

GUIDANCE FOR SQUASH AND SQUASH57 PLAYERS AT BLT&SRC (COVID-19):

PLAYING RULES FOR MEMBERS FOR A SAFE RE-START OF SQUASH AND SQUASH57 *(updated 02/12/20)*

1. TYPES OF PLAY AND TIMES OF PLAY

- 1.1 In accordance with guidelines issued by the World Squash Federation and, in particular, our national governing body England Squash, Phase 1 (wef 25th July) of the return-to-play plan restricted us to:
- solo practice for one player;
 - normal games between two players if both are in the same lockdown household or support bubble*; crosscourt side-to-side games between two players from different households with social distancing in place (see Appendix: How To Play 'Sides')** *Update 2nd Dec: following the end of the 2nd national lockdown and the reintroduction of the Tier system, Sides is only permitted in Squash Bubbles of up to 6 people; and*
 - coach-led sessions, from individual coaching to group sessions of up to 5 people from different households, provided that there are no more than two people per court at one time and social distancing is maintained. *Update 2nd Dec: in the Tier system, there are permitted exemptions to this for U18s, whether in a school group or out-of-school setting.*
- * *Currently in the UK, support bubbles are restricted to adults who live alone (or with dependent children only) and can link up with one other household.*
- ** *England Squash have published a number of additional routines and drills that can be played with social distancing by people from different households.*
- 1.2 Phase 2 (wef 1st September) of the return-to-play plan allows us to form 'Squash Bubbles' of up to six people, to play normal games subject to modifications and hygiene measures (see Appendix: Squash Bubbles). *Update 2nd Dec: in Tier 2, Squash Bubbles are restricted to playing Sides or socially distanced practice routines.*
- 1.3 England Squash's current plan for future phases is as follows (no timescale yet):
- Phase 3: inter-club matches and group training;
 - Phase 4: small one-day competitions; and
 - Phase 5: full play.
- 1.4 For Phase 1, all courts were charged at the off-peak rate of £4 and we waived the £5 peak rate. This will continue for Phase 2 for the time being, until more normal service resumes and the level of demand recovers.
- 1.5 The court booking times are staggered at 10 minute intervals, starting at 6.50am with court 1; court 2 is available at 7am; court 3 at 7.10am and so forth.
- 1.6 Court bookings are for 50 minutes, the first 5 minutes of which is allocated for the incoming players to wipe the door handle and make their preparations to play (see sections 3.4 - 3.6 below). You will then have a playing time duration of 45 minutes, as before. The lights will then switch off. Time cannot be extended with your fob. The lights will remain off for 10 minutes, to allow for air circulation between bookings. Hence, there will be a 60 min cycle to court bookings.
- 1.7 The final court booking is at 9pm, to allow the clubhouse to be vacated and the bar to be closed by 10pm Monday – Thursday (the bar is open until 11pm on Friday and Saturday evenings). *Update 2nd Dec: in Tier 2 we are unable to open the bar. Accordingly, the final court booking is at 7pm on weekdays (to enable the clubhouse to be vacated and locked by 8pm) and 7pm at weekends.*

2. PRE-ARRIVAL

- 2.1 A court must be booked in advance, to enable the club to regulate and record the number of people in the clubhouse and, if necessary, to trace and contact people. **Do not arrive without a booking.**
- 2.2 **All bookings must be made online. The Kiosk machine will be switched off.**
- 2.3 Both player names should be recorded in the booking. If it is solo play, click 'Add Player' and then 'Solo' for the 2nd name. If you do not yet know who you will be playing when you make the booking, the court can be

booked with a single name but the 2nd name must be added by midnight on the eve of the playing day or it will be automatically cancelled (you will get an auto reminder email beforehand).

2.4 Do not come to the club if you feel unwell or display any symptoms of COVID-19 or if you are self-isolating.

Do not play if you have been in contact with anyone who has been unwell with suspected or confirmed COVID-19 during the two weeks prior. Any member who has recovered from COVID-19 where symptoms required hospitalisation should consult their GP before returning to play.

2.5 Wash your hands before coming to the club.

2.6 Arrive ready to play in your kit, just changing into your court shoes once inside. Changing rooms are restricted to changing after playing.

2.7 Bring your own filled water bottle. The water fountain will be unavailable.

2.8 Bring a towel (see section 3.7).

2.9 Arrive no more than 5 minutes before court booking.

3. ON ARRIVAL AND DURING PLAY

3.1 Warm-up at home before leaving, or on the patio/grass outside the club provided the weather permits. Do not go onto an empty court to warm-up.

3.2 Observe social distancing in all areas of the club at all times. **Update 2nd Dec: as is now common practice on entering all premises, please wear a mask to enter the clubhouse and sign in at the desk in the entrance area.**

3.3 The screen outside court 2 is partially closed. Entry and exit route to the courts is through the doors past the water fountain and along the corridor. With court bookings staggered, it is unlikely that you will need to pass anyone.

We will keep this route under review and amend if necessary.

3.4 Use hand sanitiser provided at the court doors before and after playing.

3.5 Use a disinfectant wipe provided outside each court to sanitise the ball before playing. There are pedal bins provided for disposal.

3.6 Incoming player(s) to use a disinfectant wipe to sanitise the court door before playing.

3.7 Take your water bottle and towel onto the court and place them at the front wall. Use your towel if you need to wipe sweat from your hand while playing. Do not wipe your hand on the walls or glass backwall.

3.8 If you need to sneeze or cough, use a tissue or upper sleeve.

3.9 Do not leave the court between games; remain on court until you have finished and are leaving the court area.

4. AFTER PLAYING

4.1 Leave the court area immediately after playing. Leave it as you would expect it to be left for you.

4.2 If staying at the club for a post-match drink, please shower and change (see Appendix: Changing Rooms and Showers). Do not sit on the communal furniture in sweaty kit.

4.3 If any player subsequently displays symptoms of COVID-19, follow the Government's 'test & trace' guidelines and declare this to the club. Begin self-isolating and book a test at <https://www.gov.uk/get-coronavirus-test> or call 119.

If a member tests positive for the virus and any squash/squash57 players are notified to self-isolate by the public tracking system, our thinking at the moment is that we will temporarily close and deep clean the court(s) on which they recently played (rather than close all courts).

Players from a Squash Bubble that have been in contact with the symptomatic player within the seven days prior must self-isolate and undertake tests as per Government guidelines, even if they exhibit no symptoms themselves, until it has

been determined whether or not the symptomatic player has tested positive or negative. Players within the bubble can resume play if the test proves negative.

4.4 For more detailed guidance from England Squash, go to englandsquash.com/backtosquash

APPENDIX:

1. HOW TO PLAY 'SIDES'

'Sides' is a modified version of the game that allows two players from different households to play on court at the same time:

- 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 / touches the ball with their hand during the match;
- 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 other 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; and
- once a rally is complete, players switch sides of the court (maintaining a safe social distance) and the server restarts play.

For a demo of how to play Sides, there is a video in the England Squash guidance at the link shown above.

2. SQUASH BUBBLES

A squash/squash57 bubble consists of a maximum of six players. Players can only be part of one bubble at a time. Players within the bubble can play full-court matches but with the following modifications and hygiene measures:

- only two players on a court at one time;
- play best of three games;
- play first to 11 points, sudden-death at 10-all;
- during each game, when the first player reaches six points, both players should wipe away excessive sweat, sanitise their hands and the ball. Repeat between games;
- the same player to serve/touch the ball during each half of a game, and at the halfway point switch servers;
- protective eyewear or visors are strongly recommended at all times;
- players must not wipe their hands on the court walls; and
- players are not allowed to shout or raise their voice.

The club must maintain an up-to-date list of all players in each bubble and must obtain players' written (email) agreement that they have read and will follow the England Squash bubble guidance.

If players switch bubbles, they must take a 7-day break from full squash, reverting to Sides or socially distanced drills for this period.

Players may play and train with players outside their squash bubble, but those games / practice drills must be restricted to Sides or socially distanced practice routines.

Update 2nd Dec: in Tier 2, Squash Bubbles are restricted to playing Sides or socially distanced practice routines.

Normal games are only permitted between (a) members of the same household, and (b) members of the same Support Bubble.

Members of different households are not allowed to play each other unless they have formed a Squash Bubble; even then, play is restricted to Sides and/or socially distanced practices.

3. CHANGING ROOMS & SHOWERS

We have re-opened the club changing rooms and showers (wef 19th August) with the following protocols:

- they are only available for use after playing. Players must continue to arrive ready changed and take bags/clothes/kit onto court;
- nothing to be left in the changing rooms;

- social distancing is to be maintained: no more than 6 people in the men's changing rooms / 4 people in the ladies' changing rooms at the same time, i.e. 2 people per long changing room bench; and
- of which, no more than 2 people in the showers at the same time.