



# Guidelines for the Return to Squash

(Version 3: updated 27 September 2020)

The squash courts at King Edward VI Sports Centre will be opening up on 10<sup>th</sup> August, albeit with restricted opening hours, revised timings to court sessions and restrictions to the types of squash playing permitted.

Members need to strictly abide by the following rules, which are based on the latest guidance provided by Government and England Squash, and provide their express agreement to this. We realise some things may be difficult but if we want to have any chance of continuing to play, we need to make these adjustments for the time being and until advised otherwise. We will continually monitor for the latest guidance and adjust the guidelines as appropriate.

The most important rule is that if you or anyone in your household are unwell, even with mild symptoms, you must not come to the courts. Follow NHS guidelines and get tested.

If you become unwell after visiting the club, follow NHS guidelines and report your symptoms to the club for contact tracing purposes.

## Who can Play / what can be played?

- Only members can book to play. No guest opponents are allowed.
- Solo practice
- No more than 2 players are allowed on court at any time to limit the number of people at the courts (even if all from the same household).
- Members residing in the same household can play 'normal squash' and practice together.
- If not from the same household, a maximum of 2 club members can be on court together doing socially distanced games / practices such as 'Sides'. Details of Sides and other socially distanced games and routines are available on the England Squash website here: <https://www.englandsquash.com/back-to-squash/ways-to-play>
- New 'Squash Bubbles': From Tuesday 1 September squash clubs and venues in England are able to move to Phase 2 in the England Squash return to play plan, allowing players to form 'squash bubbles' and play full-court matches, although modifications and additional hygiene measures will be required.
- Any proposal to form or modify a Squash Bubble must be notified to the club in advance and approved by the Club Covid Officer.
- Squash Bubbles only to be formed and operated following the full England Squash 'squash bubble guidance', which is available here: <https://www.englandsquash.com/back-to-squash/guidance-for-players>

## When can I play?

- The courts will be open from Monday to Friday, 4pm to 8pm, first court session will be at 4.15pm, with court sessions staggered.
- Members can only book to play one session per day.

- Bookings will be for 45mins but have a 30-minute buffer period after for contact surface cleaning and court ventilation. NO PLAY DURING THIS BUFFER PERIOD IS PERMITTED. This is vital to allow for ventilation and for any droplets to settle.

### **Booking**

- All courts must be booked in advance and if two people are on court, you must add your opponent's name to the booking for track & trace purposes. If playing solo practice, you should add the word 'Solo' as the opponent's name to make this ultra-clear.
- Please arrive no sooner than 5 minutes before your booking time and leave promptly after your 45 minutes are finished. This is to limit the numbers at the courts at any one time and avoid cross-overs.
- Check your booking time as the normal times will have changed.
- Players are discouraged from using cash to pay their share of court fees due to potential infection risk and to find alternative methods (e.g. PayPal or BACS transfer), alternatively to agree with their opponent to pay for alternate courts.

### **Spectators**

- At present no spectators are allowed at the courts. Only those playing and named on the booking system should attend at the courts.

### **What do I need to bring?**

- You need to come changed ready to play but change into your court shoes once at the courts, behind the courts. There will be no access to the changing rooms.
- Bring your own water bottle/s filled. The water fountains in the Sport Centre will still be in situ, but it is highly recommended that you do not use these due to the infection risk.
- Bring a towel to wipe hands and mop sweat. There is to be no wiping of hands on the walls, glass backs or court doors.
- Own equipment - there will be no loan equipment
- Eyewear is not compulsory (except for junior players under 19 years old) but is recommended to not only prevent eye injuries, but to also prevent touching your eyes, which is an infection risk.
- Any emergency medical equipment - i.e. plasters, ice pack, diabetic sweets.
- Following refreshed England Squash guidance issued on 22<sup>nd</sup> September 2020, all players are strongly recommended to wear a face covering inside the Sport Centre, unless on court or with an underlying health condition.

### **What to expect / do on arriving at the club.**

- Sign in on the sheet provided at the entrance to the Sports Centre, including providing phone number – both players to do this where 2 are playing. This is essential for track and trace purposes.
- Sanitise hands on entering using the dispensers provided, or you can bring your own.
- Go directly to the court you have booked, wipe door handles using the disinfectant spray and paper towels provided by each court. Dispose of the paper towels in the designated bins by each court.
- Take your kit bag onto the court and place under the tin. Change into your court shoes behind your court before entering and leave your outdoor shoes by seating away from thoroughfares.
- Enjoy playing socially distanced squash but do not wipe your hands on the walls or glass backs. If playing with someone not residing in the same household, avoid sharing the ball.
- Where 2 people are playing, we recommend that you elect one of you to be door opener, ball toucher and that person starts each rally/drill, decreasing the transmission risk.
- Do not go off court during your session and maintain social distancing at all times.
- At end of your session leave the door open and disinfect the court door again.
- Make sure you take everything away with you - do not leave any water bottles, wrappers, clothes etc. as they will be binned.
- Exit straight away via the fire exit next to the Selby court – do not exit the same way that you came into the building! Avoid socializing as much as possible whilst in the building.

**Will the toilets be available?**

- the toilets will be available but only for emergencies and make sure you wash your hands and sanitise after.
- As the toilets are down a corridor please be careful and respect social distancing.

Members that fail to abide by these rules may have their booking rights removed as the rules are in place for everyone's protection and benefit.

We will be keeping up to date with the latest guidelines from the Government and England Squash, changing things as required and possible. We will keep you updated on these via emails, Facebook/Twitter posts and the website.

It's going to be a bit different, but at least we will be able to hit that little black ball again.

Sports Centre members of staff will be supervising and monitoring activities at the courts. If they ask you to do something / not do something please listen to them, respect them and be kind! They are trying to maintain safety and keep the courts open for us to use!