

BACK TO SQUASH

GUIDANCE FOR CLUBS, VENUES AND COACHES



Back to Squash Guidance for Clubs, Venues and Coaches

Published: 23 July 2020

Version 2

Introduction

This guide is designed to support squash clubs and venues, and their members, with their return to play, following the restrictions in place during the COVID-19 pandemic. In order to reopen and provide a safe environment for players and staff, clubs and venues are obliged to ensure they have completed a thorough COVID-19 risk-assessment and developed a robust and practical 'COVID-19 Secure Plan'. Each club has its own unique set of circumstances, and so plans must be tailored to suit specific needs.

As social distancing cannot be guaranteed, the normal game of squash should not be played by players from two households (except those from a support bubble). Included in this guide is a clear set of 'ways to play' to provide options to get people back on court whilst maintaining social distancing.

Cleaning and good hygiene, in conjunction with social distancing, continues to be the most effective method of reducing the risk of infection from COVID-19. Therefore, it is of utmost importance that clubs take all steps to implement their own cleaning and hygiene protocols, whilst ensuring that individual members recognise that they have a part to play, by washing/sanitising hands, not touching court walls, and helping clean contact points where possible.

To support clubs/venues in safely returning to play, this toolkit contains:

1. Top five tips for clubs and venues
2. Creating a club/venue COVID-19 Secure Plan
3. Guidance for conducting a COVID-19 risk assessment
4. Poster kit
5. Ways to play
6. Court cleaning recommendations
7. Delivering COVID-19 Secure Squash (for coaches)
8. Where to find additional support and resources

If your club shares or rents its courts from a separate provider (e.g. if you are based at a leisure centre), then you should work with the owner of the courts to establish a safe return to play, as there may be different protocols, and you must follow their guidelines at all times.

England Squash has a nominated COVID-19 Officer, who you can email at enquiries@englandsquash.com – they will endeavour to answer your questions and concerns or highlight where you can find further information.

Refer to the FAQs on our dedicated [web page](#) for further information and advice.

Version history/updates

The following table outlines significant changes made to the versions of these guidelines, please refer to the specific pages for further detail. Note: minor changes to wording (but not the meaning of the content) may be made throughout the document, but will not be noted here.

Version	Section	Summary of changes
2	Definitions	Addition of 'Support bubble' definition
2	2. Create a club/venue COVID-19 Secure Plan Members & Visitors	Additional advice on Track & Trace data protection guidance and web links to templates for clubs.
2	4. Poster kit	Addition of 'Don't touch the walls' poster Updated 'Ways to play' poster
2	5. Ways to play	Update to only one person touching the ball/door Addition of socially distanced practices
2	6. Court cleaning recommendations	Inclusion of court cleaning recommendations

Definitions

Clubs and venues – anywhere that squash is played in an organised manner, including all commercial, educational, rented, members clubs, and public facilities.

Members – squash players who pay a membership fee for access to a club/venue.

Workforce/staff – all paid or unpaid personnel, including volunteers and third-party contractors who support the ongoing running of the club/venue

Coaches – individuals that hold a valid England Squash coaching qualification, providing organised on-court activity including coaching, practice and training in group and/or individual sessions.

Support bubble – UK Government defines a 'support bubble' as follows:

"In England, if you live by yourself or are a single parent with dependant children – in other words, if there is only one adult in your home – you can expand your close support network so that it includes one other household of any size. This is called making a 'support bubble' and means you are able to have close contact with them as you could if they were members of your own household."

These England Squash guidelines follow this definition, and do not propose any different type of 'support bubble'.

Please refer to [UK Government guidelines](#) for further information.

Disclaimer

You must remain aware of the latest Government and Public Health England guidelines for your region/specific location – this will be the most up-to-date source of guidance and will always supersede the advice in this document. The latest guidance can be found on the following links:

- UK Government Guidelines - <https://www.gov.uk/guidance/working-safely-during-coronavirus-covid-19/providers-of-grassroots-sport-and-gym-leisure-facilities>
- Public Health England Advice - <https://www.gov.uk/government/organisations/public-health-england>
- HSE Guidelines - <https://www.hse.gov.uk/news/coronavirus.htm>

As guidelines and restrictions change, England Squash will update its dedicated [COVID-19 web page](#) with relevant information for the squash community.

1. Top five tips for clubs and venues

Before returning to play, consider the following:

1	Keep up-to-date with UK Government guidelines at all times (including any regional variations/exceptions). This is your responsibility. All aspects of squash activity must follow current social distancing guidelines.
2	If your club/venue isn't ready to open safely from the point that UK Government allows it, don't feel pressured to. The safety of your members and staff remains paramount.
3	Take your time with reopening. Start small and adjust and adapt as frequently as you need to.
4	Create a COVID-19 Secure Plan that is manageable for your club/venue, using the template COVID-19 risk assessment provided as a starting point. Call or email England Squash if you are unsure about anything or need further support.
5	Communicate regularly with your members about what is happening and what you are doing to limit the risk. Use all available channels including social media, text, your website and posters/signage on-site.

2. Create a club/venue COVID-19 Secure Plan

Use the following table as a checklist to inform your club/venue COVID-19 Secure Plan. These tasks must be completed before you consider reopening:

Area	Action	Responsibility	Complete
Leadership & Management	Appoint a COVID-19 Lead Officer and support group to devise and deliver the COVID-19 Secure Plan, and monitor and report progress/success.		
	Develop and conduct a COVID-19 risk assessment, specifically for your club/venue's set of circumstances (template can be found here) – see additional guidance below.		
	Formalise a bespoke COVID-19 Secure Plan based on the outcome of your risk assessment for your club, before courts reopen.		
	Establish a cleaning/hygiene routine that is; <ul style="list-style-type: none">• based on the results of the risk assessment• in line with the relevant guidance for your facility• has clear timings and allocated responsibilities If you are cleaning after a known or suspected case of COVID-19 then you refer to the specific guidance . (Further advice/information can be found in section 6 of this document.)		
	Club/venue nominated First Aider to be aware of current HSE guidance and implement any necessary actions (including obtaining any necessary PPE required as dictated by the results of the risk assessment).		
	Establish a plan for what to do if someone develops symptoms at your club/venue, including: <ul style="list-style-type: none">• Maintaining social distancing• Advising them to 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 be isolated from others and someone from their household contacted to make safe arrangements. If this is not possible then phone 111 and follow instructions.• Identifying other members/staff/workforce who may have come into contact with that		

	person, notify them and direct them towards the relevant advice .		
	<p>Identify workforce/staff/responsible members who can ensure the relevant safety measures are being adhered to by members whilst the club/venue is open, including responsibility for:</p> <ul style="list-style-type: none"> • Registering visitors/members • Social distancing, on and off-court • Hygiene and cleaning regimes <p>You may be able to utilise coaches or volunteers/responsible members who must be fully aware of, and take responsibility for ensuring adherence to, the club/venue's guidelines.</p> <p>This may require the creation of a rota for workforce/staff, or changes to your opening schedule to accommodate it.</p> <p>If you are unable to resource this effectively and/or feel that your members may be at risk, then we recommend that the club/venue should remain closed.</p>		
	Agree and communicate policies and procedures to workforce/staff and members before reopening your venue. Please also refer to NCVO advice on volunteering .		
	Recommunicate policies and procedures to workforce/staff and members as they are changed/updated.		
	Ensure that all existing club policies, particularly those relating to matters of safety and duty of care, are reviewed and where appropriate, updated to reflect the new way the club will operate. E.g. safeguarding and inclusion policies. (Please find the latest CPSU guidance here)		
	Ensure that the leadership/ management group understands and actions an agreed plan to resolving/ tackling any localised cases.		
Club/venue Access	Determine the maximum number of members safely allowed in the club at any one time (i.e. the number that can safely guarantee social distancing) and factor this into the booking system (note that this should also account for people who are not playing, including workforce/coaches/management/ other).		
	If appropriate, install screens at reception areas to protect workforce/staff.		
	Introduce separate entry and exit points to the club, if possible.		

	Consider the flow of people through your building and remove bottlenecks where possible e.g. remove turnstiles.		
	Provide hand sanitiser at key points in the club e.g. club entrance/reception/ court doors/exit. Regular handwashing and avoiding sharing of objects should be considered as the primary control for minimising transmission through contact.		
	Ensure only the minimum number of staff/volunteers are on site.		
	Review your accessibility to ensure that you can continue to provide safe access for all your current and potential members/others, including those with disabilities or special needs.		
	Saunas and steam rooms should remain closed.		
Club Environment	Implement the current Government social distancing measures, consider: <ul style="list-style-type: none"> • Car parking space/arrangements • Entry and exit routes • Reception areas • Off-court areas 		
	Close any courts that may limit your ability to implement social distancing (i.e. due to limited/restricted access).		
	Identify and close non-essential social spaces.		
	Remove furniture and seating areas to discourage congregation/socialising indoors.		
	Remove/do not allow use of water dispensers.		
	Maintain adequate ventilation throughout your facility, in line with the relevant guidance . Keep doors and windows open where it is safe to do so.		
	Implement a no-cash/contactless payment system.		
	Minimise contact with non-essential contact points where possible e.g. door handles by keeping doors open, removing light meter boxes etc. <ul style="list-style-type: none"> • Provide cleaning materials to minimise risk where these contact points cannot be eliminated. • Give your members clear instructions that they must not touch the walls (this is included on the posters below). 		
	Obtain and provide alcohol-based anti-bacterial wipes, spray, paper towels and non-touch bins outside courts and throughout the club for players to wipe down surfaces		

	including door handles, banisters etc. – NOTE: please follow standard practice for court care as per section 6 of this document.		
	Review your club/venue's provision of toilet facilities for the needs of staff and members/others, in line with Government guidelines .		
	<p>Close changing/shower facilities, unless you can provide a suitable cleaning/hygiene regime in line with Government guidelines.</p> <ul style="list-style-type: none"> • Reduce the need for these facilities by requiring members to attend the club/venue ready to play and change/shower at home after their visit. • You may need to retain these spaces for the purposes of hand washing and personal hygiene. <p>As a guide, the use of changing rooms and showering facilities should be avoided where possible, although these must be available for participants with disabilities or special needs.</p>		
	Ensure the toilets, courts and communal areas have a strict cleaning schedule and are cleaned regularly, in line with the relevant guidance (for non-medical settings) – NOTE: please follow standard practice for court care – i.e. walls should not be cleaned with disinfectant to avoid damage to the plaster.		
	Review provision of bar area/catering facilities in line with the relevant guidance .		
	Review provision of retail/merchandise facilities in line with the relevant guidance .		
	Use posters and signage at key points in the club, to remind members of new protocols, expectations and everyone's responsibilities.		
	Do not allow sharing/borrowing or hiring of squash equipment / kit from the club or fellow members.		
	Have clearly designated positions from which coaches/volunteers leading activity can provide advice or assistance to players whilst maintaining social distancing.		
Court Bookings	Implement a court booking system to act as a log of who has been in the club, eliminate overcrowding and aid contact tracing. Using an online system is recommended, where possible.		
	Implement a policy of no play permitted without prior booking, to manage attendance levels.		
	Set a maximum (total) number of players on your courts at one time, as per Government		

	guidelines – England Squash advises a maximum of two players per court.		
	Adapt/stagger the start time of each court booking to minimise contact between members.		
	Leave a reasonable time between court bookings to allow for cleaning e.g. court booking for 35 mins, leaving 5 mins for cleaning touch points and then 15-20 mins for air circulation.		
Members & Visitors	<p>Request members/visitors to declare that they are healthy and symptom free before they are allowed into the facility (parents should do this on behalf of children/minors). Prepare a clear statement, and ensure that all have read and agree, to include:</p> <ul style="list-style-type: none"> Any member who has recovered from a COVID-19 infection where symptoms required hospitalisation should consult their GP before returning to play. Members/visitors and staff are not permitted onsite if they have been in contact with anyone who has been unwell with suspected or confirmed COVID-19 during in the two weeks prior. Members/visitors and staff are not allowed onsite if they feel unwell or show any COVID-19 symptoms. Any member/visitor who becomes unwell or shows COVID-19 symptoms after visiting the club/venue must follow the relevant guidance (NHS), declare this to the club/venue, and also consult their GP immediately. 		
	<p>Create a daily register recording who has entered and exited the club, and at what time:</p> <ul style="list-style-type: none"> Collect only name and time of entry/exit to avoid data protection issues – your club membership database should already contain other information required for Track and Trace purposes. This should be completed by workforce/staff, to avoid contact with pen/paper/surfaces. Ensure that your club's privacy policy and data collection procedures reflect changes to your processing of data, are in line with GDPR legislation and follow advice from the ICO. This includes allowing members to opt out of 'Track and Trace'. Further, detailed 		

	advice and templates are available on englandsquash.com .		
	<p>Review club/venue policy for members, including:</p> <ul style="list-style-type: none"> • Arrive promptly (no more than 5 mins ahead of playing) and leave immediately after playing. • Use hand sanitiser on arrival and departure. • No handshaking/physical contact and always maintain social distancing. • Bring own water bottle and arrive at the club with it full. • Bring own towel to wipe away sweat. • Do not wipe hands on court walls. • Bring your own balls and racket. • Bring a change of shirt if you are prone to sweat a lot. • Take your kit bag and water bottle on court. • Bring a small first aid kit for minor injuries. • Players to arrive at the club in kit, ready to play and they should shower at home. <p>(Please add to these depending on your own club environment/situation)</p>		
	<p>Review club/venue policy for visitors attending with members, including:</p> <ul style="list-style-type: none"> • Limiting or not admitting non-playing/non-member visitors accompanying players where club/venue capacity and/or social distancing cannot be maintained. • Provide clear direction to where non-playing/non-member visitors must wait to ensure social distancing and to limit the risk of people coming into contact (e.g. bar areas/outside spaces if available). • Having a separate entry/exit register for visitors to capture information that you may not hold elsewhere, for tracking and tracing purposes. • Consider your policies for any contractors working at or delivering to your facility. 		
	<p>Inform all members of the new protocols at the club before the courts reopen (request that they share with any visitors they plan on attending with).</p> <ul style="list-style-type: none"> • Consider recording that they have read and understood your new protocols/measures and will adhere to them. 		

	<ul style="list-style-type: none">Clearly communicate the responsibility that each member has in keeping the club/venue safe.		
	Inform members of club/venue COVID-19 First Aid protocols on arrival.		
	Encourage members to bring essential supplies to treat minor injuries and take a phone in case of emergency.		
	Review Government guidelines regarding contact with vulnerable/shielding individuals, create a policy for these staff/members and communicate to individuals (this may include not allowing these members to return to the club at this stage).		
	NOTE, face coverings are not recommended on court, as per the following Government advice: 'All forms of face coverings may restrict breathing efficiency and should not be used during exercise except on specific advice from a physician.'		

3. Guidelines for conducting a COVID-19 risk assessment

We have provided a template COVID-19 risk assessment which can be downloaded [here](#). You should review and update this template in line with the specific situation and circumstances of your club/venue. This may mean adding or removing items from this risk assessment – ultimately it is your responsibility to ensure that this is comprehensive and correct for your club/venue.

You can complete the risk assessment yourself, though it is recommended that you get appropriately qualified health and safety (H&S) support or advice to help you (e.g. IOSH or NEBOSH qualified). It is strongly recommended that all squash clubs/venues complete a written risk assessment, regardless of situation/scale.

It is strongly advised that you consult with your workforce/staff during the risk assessment process, and that they are kept informed of the results and any resulting actions required. Employers and facility operators have a duty to reduce workplace risk to the lowest reasonably practicable level.

A risk assessment should follow a recognised and standard methodology, in that it must:

- Identify significant risks
- Identify controls required to comply with legislation
- Remain appropriate and valid over a reasonable period of time

With regard to COVID-19 – this is an additional risk to your typical club/venue risk assessment process, therefore you must define controls for this additional risk. As UK Government information and advice changes, risk assessment(s) should be reviewed and updated accordingly.

This means the reasonable period of time may be short for each re-assessment.

The standard methodology for this risk assessment is to:

1. Recognise that the hazard is Covid-19
2. Assess the persons potentially exposed to the hazard
3. Identify Risk Points i.e. where the hazard and people meet
4. Put in place Risk Controls recognising a hierarchy based on: -
 - a. Elimination of the Hazard (which is not possible for COVID-19)
 - b. Substitution (which is not applicable)
 - c. Engineered Controls i.e. built in safeguards like barriers and signs
 - d. Administrative Controls i.e. change the way things are managed
 - e. PPE Protection

The COVID-19 risk assessment should recognise that:

- The virus is spread in minute water droplets that are expelled from the body through sneezing, coughing, talking and breathing.
- The virus can be transferred to the hands and from there to any contacted surfaces.
- It can survive on surfaces for a period after transfer (depending on such things as the surface type, its moisture content and ambient temperature).

If the virus is passed from one person to another, while many survive infection, some may become ill or even die from the disease. It is therefore regarded as a **HIGH HAZARD**.

Taking account of the types and variety of people participating in squash - the following persons have been identified as being potentially exposed to the virus:

- Instructors, Coaches and Officials
- Training Members – Over and under 18 years

-
- Special categories such as Disabled, Vulnerable People or Pregnant Women
 - Spectators, visitors and third parties (including parents/guardians of children)

Each category is affected equally by the virus through human transfer and surface transfer.

4. Poster kit

We have developed a series of posters for you to print yourselves and display at your club/venue, which are designed to support and/or supplement your own COVID-19 awareness signage. The aim of the posters is to provide you with a clear, standardised set of messages for your members and customers. We recommend you use them liberally so that your members can see them wherever they are. You may also wish to share these on your website or social media channels. The posters include:

1. **Player guidelines for return to your club** – general guidelines on attending the club/venue
2. **Player guidelines for safe return to play** – recommendations for a safe return to playing on court
3. **Is it safe to play?** – Reminder of safe practices for anyone playing at the club
4. **Don't touch the walls** – a reminder for players not to touch the court walls
5. **Ways to play poster** – show your members how they can play, depending on who they are playing with
6. **Socially distanced games and practices poster** – show your players what games and practices they can play
7. **Safe club commitment poster** – showing your members that you have taken the appropriate steps for their safety

[Download the posters here.](#)

For posters specifically relating to safety in the workplace, you can find these additional resources on the [HSE website](#).



PLAY SAFE, STAY SAFE

PLAYER GUIDELINES FOR RETURNING TO COURT SAFELY

- 1 Check first**
Before booking a court, check that your club/venue is open and what their current rules/policies are
- 2 Book in advance**
No play without prior booking
- 3 Sign in and out**
Follow your club/venue's sign-in rules
- 4 Maintain good personal hygiene**
Wash your hands frequently, including before and after you play
- 5 Bring your own towel and water bottle**
Showers and café facilities may be closed
- 6 Make time**
The court booking schedule may have changed, so arrive on time (not early), ready to play and leave promptly
- 7 Keep your distance**
Ensure that you adhere to current social distancing guidelines at all times
- 8 Be kind**
Respect your club/venue rules and be kind to fellow members so that we can continue to enjoy squash together
- 9 Stay home**
If you or anyone in your household are unwell, even with mild symptoms, please do not come to the club/venue. Follow NHS guidelines and report your symptoms to the club/venue for contact tracing purposes

Please continue to follow current Government guidelines as these will always supersede any club/venue or England Squash guidelines. For further information please visit englandsquash.com/covid-19 and gov.uk/coronavirus



PLAY SAFE, STAY SAFE

PLAYER GUIDELINES FOR RETURNING TO COURT SAFELY

Always check first with your club/venue on what their current rules/policies are.



Keep your distance – ensure that you adhere to current social distancing guidelines at all times



Maintain good personal hygiene – wash your hands frequently, including before and after you play



Bring your own racket and balls – disinfect them frequently



Take your bag on court with you – lockers and changing rooms may be closed



Don't wipe your hands on the walls – use your towel to dry your hands and avoid touching surfaces



Clean up and wipe down – help your club/venue to keep touch points clean – leave it as you would expect it to be left for you



Be kind – respect your club rules and be kind to fellow members so that we can continue to enjoy squash together



Stay at home if you or anyone in your household are unwell, even with mild symptoms. Follow NHS guidelines and report your symptoms to the club/venue for contact tracing purposes

Please continue to follow current Government guidelines as these will always supersede any club/venue or England Squash guidelines. For further information please visit englandsquash.com/covid-19 and gov.uk/coronavirus



STOP! THINK!

IS IT SAFE TO PLAY?

Let's work together to keep squash safe, and keep clubs and venues open! Always check first with your club/venue on what their current rules/policies are.



DO NOT come to the club/venue if you or anyone in your household are unwell, even with mild symptoms. Follow NHS guidelines and report your symptoms to the club/venue for contact tracing purposes



Keep your distance – ensure that you adhere to current social distancing guidelines at all times



If you become sick or display any symptoms, let the club/venue know



Leave the club/venue in a timely manner



Wash your hands frequently, including before and after you play. Don't share equipment with anyone



Follow Government and Public Health England advice at all times

Please continue to follow current Government guidelines as these will always supersede any club/venue or England Squash guidelines. For further information please visit englandsquash.com/covid-19 and gov.uk/coronavirus



PLAY SAFE, STAY SAFE



DON'T TOUCH THE WALLS!

Touching the walls could leave traces of the COVID-19 virus. Wipe your hands on your towel or sweatband.

For more guidance, visit englandsquash.com/covid19

WAYS TO PLAY

HOW TO PLAY SAFELY AND WITH WHO

Note: there should be no more than two players on court at one time.



Members from the same household or support bubble:

- Match play/full squash game
- Coach led/supervised activity



Individuals:

- Single player (solo) practices
- Coach led/supervised activity



Two members from different households (not in a support bubble):

- Modified version of squash - 'Sides'
- Socially distanced practices
- Coach led/supervised activity



Up to five members from different households:

- Coach led/supervised activities

Please continue to follow current Government guidelines as these will always supersede any club/venue or England Squash guidelines. For further information please visit englandsquash.com/covid-19 and www.gov.uk/coronavirus

SOCIALLY DISTANCED GAMES AND PRACTICES

WHAT TO PLAY WITH PEOPLE FROM DIFFERENT HOUSEHOLDS

Socially distanced game - 'Sides'

- Both players must keep to their side of the court.
- If a player crosses into their opponent's side, they forfeit the rally.
- Players can use the full length of the court.
- Only one player serves throughout the game.
- Once a rally is complete, players switch sides and the server restarts play.
- If in breach of a safe social distance, a let must be called.
- The rules of squash/squash 57 apply.

Socially distanced practices for more advanced players

- 1 Cross court volleys.** Both players volley the ball cross court to each other from behind the service box. Switch sides. *Make it co-operative: Aim for as many volleys in a row as possible. Switch sides and see if you can beat your previous total.*
- 2 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.
- 3 Straight lob vs straight volley drop.** Front player plays straight lobs and back player plays straight volley drops. Alternate and switch sides.
- 4 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.*
- 5 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. *Make it competitive: first to reach 7 points wins.*
- 6 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.
- 7 Straight drop then cross court deep v 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.
- 8 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.
- 9 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.*

Stop and restart play if in danger of breaching a safe social distance or striking your opponent with the ball. Protective eyewear is strongly recommended for all players. **DO NOT** touch the court floor or walls.

For more ways to play visit englandsquash.com/covid-19

STAYING COVID-19 SECURE IN 2020

We confirm we have complied with the UK Government's guidance on managing the risk of COVID-19

FIVE STEPS TO A SAFER SQUASH VENUE

- ✓ We have carried out a **COVID-19 risk assessment** and shared the results with the people who play, work and volunteer here
- ✓ We have **cleaning, handwashing and hygiene procedures** in line with guidance
- ✓ We have developed a COVID-19 Secure Plan and taken all reasonable steps to **make the venue safe**
- ✓ We have taken all reasonable steps to **keep socially distanced** in the club/venue
- ✓ We pledge to **keep up to date with UK Government advice**, and will share any changes with our members when it affects them

Club/venue _____ Date _____

Who to contact _____ Your Health and Safety Representative

(or the Health and Safety Executive at www.hse.gov.uk or 0300 003 1647)

5. 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 one time.

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

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 [here](#).

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.

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- 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.

For further details on some of our 'Socially distanced practices', see the video [here](#).

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

6. Court cleaning recommendations

Squash courts are a unique sports facility, which require specific care and maintenance to keep them in optimum playing condition. This also means that they present a challenge to reducing the risk of transmitting COVID-19. The aim of this guide is to provide practical advice and supporting measures to help courts/venues keep their members and workforce as safe as possible. England Squash has worked with approved contractors to develop the following guidance.

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 your 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 should 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.

Cleaning common surfaces and contact-points

Clubs/venues must take responsibility to clean commonly touched surfaces and contact-points in between each court booking as part of the COVID-19 secure plan. Points to consider include:

- Identify the common contact points in your club/venue as part of your risk assessment e.g. door handles, light switches, taps etc.
- Provide suitable cleaning materials for members to clean these surfaces, including spray disinfectant and alcohol-based wipes made available at key points in the club e.g. entry and exit points, court doors. This must be in addition to a thorough cleaning schedule undertaken by a responsible member of the workforce/staff.
- Allow for more time in between bookings than usual for cleaning to take place.

Cleaning court walls and floors

Squash court walls and floors are particularly sensitive to disinfectant and/or constant soaking and therefore cannot be 'deep cleaned' on a regular basis without potentially damaging them. This means that there is an increased likelihood of there being traces of the COVID-19 virus on court surfaces. However, there are some measures in addition to those outlined above which can be implemented, with the aim of reducing the risk, including:

- **Spot cleaning** – where a member knowingly touches the floor wall, or drops sweat or bodily fluids, they should use an alcohol-based cleaning wipe to clean that area immediately (do not use a member's towel). Any liquid should be dried off immediately with a separate dry cloth (i.e. paper towel).
- **Dry mop** – use a dry mop at the start and end of every day (where the court has been used) on the floors and walls. Disinfect the mop(s) overnight and rotate multiple mops if possible.
- **Close courts** – where possible and practical to do so, rotate the courts that you use, allowing for a court to be closed for periods of at least 72 hours.

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- **Keep to your usual maintenance routines** – supplement your usual court maintenance routines with the recommendations made here. You know your courts best, including how they have been treated in the past.
 - **Ask for advice** – If you are unsure of the best way to maintain your courts contact one of our approved court care contractors, for any specific advice.

(Note: these measures are not guaranteed to kill/remove the COVID-19 virus fully)

Additional considerations

Inform your members what you expect from them and what they can expect from you. It is important that individuals also take responsibility for themselves and others, only by communicating this widely can you expect people to do so.

- Don't cut corners! The safety of your workforce/staff and members is paramount.
- If you continue to have concerns about the safety of your workforce/staff and members, you must be prepared to keep your club/venue closed until you are able to put mitigating safety measures in place.

Please refer to additional information available from UK Government sources:

- UK Government Guidelines - <https://www.gov.uk/guidance/working-safely-during-coronavirus-covid-19/providers-of-grassroots-sport-and-gym-leisure-facilities>
- Public Health England Advice - <https://www.gov.uk/government/organisations/public-health-england>
- HSE Guidelines - <https://www.hse.gov.uk/news/coronavirus.htm>

A list of the **England Squash Approved Contractors** can be found on englandsquash.com

England Squash are sharing the information here for guidance only and have not evaluated the content or carried out tests relating to either COVID-19 transmission or potential damage to court surfaces. England Squash does not guarantee the accuracy of the information and accept no responsibility or liability for any consequences arising from the use of this information. If you are unsure on how to clean your courts, please contact an appropriate court specialist or hygiene expert.

7. Delivering COVID-19 Secure Squash (for coaches)

How to deliver organised activities and coaching sessions in a safe and practical way:

a. Pre-session

- Members must be advised of COVID-19 safety protocols and processes before they arrive, remind members that whilst the club/venue is doing everything possible to minimise the likelihood of infection, they are attending at their own risk
- Session times and sizes should be adjusted to meet social distancing requirements (based on current Government social distancing measures and including delaying/staggering start times)
- Door handles and contact surfaces should be cleaned with disinfectant (1,000ppm Chlorine) – NOTE: please follow standard practice for court care – see section 6 of this document for further information/advice
- Equipment (balls) should be cleaned with >60% alcohol wipes
- Signage displayed where required
- Warning tape laid if required on court/shared space

b. On arrival

- Members arrive on time at the pre-agreed session time
- No booking = no play = no exceptions
- Members come ready dressed for the session
- Members to bring all their own kit, no kit can be shared, borrowed or hired
- Members to bring their own labelled water bottle
- Members to bring their own first aid kit if possible
- Members always keep socially distanced from all other members
- Members wash their hands thoroughly with soap and water for 20 seconds before entering the court/training room (where facilities allow)
- Members clean their hands with sanitiser on entering the court/training room
- Doors/windows are kept open (where possible) to maintain ventilation and stop/reduce further touch points
- Payments are contactless [or delivered in sealed and labelled envelopes]
- Spectators are only allowed if they are able to maintain social distancing
- Members may wear a face covering and/or gloves if they wish whilst in the club/venue's common areas
- Members may ask the coach to wear a face covering

c. Training

- Class sizes should be adjusted to allow for social distancing for all members
- Members from the same household or support bubble do not need to social distance (refer to latest Government guidelines)
- Session activity continues to follow the risk assessment for the specific activity
 - Follow current Government guidelines on contact with people not from the same household
 - Follow current Government guidelines on minimum social distancing
- Equipment is cleaned after each use by a person or group
- Any spillages are cleaned immediately
- Use of toilets allowed in accordance with venue instructions/Government guidelines
- Members to minimise contact with all surfaces as much as possible and use wipes to clean

d. On Leaving

- Members must take all their possessions with them
- Members clean their hands with sanitiser on leaving the court/venue
- Members leave the venue immediately
- Members under 18 who are being collected by a parent/guardian must wait with the coach until collected

e. Post-Session

- Floors/walls/doors are cleaned
- Equipment is wiped clean
- Session is reviewed and any modifications for next session advised to members

8. Where to find additional support and resources

- England Squash – <https://www.englandsquash.com/covid-19>
- Sport England – <https://www.sportengland.org/how-we-can-help/coronavirus>
- Club Matters – <https://learn.sportenglandclubmatters.com/course/view.php?id=71>
- UK Government Guidelines for employers and businesses - <https://www.gov.uk/government/publications/guidance-to-employers-and-businesses-about-covid-19>
- Public Health England Advice - <https://www.gov.uk/government/organisations/public-health-england>
- HSE Guidelines - <https://www.hse.gov.uk/news/coronavirus.htm>
- Safeguarding guidance - <https://thecpsu.org.uk/>
- Guidance for the public on the mental health and wellbeing aspects of coronavirus – <https://www.gov.uk/government/publications/covid-19-guidance-for-the-public-on-mental-health-and-wellbeing/guidance-for-the-public-on-the-mental-health-and-wellbeing-aspects-of-coronavirus-covid-19>

England Squash has a nominated COVID-19 Officer, who you can email at enquiries@englandsquash.com – they will endeavour to answer your questions or concerns or provide you with further contact details to find more information.