

HOW TO: PLAY SQUASH SAFELY AT ICKLEFORD SQUASH CLUB

WHAT HAS CHANGED

Squash is back but not as we know it. We hope to get back to full matches and monthly leagues as soon as it is safe to do so. We are following the guidance from both the government and England Squash. We will review this guidance when government advice changes. Listed below are the changes to the club and what has been completed to ensure your safety and to make the squash club Covid-19 secure.

- A risk assessment has been completed for the club and this is available on our webpage under the members section for those that would like to read it.
- You will see extra signs around the club and on the doors please read these when you arrive.
- We have also installed hand sanitisers and wipes by each court for your use before and after you play.
- Only arrive 5 minutes before your match and once you have finished please leave immediately.
- To ensure that there is time for the courts to breath between games you will only be able to book every other court. Courts will be blocked out on the website.
- If you have not booked a court you will not be able to play, this is to help with any contact tracing. Unfortunately for the foreseeable future the use of tokens are not to be used.
- All changing rooms will be closed, and there will be limited use of the toilets. We encourage you not to use the toilets during your visit if at all possible.
- Only bring essential items with you onto the courts, if it is possible do not bring your squash bag. Areas will be marked at the front of the court for the safe keeping of your kit which will provide space for you to social distance from your playing partner.

- The normal cleaning routine will be maintained however to ensure that the courts are as safe as we can make them, we request that you mop the courts with the provided mop after your game. You should clean all door handles and any walls that you have touched during the game (with provided wipes). All wipes and the mop cloth are to be placed in the provided bins.

PERMITTED GAMES STYLES

Match play / Full squash game players from the same household or support bubble can play 'normal' squash as they would have previous to COVID-19.

Solo practice Individual players can practice squash on their own. Options include a range of solo practices and drills to help maintain and improve squash skills.

Sides is a modified version of the game that allows two players from different households (not in a support bubble) 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
- 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 <https://www.englandsquash.com/backtosquash>

PREVENTION FIRST

The primary and most effective step to reducing risk of transmission for squash clubs/venues is to promote personal hygiene to the individuals participating. This means introducing and enforcing a range of actions for members, including:

- **Hand hygiene** – members must wash hands for at least 20 seconds and use hand sanitizer before entering the court. Hand sanitizer and alcohol-based wipes will be made available at key points in the club e.g. entry and exit points, court doors.

- **Do not touch the walls or court floor** – we strongly recommend this rule is strictly imposed across all clubs. If a player accidentally touches a wall or court floor they should stop and immediately sanitize their hand.
- **Only one person to open/close the court door** – only one player going on court should touch the door.
- **Only one person to touch the ball** – only one player should touch the ball throughout the duration of play.

TOP TIPS

1. Keep you distance
2. Maintain good personal hygiene
3. Book online
4. Arrive 5 mins early and leave immediately
5. Bring your own racket and balls
6. Take you kit on court
7. Don't wipe your hands on the walls
8. Clean up and wipe down after you have played
9. Be kind and respect the club rules
10. If you or anyone in your home is unwell, stay at home