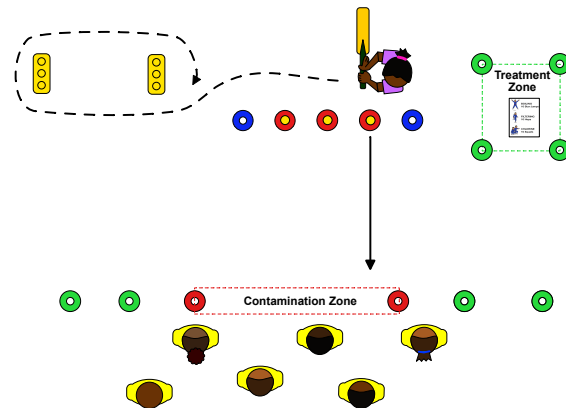
2 stump sets, 1 bat, 3 labelled balls, 3 labelled cones, 12 other cones.

Rules:

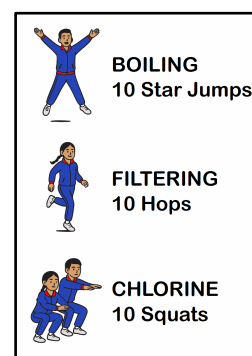
- Divide the group into two teams.
- The batter hits the three balls off the cones towards the fielders, then starts to run around the stumps.
- The fielders cannot cross the safety line until the last ball has been hit.
- Fielders must then collect the balls and place them on the cones.
- The batter scores runs while fielders are working together to return the balls.
- The batter stops running when the balls are returned.
- The number of times they have run around the stumps is added to the team score.
- Every batter in the team bats, then the teams switch.
- The team with the most runs is the winner!

Treating Contaminated Water

- If the ball is hit through the contamination zone (marked in a different colour) it must be treated before it is returned!
- Run with the balls to the "Treatment Zone" which contains the Water Treatment Task Card.
- Complete one of the water treatment tasks and then return the ball to the cone.



- Use different coloured cones to mark out the "contamination zone".
- Have the Water Treatment Task Card ready in a "Treatment Zone" - players will have to run to the zone and complete a task before returning contaminated balls, so make sure it is positioned somewhere safely away from the stumps and return cones.



Facilitator Talking Points:

- Use the information on the back of the Water Treatment Task Card to explain what the three methods of water treatment are and how they work.

Session 1: Water is Life

"Protect Water, Protect Health"

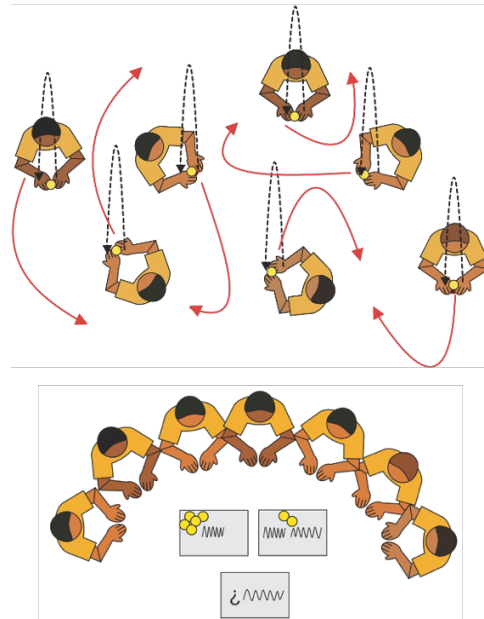
Summary Quiz

Players throw and catch on their own, in pairs, or in a group - using as many balls as you have.

While they play, place answer cards on the ground: "Yes", "No", "Not Sure".

When you shout "Question!", players gather around the cards. Read the question from the list below out loud, then tell them to place their tennis ball on their answer.

Discuss the answer together so everyone knows the correct one before moving on.



Question	Answer	Message
Should water be covered after boiling to keep it clean?	Yes	Protects water from dust and germs.
Is it safe to use dirty containers for drinking water?	No	Germs can get into water.
Can boiling, filtering, or adding chlorine make water safe?	Yes	Treating water kills germs.
Is safe drinking water important to prevent sickness?	Yes	Prevents diarrhoea, cholera, typhoid.
Should water be covered after boiling to keep it clean?	Yes	Protects water from dust and germs.

Group Handwashing - Closing the Session:

All players wash hands together with soap and clean water, following the critical steps of handwashing. Ask:

- Where do YOU get your drinking water from?
- What can YOU do to make sure it is safe?
- How will you teach others to protect water?

The coach explains:

"Drinking water keeps athletes hydrated and able to perform – let's make sure that water is safe!"

Session 2: My Toilet, My Health

"Clean Toilets, Healthy Teams!"

Session Purpose:

To help players learn:

- Why using a toilet is essential for health and dignity.
- What happens when people go to the toilet in the open.
- What makes a toilet safe, clean, and private.
- How we all share responsibility for clean toilets at school and home.

Prepare Beforehand

Task	Notes
Write on Balls	Write "Diarrhoea", "Typhoid", "Cholera" on 3 balls (for Toilet Tag)
Print or Write	SAFE CLEAN and PRIVATE flashcards x2 YES / NO / NOT SURE Answers for closing activity.
Equipment	20 cones, 6+ balls, 2 stumps.
Handwashing Setup	Soap, water, clean bucket and mug ready for session start and end.

Lesson Overview

Activity	Time	Message
Group Handwashing	5 minutes	Sportspeople are role models for WASH
Toilet Tag	10 minutes	Toilet use prevents spread of disease
Target Bowling	20 minutes	Toilets should be clean, safe and private
Summary Quiz	5 minutes	Review lesson content
Group Handwashing	5 minutes	Sportspeople are role models for WASH

Group Handwashing - Opening the Session:

Role model handwashing at the start of the session.

- Reinforce that sport is visible: *"You are leaders — people will copy you!"*
- Emphasise that *everyone* needs a clean toilet - girls, boys, teachers, families, elderly people, people with disability.
- Remind them: *"It is never just the job of girls or cleaners to clean the toilet!"*

Session 2: My Toilet, My Health

"Clean Toilets, Healthy Teams!"

Toilet Tag

Time: 10 minutes

Equipment:

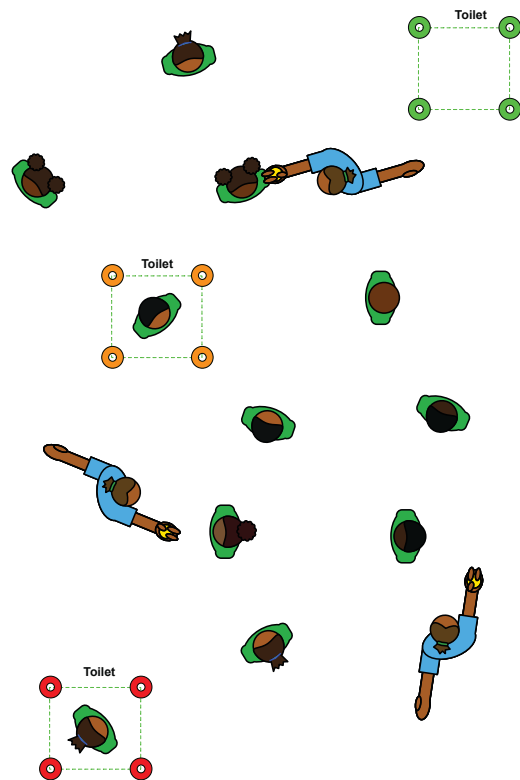
3 labelled balls, 10-12 cones

Rules:

- Choose 3 Germs (taggers) to start. Give them balls labelled with diseases.
- Players start in a group at least 10 meters away from the toilets.
- Players run to avoid being tagged. Their aim is to get into the toilet zone where they will be safe.
- Germs can tag a player *only* by touching them with a labelled ball.
- Once tagged, a player freezes and calls out the disease they were caught with.
- Change the players who are being the "germs" once all the players have either been tagged or are safely in the toilet zone.
- Only one person can be in a toilet at any time. They cannot stay in the toilet and must allow others to take turns.

Progression:

- Reduce the number or size of Toilet Zones to simulate poor access to toilets.



Facilitator Talking Points:

Ask the group:

- What happened when there were not enough toilets?
- How did it feel when you couldn't find a toilet?
- How do you feel when toilets are dirty or unsafe?
- What happens in real life if people don't use toilets?
- What happens if there is no water and soap in the toilet?

Session 2: My Toilet, My Health

"Clean Toilets, Healthy Teams!"

Target Bowling: Safe Clean and Private

Time: 20 minutes

Equipment:

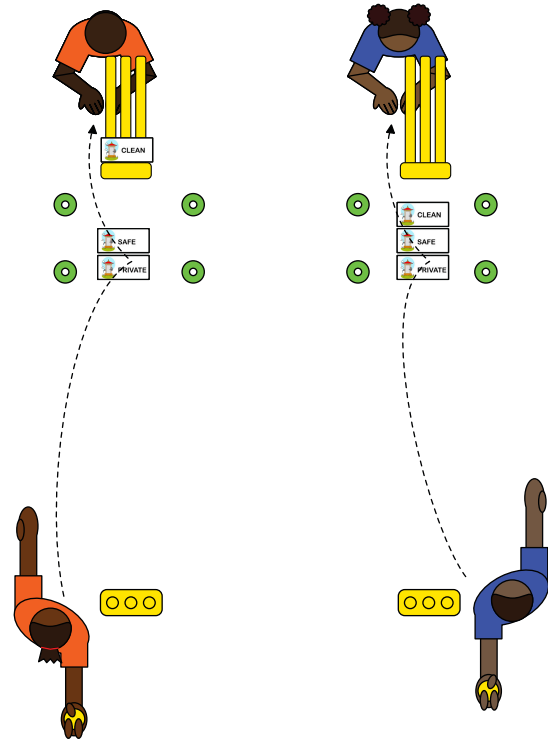
4 stump sets, 4 cones, 4 balls, 2 sets of
SAFE / CLEAN / PRIVATE flashcards

Rules:

- Divide the group into two equal teams. One member of the team stands behind the stumps as the wicket keeper.
- The person at the front of the line bowls the ball at the stumps and then becomes the wicket keeper.
- The wicket keeper collects the ball and runs to the back of the line, passing the ball to the next bowler.
- Explain that the stumps are our toilet, and we are trying to collect the three flashcards of clean, safe and private to make our toilet perfect.
- Every time they hit the stumps or land the ball in the square the bowlers pick up a flashcard and place it onto their stumps/"toilet".
- Once all 3 flashcard are collected, the team has "a perfect toilet" and wins that round.

Progression:

- Players then repeat - try to beat their time or number of bowls taken to collect all the cards.



Place the SAFE, CLEAN and PRIVATE flashcards inside the target areas



Facilitator Talking Points:

- Ask players to define what makes a toilet Safe, Clean and Private
- Review the answers on the back of the SAFE / CLEAN / PRIVATE flashcards
- Ask players: what can we do to keep toilets safe, clean and private?

Session 2: My Toilet, My Health

"Clean Toilets, Healthy Teams!"

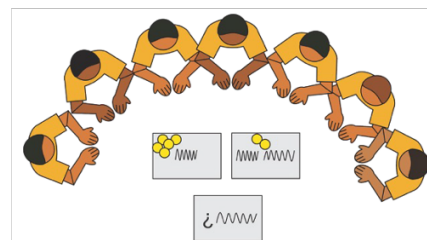
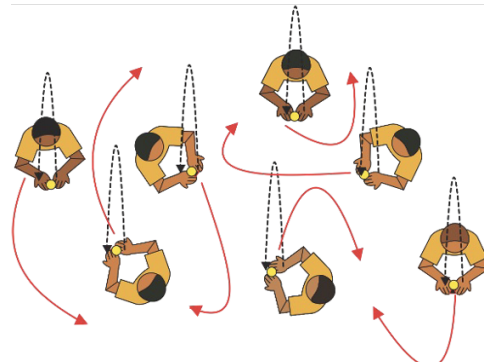
Summary Quiz

Players throw and catch on their own, in pairs, or in a group - using as many balls as you have.

While they play, place answer cards on the ground: "Yes", "No", "Not Sure".

When you shout "Question!", players gather around the cards. Read the question from the list below out loud, then tell them to place their tennis ball on their answer.

Discuss the answer together so everyone knows the correct one before moving on.



Question	Answer	Message
Is it healthy to go to the toilet in an open field?	No	Going in the open spreads disease and contaminates water.
Can going to the toilet in the open cause diarrhoea and worms?	Yes	Germs spread through soil, flies, water.
Should toilets be safe, clean, and private?	Yes	These are everyone's rights.
Is toilet cleaning only the job of girls or cleaners?	No	Everyone should help keep toilets clean.
Is it healthy to go to the toilet in an open field?	No	Going in the open spreads disease and contaminates water.

Group Handwashing - Closing the Session:

All players wash hands together with soap and clean water, following the critical steps of handwashing. Ask:

- What will YOU do to help keep our school toilets clean?
- What can we all do together?

The coach explains:

"Whenever we go to the toilet - we wash with soap and water to keep our team healthy!"

Session 3: Handwashing is Power

"Clean Hands Win the Game!"

Session Purpose:

To help players learn:

- When to wash hands (critical times).
- How to wash hands properly (all parts of the hand).
- Why soap is essential for removing germs.
- The link between clean hands, good health, and sporting success.

Prepare Beforehand

Task	Notes
Print or Write	HANDWASHING GUIDE YES / NO / NOT SURE Answers for closing activity.
Equipment	2 stumps, 2 bats, 14 cones, 6+ balls.
Handwashing Setup	Soap, water, clean bucket and mug ready for session start and end.

Lesson Overview

Activity	Time	Message
Group Handwashing	5 minutes	Sportspeople are role models for WASH
When to Wash?	30 minutes	Critical times for handwashing
Summary Quiz	5 minutes	Review lesson content
Group Handwashing	5 minutes	Sportspeople are role models for WASH

Group Handwashing - Opening the Session:

Role model handwashing at the start of the session.

Start the session by asking: *"Who washes their hands every time before eating? After the toilet? Why is this important for sport and health?"*

Remind players: *"Strong, healthy athletes always wash their hands with soap to avoid sickness and stay in the game!"*

Session 3: Handwashing is Power

"Clean Hands Win the Game!"

When to Wash?

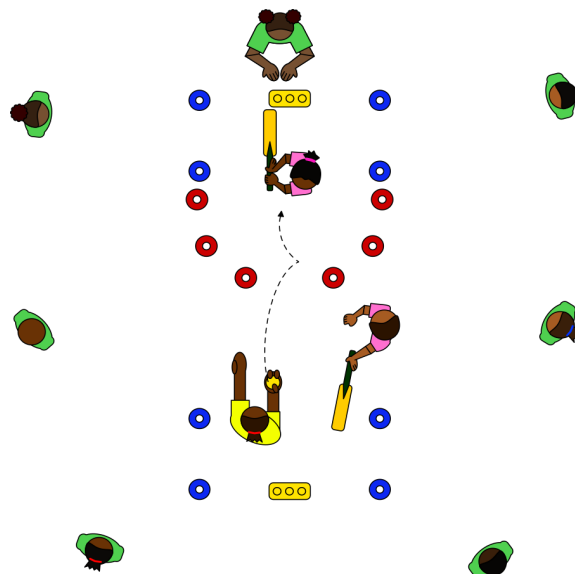
Time: 30 minutes

Equipment:

2 stump sets, 2 bats, 10 cones

Rules:

- Divide the group into two teams.
- Batters play in pairs, having 4 hits for their pair.
- Coach acts as bowler and calls out daily activities just before throwing the ball (e.g., "Playing football", "Eating food", "Writing homework", "Using toilet").
- If the activity requires handwashing → Batter hits the ball hard, shouting YES! to their teammate to run. They score the number of completed runs.
- If the activity does NOT require handwashing → Batter blocks the ball into the semi-circle in front of them, shouting NO! to their teammate to not run. They score 1 run.
- Fielders return the ball to the coach to stop the batters from running.
- Encourage other members of the team to help their teammates by shouting out the answer.



List of Daily Activities

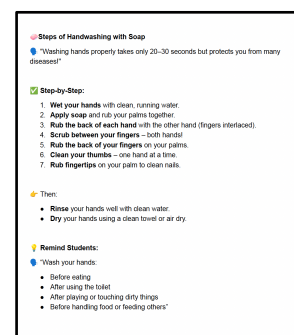
- Touching garbage (**Yes**)
- Doing maths problems (**No**)
- Eating food (**Yes**)
- Walking to school (**No**)
- Helping someone who is sick (**Yes**)
- Reading a book (**No**)
- Cleaning a baby's faeces (**Yes**)
- Playing the guitar (**No**)
- Using the toilet (**Yes**)
- Sleeping (**No**)
- Sneezing into your hands (**Yes**)
- Preparing food (**Yes**)
- Writing homework (**No**)
- Brushing your teeth (**Yes**)
- Feeding a baby (**Yes**)
- Putting on school uniform (**No**)
- Cleaning animal waste (**Yes**)

Facilitator Talking Points:

Between rounds, ask:

- When is it most important to wash hands?
- What happens if you don't wash hands at the right time?

At the end, review the HANDWASHING GUIDE card, ask players to see if they can remember all the steps!



Session 3: Handwashing is Power

"Clean Hands Win the Game!"

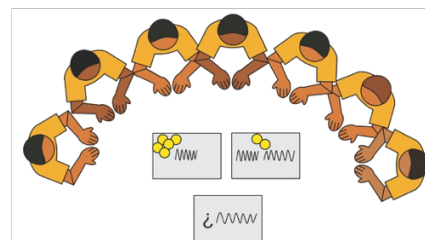
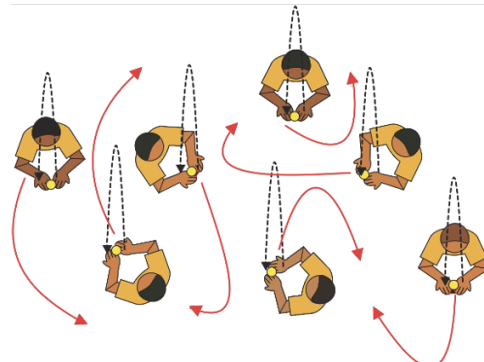
Summary Quiz

Players throw and catch on their own, in pairs, or in a group - using as many balls as you have.

While they play, place answer cards on the ground: "Yes", "No", "Not Sure".

When you shout "Question!", players gather around the cards. Read the question from the list below out loud, then tell them to place their tennis ball on their answer.

Discuss the answer together so everyone knows the correct one before moving on.



Question	Answer	Message
Is it enough to wash hands with only water after the toilet?	No	Soap removes germs best.
Should people wash hands before eating or cooking?	Yes	To avoid eating germs.
Is 10 seconds enough time to wash hands properly?	No	It should be at least 20 seconds.
Do you need to wash all parts of your hands (not just palms)?	Yes	Germs hide between fingers & nails.

Group Handwashing - Closing the Session:

All players wash hands together with soap and clean water, following the critical steps of handwashing. Ask:

- Why is handwashing a superpower for staying healthy?
- How can YOU be a Handwashing Champion at school and home?
- Who will you remind to wash hands today?

The coach explains:

"Clean hands keep our team healthy and ready to play!"

Session 4: Periods and Pride

"Confident, Clean and Proud – Every Month!"

Session Purpose:

To help players learn:

- What menstruation is and how to manage it hygienically.
- How to safely dispose of pads or clean reusable materials.
- That talking about periods is normal and reduces shame.
- That boys and girls both have a role in ending stigma.

Prepare Beforehand

Task	Notes
Print or Write	SAFE / UNSAFE DISPOSAL cards YES / NO / NOT SURE Answers for closing activity.
Equipment	Bats/stumps (one per player), 24 cones, 8+ tennis balls.
Handwashing Setup	Soap, water, clean bucket and mug ready for session start and end.

Lesson Overview

Activity	Time	Message
Group Handwashing	5 minutes	Sportspeople are role models for WASH
Traffic Lights Mythbusting: True or False?	10 minutes	Breaking down myths about menstruation
Fielding with Responsibility	20 minutes	Safe pad disposal methods
Summary Quiz	5 minutes	Review lesson content
Group Handwashing	5 minutes	Sportspeople are role models for WASH

Group Handwashing - Opening the Session:

Role model handwashing at the start of the session.

- Use correct, respectful language - avoid euphemisms.
- Emphasise: *Periods are natural, not dirty or shameful.*
- Encourage boys to be allies, not bystanders: *"If we're a team on the field, we're a team off the field too!"*

Session 4: Periods and Pride

"Confident, Clean and Proud – Every Month!"

Traffic Lights

Mythbusting: True or False?

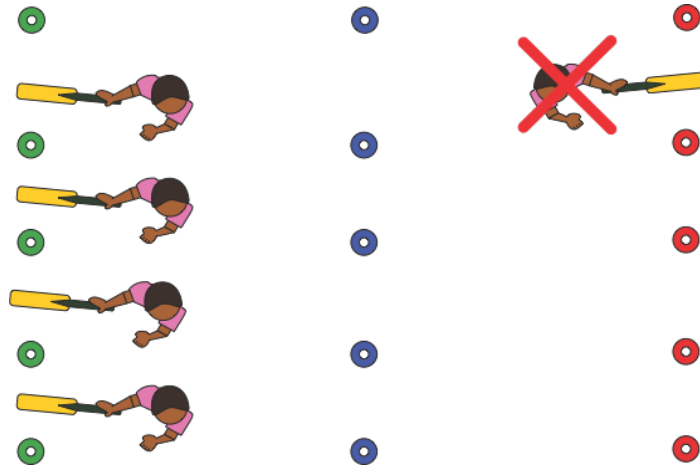
Time: 10 minutes

Equipment:

15 cones, 1 stump / bat per player

Rules:

- Players start on the middle line between the TRUE or FALSE lines.
- Read a statement aloud from the list, for example "You cannot play sport during your period" – make sure all players can see and hear you!
- Players run to the line they think is correct.
- Use stumps or bats to "tap in" once they've chosen.
- After each statement, briefly pause to discuss the correct answer.



List of statements about Periods:

- You should hide your period from others. **(False)**
- Only girls need to learn about periods. **(False)**
- It is okay to talk about periods. **(True)**
- You cannot play sport during your period. **(False)**
- Periods are dirty and shameful. **(False)**
- You should never change your pad at school. **(False)**
- Boys should respect girls during their period. **(True)**
- You can use newspaper as a sanitary pad. **(False)**
- Period pain is fake, girls use it as an excuse. **(False)**
- Good toilets for girls include water and privacy. **(True)**
- Reusable pads should be dried in the shade. **(False)**
(They should be dried in sunlight to kill germs)

Progression:

After completing all the statements, repeat again with elimination - last person to the correct line is out!

Facilitator Talking Points:

Encourage discussion after each round:

Why did you choose that answer? How do you feel about that topic?

Praise openness and respectful listening.

Session 4: Periods and Pride

"Confident, Clean and Proud – Every Month!"

Fielding with Responsibility

Time: 20 minutes

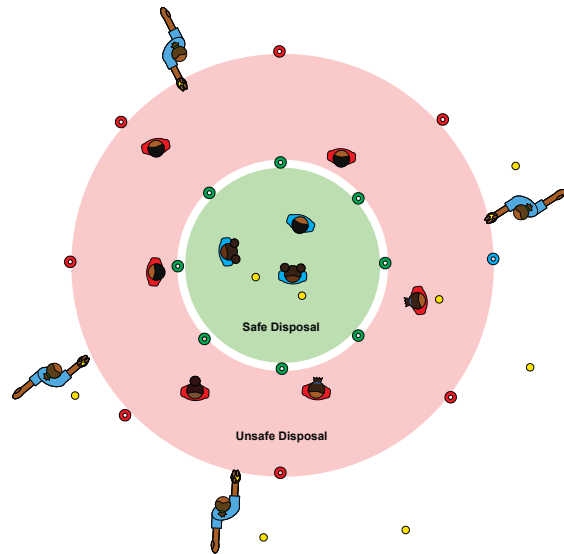
Equipment:

13 cones, 6+ balls

Rules:

- Create two teams, Team Disposal and Team Blocking
- 2 or 3 members of Team Disposal stand inside the safe disposal zone, the rest of Team Disposal stand outside the disposal zone
- Team Blocking stand in the unsafe disposal zone
- Members of Team Disposal race to pick up one ball (pad) at a time and must roll it to their teammates in the safe disposal zone - they cannot move with the ball.
- Team Blocking run around the unsafe disposal zone and try to block the balls from getting into the safe disposal zone.
- Once all the pads have been disposed of, count the number of balls Team Disposal successfully disposed of.

Switch over the teams, so everyone gets a chance to be Team Disposal! Which team can be the best Team Disposal?



- Scatter balls across the field outside the disposal zones, explain that these represent pads.
- Create the disposal zones, with the *safe disposal zone* inside the *unsafe disposal zone*; you can label the cones for each zone with examples:
 - **Safe Disposal** (e.g., bins, incinerator)
 - **Unsafe Disposal** (e.g., bushes, open field)

Facilitator Talking Points:

- What are the dangers of disposing pads unsafely (flies, shame, pollution)?
- What's the safest method available at school/home?
- What should we do if disposal methods are not available?
- Review the information about SAFE and UNSAFE disposal on the back of the flashcards

Session 4: Periods and Pride

"Confident, Clean and Proud – Every Month!"

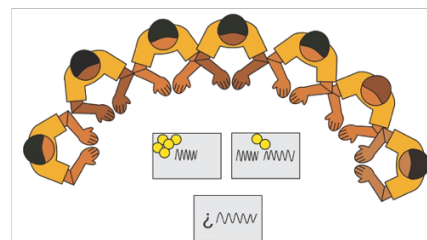
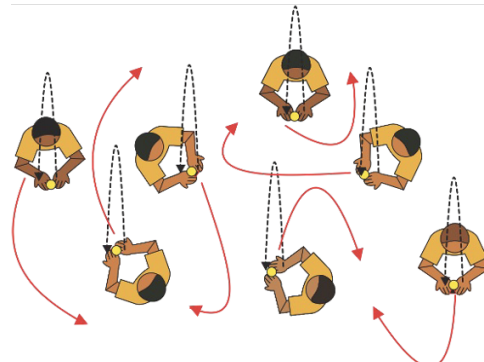
Summary Quiz

Players throw and catch on their own, in pairs, or in a group - using as many balls as you have.

While they play, place answer cards on the ground: "Yes", "No", "Not Sure".

When you shout "Question!", players gather around the cards. Read the question from the list below out loud, then tell them to place their tennis ball on their answer.

Discuss the answer together so everyone knows the correct one before moving on.



Question	Answer	Message
Is it good to dispose of pads by burning them in a safe space?	Yes	This prevents disease and smell.
Should only girls learn about menstruation?	No	Everyone should understand periods.
Can talking about periods help reduce shame and stigma?	Yes	Openness makes change easier.
Can boys support girls by being informed and respectful?	Yes	Boys can help end stigma.

Group Handwashing - Closing the Session:

All players wash hands together with soap and clean water, following the critical steps of handwashing. Ask:

- What will YOU do to help reduce shame about periods?
- How can YOU support others in managing menstruation?
- What message do you want to spread about periods?

Coach explains:

"Periods are part of life - we support each other."

Session 5: WASH is Everyone's Responsibility

"A Healthy Team, A Strong Team!"

Session Purpose:

To help players learn:

- Keeping toilets, water points, and the environment clean is everyone's job — not just girls or cleaners.
- Families, friends, schools, and communities all have a role.
- Teamwork makes WASH better for everyone.
- Clean spaces help us learn, play, and stay healthy.

Prepare Beforehand

Task	Notes
Print or Write	YES / NO / NOT SURE Answers for closing activity.
Equipment	6-12 tennis balls, 1 bat, 1 stumps, 9-12 cones.
Handwashing Setup	Soap, water, clean bucket and mug ready for session start and end.

Lesson Overview

Activity	Time	Message
Group Handwashing	5 minutes	Sportspeople are role models for WASH
Waste Fielding Challenge	30 minutes	It is everyone's responsibility to keep the environment tidy
Summary Quiz	5 minutes	Review lesson content
Group Handwashing	5 minutes	Sportspeople are role models for WASH

Group Handwashing - Opening the Session:

Role model handwashing at the start of the session.

Start the session by asking:

- *"Who cleans the school toilets?"*
- *"What happens if no one cleans them?"*
- *"Who picks up rubbish in the community?"*

Make it clear: *"We ALL have a role. A clean environment helps us play sport and stay healthy."*

Session 5: WASH is Everyone's Responsibility

"A Healthy Team, A Strong Team!"

Waste Fielding Challenge

Time: 30 minutes

Equipment:

9 cones, 3 balls, 1 bat, 1 stump set

Rules:

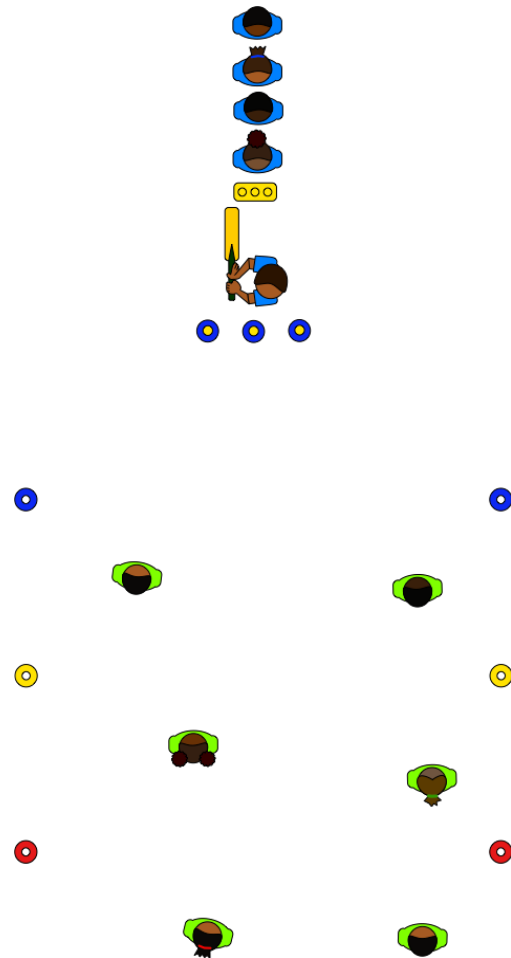
- Divide the team into two, one team bats first while the other team fields.
- The batter hits the "waste" (balls) along the ground. They have three hits each.
- Fielders try to stop the waste before it reaches the furthest zone.
- Teams switch after all batters have hit.

Scoring for the fielders:

- If "US" stop the waste = 5 points
- If "FRIENDS & FAMILY" stop it = 3 points
- If "SCHOOL & COMMUNITY" stop it = 1 point

If the batters miss the zones or hit the ball in the air the fielders get an automatic 5 points

The team with the most points from their fielding wins!



Divide field into 3 zones:
Zone 1 (Closest) = "US"
Zone 2 = "FRIENDS & FAMILY"
Zone 3 (Furthest) = "SCHOOL & COMMUNITY"

Facilitator Talking Points:

After the game, ask:

- What happens if we leave the waste to go far away?
- How can we all act quickly to stop rubbish from spreading?
- Why is it important for families, schools, and communities to work together?

Session 5: WASH is Everyone's Responsibility

"A Healthy Team, A Strong Team!"

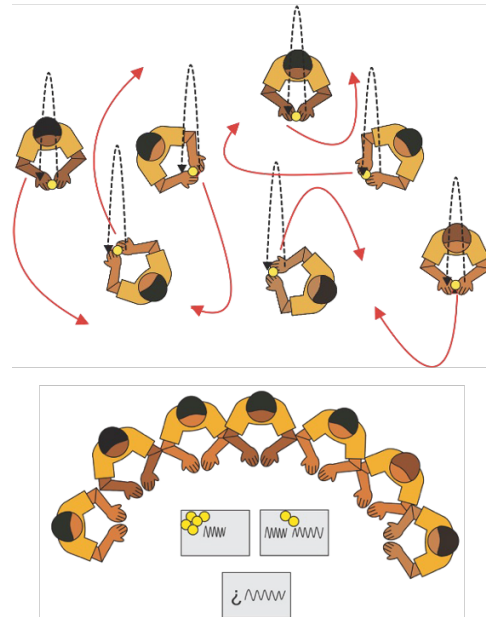
Summary Quiz

Players throw and catch on their own, in pairs, or in a group - using as many balls as you have.

While they play, place answer cards on the ground: "Yes", "No", "Not Sure".

When you shout "Question!", players gather around the cards. Read the question from the list below out loud, then tell them to place their tennis ball on their answer.

Discuss the answer together so everyone knows the correct one before moving on.



Question	Answer	Message
Should only cleaners keep the school clean?	No	Everyone should help.
Can friends and family help keep toilets clean?	Yes	Teamwork starts at home.
Is WASH important for playing sport?	Yes	Clean environments prevent sickness.
Should we pick up rubbish even if it's not ours?	Yes	We are responsible for our environment.

Group Handwashing - Closing the Session:

All players wash hands together with soap and clean water, following the critical steps of handwashing. Ask:

- What could we do right now, to show that WASH is everyone's responsibility?

Encourage the group to work as a team to clean the field before handwashing.

Coach says: "WASH is everyone's job - let's lead by example!"

Session 6: WASH is Our Right!

"Know Your Rights, Take Action!"

Session Purpose:

To help players learn:

- Everyone has the right to safe water, improved toilets and handwashing facilities.
- WASH is essential for dignity, safety, and health - especially for girls and marginalised groups.
- If there is a lack of proper WASH facilities, young people can speak up respectfully to ask for change.
- Players should be proud to be WASH Champions in their schools and communities.

Prepare Beforehand

Task	Notes
Print or Write	WASH Barriers cards
Equipment	12+ tennis balls, 8-12 cones, 3-4 stumps, 2 sheets of paper and pens
Handwashing Setup	Soap, water, clean bucket and mug ready for session start and end.

Lesson Overview

Activity	Time	Message
Group Handwashing	5 minutes	Sportspeople are role models for WASH
Bowling Out WASH Barriers	15 minutes	We can work together to throw out WASH challenges
Team Targets for Clean Spaces	15 minutes	How can we work together for clean spaces?
Summary Quiz	5 minutes	Review lesson content
Group Handwashing	5 minutes	Sportspeople are role models for WASH

Group Handwashing - Opening the Session:

Role model handwashing at the start of the session. Open the session with reflective questions:

- What does a perfect toilet look like?
- What would make safe water easy to get?

Explain that: *"We all have the right to safe water, safe toilets, and soap - but sometimes there are barriers we must work together to overcome."*

Session 6: WASH is Our Right!

"Know Your Rights, Take Action!"

Throwing Out WASH Barriers

Time: 15 minutes

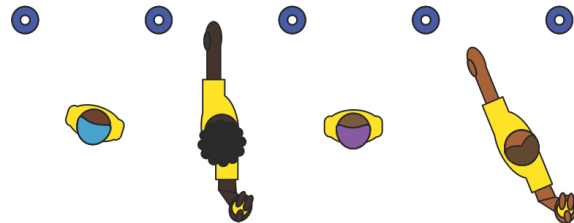
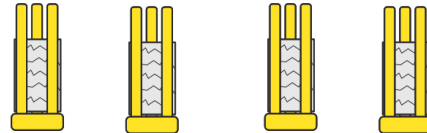
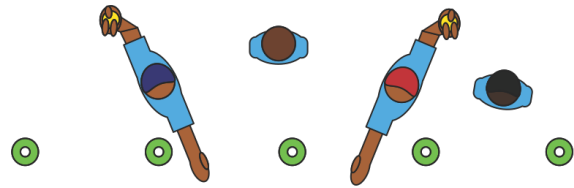
Equipment:

12 cones, 12 ball, 3 stump sets

Rules:

- Divide the group into two teams.
- Each team starts behind a line of cones.
- Teams take it turns to throw as a team, and try to knock down the barriers.
- The aim is to be the team who knocks down the most barriers.
- After each round, discuss possible solutions.

If a barrier is knocked down, talk about how players could help make that change.



Place WASH Barriers cards in front of the stumps to knock down.

Facilitator Talking Points:

- What can we do if soap is missing?
- How can we talk respectfully to teachers or leaders about WASH problems?
- Why is it important to include girls and those most affected?

Session 6: WASH is Our Right!

"Know Your Rights, Take Action!"

Team Targets for Clean Spaces

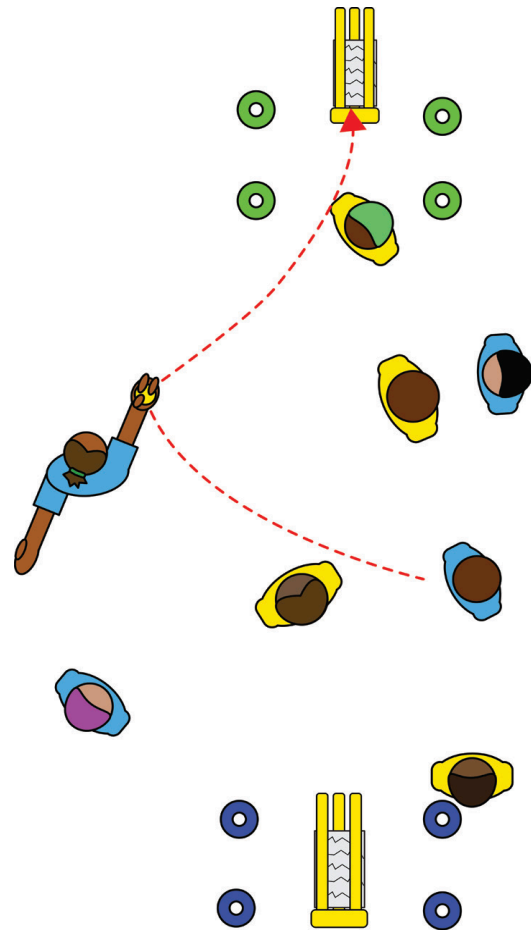
Time: 15 minutes

Equipment:

8 cones, 1 ball, 2 stump set

Rules:

- Split each group into two teams.
- The aim is to hit the stumps, which is the target. Players cannot move with the ball in their hand, and cannot go into either of the squares of cones.
- They must throw the ball with an underarm throw, passing amongst themselves to try to score. The team who hits their target the most times wins.
- After hitting the target, teams pause to discuss:
 - What is a "target" for keeping our school/community clean? (Example: Keep toilet clean, wash hands daily, pick up rubbish).
 - How can we work together to achieve that target?



Give each team a sheet of card or paper to write their targets on.

Teams write/draw their target on a sheet of paper and place it on their stumps.

Facilitator Talking Points:

Ask:

- What target will your team set this week?
- How can YOU help others keep clean spaces?
- What happens when everyone helps?

Session 6: WASH is Our Right!

"Know Your Rights, Take Action!"

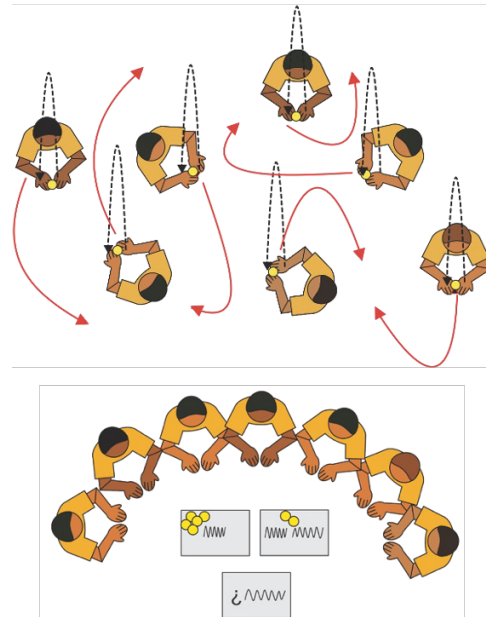
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Players throw and catch on their own, in pairs, or in a group - using as many balls as you have.

While they play, place answer cards on the ground: "Yes", "No", "Not Sure".

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Discuss the answer together so everyone knows the correct one before moving on.



Question	Answer	Message
Do all people have the right to safe toilets and clean water?	Yes	WASH is a human right for all including vulnerable populations: pregnant women, lactating mothers, elderly people, people with disability, children.
Should girls and boys have equal access to clean toilets?	Yes	Everyone needs dignity and safety.
Can young people ask for better WASH facilities?	Yes	Speak up respectfully.
Is WASH important only at school?	No	It's important everywhere — home, school, community.

Group Handwashing - Closing the Session:

All players wash hands together with soap and clean water, following the critical steps of handwashing. Ask:

- What will YOU do as a WASH Champion?
- How will YOU lead by example after this project?

Coach says: "You know your rights. You have your voice. Keep playing, keep learning, keep leading for WASH!"

Appendix:

Flashcard Materials

Session	Cards Needed	Page
All Sessions	YES / NO / NOT SURE	29
Session 1: Water is Life	WATER TREATMENT TASKS *	30-31
Session 2: My Toilet, My Health	SAFE / CLEAN / PRIVATE *	32-33
Session 3: Handwashing is Power!	HANDWASHING GUIDE	34
Session 4: Periods and Pride	SAFE / UNSAFE DISPOSAL *	35-36
Session 5: WASH is Everyone's Responsibility	N/A	-
Session 6: WASH is Our Right	WASH BARRIERS	37-39

- Photocopy these materials and laminate them so you can use them again and again.
- Cards are used interactively in the sessions, so laminating them prevents them from getting damaged.
- Cards marked with a star above can be copied double-sided, all other cards should be copied single sided.
- You will need two copies of the CLEAN/SAFE/PRIVATE cards.





BOILING
10 Star Jumps



FILTERING
10 Hops



CHLORINE
10 Squats

Why Purify Water?

 "Water may look clean but can still have germs that make us sick. Purifying water means making it safe to drink."

1. Boiling

Why? Kills germs, bacteria, and viruses that cause diseases like diarrhea and cholera.

How to do it?

- Boil water until big bubbles come up (rolling boil).
- Keep boiling for **at least 1 minute** (or 3 minutes in high hills).
- Let it cool by itself.
- Store in a **clean bottle with a lid**.

What to tell students:

 "Boiling water is the easiest and safest way to kill germs."

 "Don't drink it until it's cool. Use a clean bottle or jug."

2. Chlorination

Why? Chlorine kills most germs in the water.

How to do it?

- Add 2 drops of chlorine (or plain bleach) per liter of clear water.
- If the water is dirty/cloudy, add 4 drops per liter.
- Mix well and wait 30 minutes before drinking.
- It should smell slightly of chlorine.

What to tell students:

 "Chlorine makes water safe. Just a few drops can save lives!"

 "Wait 30 minutes before drinking – it needs time to work."

3. Filtration

Why? Removes dirt, sand, and some germs from water.

How to do it?

- Use a clean cloth folded 4–5 times to filter water into a pot.
- OR use a biosand filter or ceramic filter if available.
- Clean filters regularly.

What to tell students:

 "Filtering removes dirt but not all germs."

 "It's better to filter **and** then boil or add chlorine."



CLEAN



SAFE



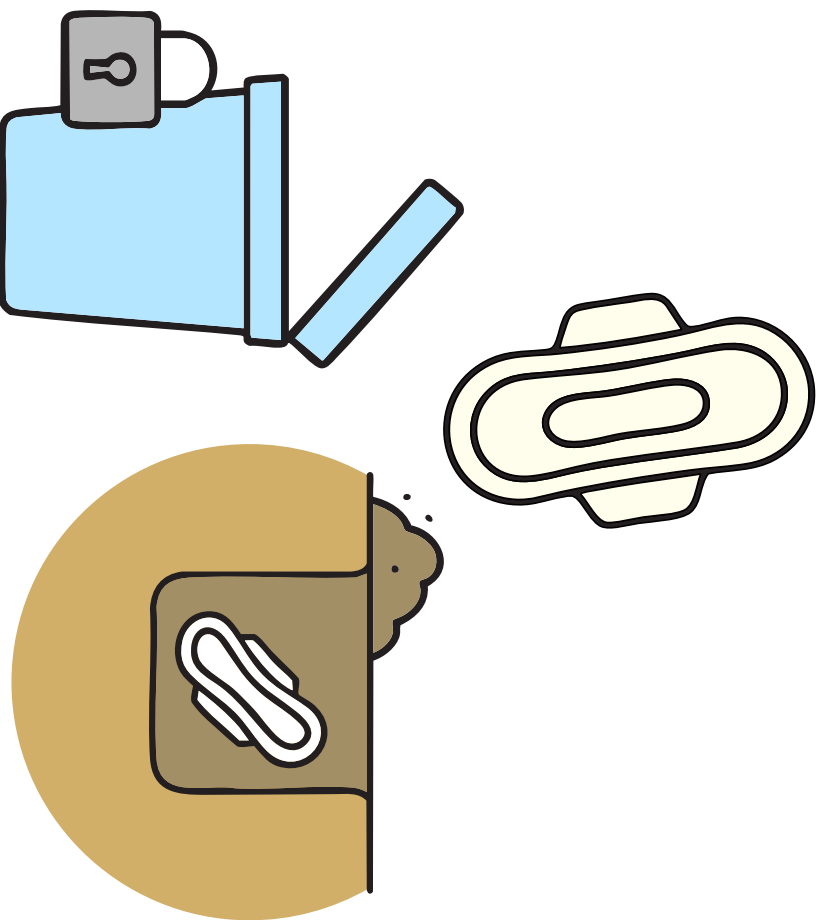
PRIVATE

 Safe	 Clean	 Private
• Is strongly built and does not risk collapsing. • Is well-lit, especially at night. • Is located in a secure place, where people - especially girls and women - can go without fear.	• Is free from bad smell, flies, and visible waste. • Is regularly cleaned and maintained. • Has soap and water nearby for handwashing.	• Has a door with a latch/lock from inside. • No one can see through or over it (covered walls and roof). • Allows the user to feel comfortable and dignified while using it.

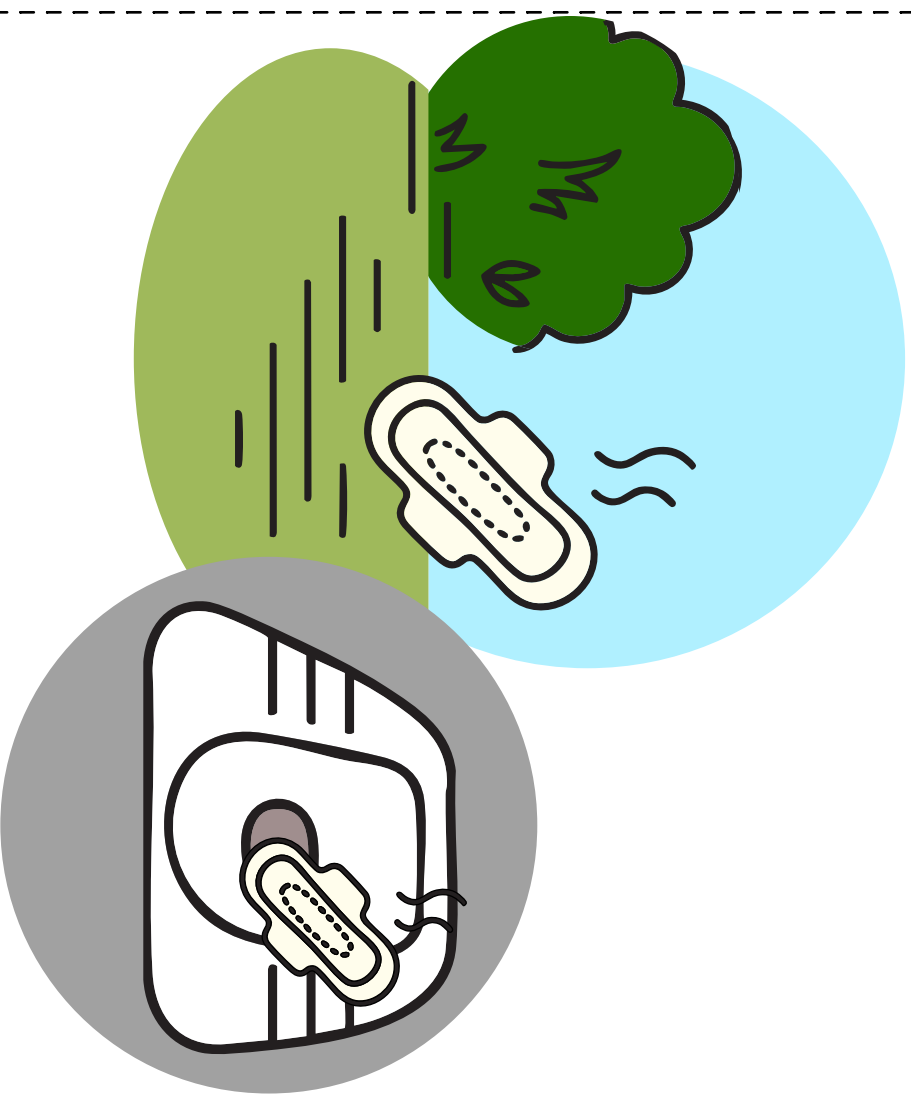
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SAFE DISPOSAL



UNSAFE DISPOSAL

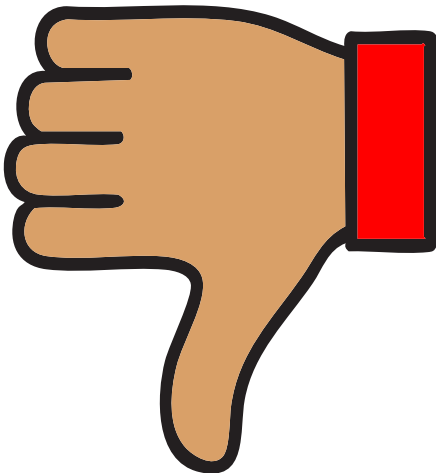


 Safe Disposal of Pads	 Unsafe Disposal of Pads
Safe disposal means getting rid of used pads in a way that is clean, private, and does not harm people or the environment .	Unsafe disposal is when pads are thrown in places where they can spread germs, smell bad, or cause shame to others .
✓ Safe Methods: • Wrap the used pad in paper or newspaper before throwing it. • Burn in a proper incinerator (pad-burning box at school or health post). • Bury in a pit at least 1–2 feet deep, away from water sources. • Use designated dustbins (with a lid) for pad disposal.	✗ Unsafe Methods: • Throwing pads in open fields, rivers, or toilets. • Burning in open air, especially with plastic pads (releases harmful smoke). • Leaving pads uncovered in dustbins where animals or people can touch them. • Flushing pads in toilets (can cause blockages and overflow).
 “Safe disposal keeps us healthy, protects the environment, and respects dignity.”	 “Unsafe disposal can spread disease, pollute water, and make girls feel ashamed.”

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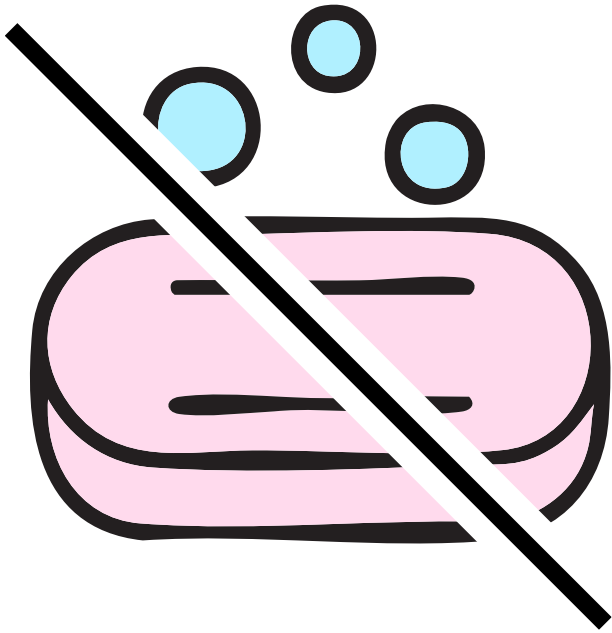
YES



NO



**NOT
SURE**



**NO
SOAP**



**NO
WATER
TAP**



**BROKEN
TOILET**



**LONG
DISTANCE
TO TOILET**



**GIRLS
FEEL
ASHAMED
TO ASK**



**NO
DUSTBIN**

Steps of Handwashing with Soap

 "Washing hands properly takes only 20–30 seconds but protects you from many diseases!"

Step-by-Step:

1. **Wet your hands** with clean, running water.
2. **Apply soap** and rub your palms together.
3. **Rub the back of each hand** with the other hand (fingers interlaced).
4. **Scrub between your fingers** – both hands!
5. **Rub the back of your fingers** on your palms.
6. **Clean your thumbs** – one hand at a time.
7. **Rub fingertips** on your palm to clean nails.

 Then:

- **Rinse** your hands well with clean water.
- **Dry** your hands using a clean towel or air dry.

Remind Students:

 "Wash your hands:

- Before eating
- After using the toilet
- After playing or touching dirty things
- Before handling food or feeding others"