



COVID-19 Secure Plan for Returning to Squash

Members must make sure they have read and understand this information prior to returning to the club to help ensure the club is safe for its members, volunteers, and visitors. Posters will be placed in the club to highlight the key points.

This plan is based on 'Back to Squash Guidelines for Clubs, Venues and Coaches', published by England Squash 23rd July 2020, V2, which requires completion of a detailed COVID-19 risk assessment. This plan, the risk assessment and other relevant information regarding returning to squash can be found on the club website. Additional information has also been added to the club's Safeguarding policy.

Club Environment

- While measures are being put in place to minimise the likelihood of infection, members must recognise that they visit the club at their own risk.
- Members/visitors* must not come to the club unless they are fully fit and they (and their household members/support bubble) show no symptoms of COVID-19.
- Members and visitors* must not wait in the bar area or in the corridors.
- Viewing Benches behind the courts have been taped off and **MUST NOT** be used.
- The water fountains are not to be used.
- It is recommended to open the window behind court 3 while the courts are in use
- Members must not wipe hands on the court walls
- The wipes, spray and paper towels provided must be used to clean all surfaces touched, including door handles - spray **must not** be used on the court walls or floor.
- All used paper towels must be placed in the bins provided.
- All personal waste such as empty water bottles, wrappers etc must be taken home.
- Hand sanitiser must be used upon entering the club, before and after going on court and when leaving the club. Hand sanitiser, disinfectant spray and wipes are positioned at all these locations.
- The showers and changing areas are closed.
- Kit/equipment must not be shared or borrowed.
- Members/visitors* must always maintain social distancing.
- Members/visitors* who develop symptoms while at the club must:
 - Maintain social distancing
 - Return home if safe to do so and manage their symptoms in line with the relevant advice

- If the person is unable to travel home safely, they should isolate from others and someone from their household should be contacted to make safe arrangements. If this is not possible then phone 111 and follow instructions.

Court Bookings

- Members should not use the club without a court booking (for Track and Trace purposes).
- Players should allow enough time to book into court bookings at reception before playing.
- All players names must be included on the court booking.
- No more than two players can be on court at any one time. This can be two family/household members, support bubble members or two members from different households (see 'Ways to Play') or one player and a coach. A coach may enter a court with two players to demonstrate something, the players must move away. The coach must leave the court after the demonstration.
- There will be no group social squash, e.g., club night, club morning etc. until further notice.
- Courts will be at alternate 40-minute slots.
- When two players are going on court, only one of those players should touch the door. Equally, only one player should touch the ball.
- Members must make sure they only play for 40 minutes, carry out their cleaning regime and leave the club immediately.
- Members must arrive no earlier than five minutes before their court booking.
- Members must wash their hands for at least twenty seconds and use hand sanitiser before entering the court.
- Hands must not be wiped on the court walls, floor or the rear glass walls. If a player accidentally touches a wall or court floor they should stop and immediately sanitise their hand.
- Where a member knowingly touches the floor, wall or drops sweat or bodily fluids, they should use an alcohol-based cleaning wipe to clean the area immediately (do not use a towel). Any liquid should be dried off immediately with paper towel.
- Wipe down court door touch points after use with the spray provided and place used paper towels in the bin.
- If players use the pole to retrieve a ball from the netting above the courts, please ensure the pole is wiped down after use.
- The spray must not be used on the court walls or floor.
- Members must arrive in their kit (changing their shoes before going on court) and shower at home.
- Members must bring a spare t-shirt if they sweat a lot and consider using head and wrist sweat bands.
- Members must bring their own towel, a filled water bottle (or two) and a small first aid kit. The club's first aid kit must not be used unless it is an emergency.
- Members must bring their own racket and squash/racketball balls.
- Members must take their kit bag and water bottle on court and not leave them outside.

- Handshaking/physical contact is not allowed and social distancing must always be maintained.

Members & Visitors*

- Members booking a court and visitors* entering the club must declare that they are healthy and symptom free (responsible adults should do this on behalf of juniors). By booking a court slot members agree to the following:
 - That if they have recovered from a COVID-19 infection where symptoms required hospitalisation, they have consulted with their GP before returning to the club.
 - That they will not visit the club if they have been in contact with anyone who has been unwell with suspected or confirmed COVID-19 during the two weeks prior.
 - That they are not allowed in the club if they feel unwell or show any signs of COVID-19 symptoms.
 - That any member who becomes unwell or shows COVID-19 symptoms after visiting the club must follow the relevant guidelines (NHS), declare this to the club and consult their GP immediately.
- Visitors* are not allowed at the current time, except for responsible adults/parents/guardians of juniors who have booked a court or who are being coached.
- Responsible adults/parents/guardians of juniors must stay on the balcony above the court where the junior is playing and social distance if other parents/responsible adults/guardians are also waiting.
- Members must bring a phone in case of emergencies.
- If a member is vulnerable or shielding, they should seek the advice of their GP before returning to play.
- Members of the committee and coaches will be regularly monitoring the club to ensure the processes stated on this form are being followed. Members are encouraged to report other members/visitors* who do not adhere to these processes. Sanctions may be imposed on Members not adhering to these guidelines
- Members may bring their own PPE (e.g. gloves and masks for parents who are waiting for juniors). Face coverings are not recommended on court.

Ways to Play

There are several ways members can play. The following table outlines the different ways to play that should be adhered to and are relevant for all levels of ability. Remember that the government guidelines that have permitted indoor courts to open include instructions that activities must be modified in such a way that social distancing can be maintained throughout the activity.

NOTE: There should be no more than two players on court at any one time

Who	Activities allowed	Considerations
Members from the same household or <i>support bubble</i>	<p>Match play/full squash game (indoors)</p> <p>Coach led/supervised activity (indoors or outdoors)</p>	<p>Hand and touch point hygiene before and after playing.</p> <p>Hand and touch point hygiene before and after playing. Only one person (member or coach) to touch the ball and court door.</p> <p>Social distancing between coach and members.</p>
Individuals	Single player (solo) practices (indoors)	Hand and touch point hygiene before and after playing.
	Coach led/supervised activity (indoors or outdoors)	<p>Hand and touch point hygiene before and after playing. Only one person (member or coach) to touch the ball and court door.</p> <p>Social distancing between coach and player.</p>
Two members from different households (not in a <i>support bubble</i>)	Modified version of squash (indoors) – ‘Sides’ (see below)	<p>Hand and touch point hygiene before and after playing. Only one player touching the ball and court door.</p> <p>Social distancing between both members.</p>
Up to five members from different households	<p>Coach led/supervised activity (indoors or outdoors)</p> <p>Coach led/supervised activities (indoors or outdoors)</p>	<p>Hand and touch point hygiene before and after playing. Only one person (member or coach) to touch the ball and court door.</p> <p>Social distancing between coach and members.</p> <p>Hand and touch point hygiene before and after playing. Only one person (member or coach) to touch the ball and court door.</p> <p>Social distancing between all members and coach.</p> <p>Maximum of two players on court at one time.</p>

Modified version of squash – ‘Sides’

An adapted version of the game for two players from different households. This cross-court version of squash is designed to comply with social distancing measures, with each player remaining in their own half of the court at all times. During the game, only one player should touch the ball and the court door, and **players must not touch court walls**. All equipment and touch points should be cleaned and players must wash their hands, before and after play – NOTE: please follow standard practice for court care – i.e. walls should not be cleaned with disinfectant to avoid damage to the plaster.

The rules:

- Only two players permitted
- The aim is to hit a winner or force an error from your opponent as in regular squash
- Only one player serves during the match, the opponent cannot handle the ball
- Both players must keep to their side of the court throughout each rally, using the full length of the court whilst maintaining safe social distancing throughout
- If a player crosses into the opponent’s side of the court, they immediately forfeit the rally
- If there is a danger of players breaching a safe social distance, they must call a let and replay the rally
- Once a rally is complete, players switch sides of the court (maintaining a safe social distance) and the server restarts play

For full details of how to play ‘Sides’, see the video www.englandsquash.com/backtosquash

Socially distanced practices

Recommended practices for more advanced players from two different households to play, designed to comply with social distancing measures. If in danger of breaching a safe social distance or hitting your opponent with the ball, players must stop immediately and restart play. Throughout all practices, **only one player should touch the ball and the court door**, and players must not touch court walls. As with ‘Sides’, all equipment and touch points should be cleaned and players must wash their hands, before and after play.

- Cross court volleys** Both players volley the ball cross court to each other from behind the service box. Switch sides. To make it easier, move closer to the front wall. To make it harder, move further away from the front wall. *Make it cooperative: Aim for as many volleys in a row as possible. Switch sides and see if you can beat your previous total.*
- Straight to self then cross court volley** Stood behind the service box, both players play two shots, volley straight to self then cross court to your opponent. Switch sides.
- Straight lob vs straight volley drop** Front player plays straight lobs and back player plays straight volley drops. Alternate and switch sides.
- Boast vs straight drive** Front player plays straight drives. Back player boasts. Alternate. *Make it competitive: Front player can play straight or cross court, back player must always boast. First to reach 7 points wins.*
- Drive or cross court drive vs boast or drop** Front player can play a straight or cross court drive. Back player can play a straight drop or boast. Alternate.

- f) **Straight drop then straight drive vs straight to self then boast** Front player plays two shots, a straight drop followed by a straight drive. Back player plays two shots, a straight drive followed by a boast. Alternate.
- g) **Straight drop then cross court deep vs straight to self then boast** Front player plays two shots, a straight drop followed by any shot cross court deep. Back player plays two shots, a straight drive followed by a boast. Alternate and switch sides.
- h) **Front vs back on one side** Front player can play any straight shot deep. Back player can play a straight shot short. Alternate and switch sides.
- i) **Front vs back on both sides** Front player can play straight or cross court. Back player must always play straight shot short. Alternate. *Make it competitive: Front player can play straight or cross court deep, the back player must always play straight short. First to reach 7 points wins.*

Coach led / supervised activity

A range of activities and practices are feasible, if led by a qualified and experienced coach who ensures that social distancing is always in place, including by having clearly designated positions from which the coach can provide advice or lead the activity. An individual coach can;

- coach a **maximum of five players** from different households not in support bubbles per session, indoors or outdoors
- use multiple courts, with a **maximum of two players** per court
- coach same-household groups or those in support bubbles, in line with the club/venue's maximum number of members

For further details on some of our 'Socially distanced practices', see the video at www.englandsquash.com/backtosquash.

Members should contact the DRSC committee if they have any questions.

* Visitors are defined as responsible adults/parents/guardians of junior members.