



Thanet Squash Rackets Club

Returning To Squash - Strategy & Process

Guide for Club Members

Ver. 1.0

28/07/2020

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COVID-19 - Returning to Squash

Preface

With restrictions being relaxed across the UK, which has seen other sports and clubs starting to open up, albeit with limitations in place, the purpose of this document is to outline the process and procedures to follow to allow the safe reopening of

THANET SQUASH RACKETS CLUB.

The club reopening will adopt a phased approach, which will define the initial types of play that will be permitted and considerations to any restrictions that will be in place as well as the rules and regulations that club members will need to follow now that the UK Government has made an official announcement permitting the reopening of gyms, leisure centres and indoor sports clubs on **Saturday 1st August 2020.**

The initial club reopening phase will be referred to in this document as **Phase One.**

Please note: This document is not a substitute for government guidelines or professional medical advice. Its purpose is to provide information for the club and members on how to plan for returning to squash and the rules that will apply now that reopening has been permitted under latest government guidelines.

This document has been produced under guidance from the **World Squash Federation, England Squash, Sport England and Canterbury Squash Rackets Club.**

Types of Play Permitted - Phase One

The illustration below outlines the restrictions that apply for on court play during Phase One of reopening. As restrictions are lifted going to the next phase, players will be kept up to date on the gradual lifting of restrictions.

Please Note: No more than two players will be permitted on court under any circumstances



Individual Player

- Solo Practice
- One to One Coaching (with social distancing)



Two Players from same household or support bubble

- Singles match play, drills & routines
- Coaching (with coach supervising off court)



Two Players from different households (not in support bubble)

- Modified version of Squash - "Sides" (see definition)
- Coaching (with coach supervising off court)



Up to Five Players from different households

- Coaching using up to two courts (with coach supervising off court)

Players should take into consideration Hand and touch point hygiene before and after playing.

If taking part in a coaching session, only the coach should touch the ball and court door and social distancing should be maintained between coach and player.

Definitions - Phase One

Solo Practice - One Player on court doing solo practice routines on a court that they have booked. Players will not be permitted to casually turn up and practice without booking a court.

One to One Coaching (with social distancing) - One Coach plus One Player on court with both observing social distancing rules at all times (2 metres apart). Coaching must take place on a booked court only and by **ES qualified coaches** only.

Singles match play, drills & routines - A full court game of singles with scoring, practice drills or routines (e.g. boast & drive).

Coaching (with coach supervising off court) - One Coach plus Two Player on court with both on court players observing social distancing rules at all times (2 metres apart). Coach must supervise the session off court to ensure that there are not more than two players on court at any point. Coaching must take place on a booked court only and by **ES qualified coaches** only.

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. **Full rules of "Sides" are detailed on the next page.**

Coaching using up to two courts (with coach supervising off court) - One Coach plus up to five players over two courts. A maximum of two players can be on court at any time with both on court players observing social distancing rules at all times (2 metres apart). Coach must supervise the session off court to ensure that there are not more than two players on court at any point. Coaching must take place on a booked court only and by **ES qualified coaches** only.

Rules for modified squash game “Sides”

Sides is 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 are 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’, please click on the link below to view an instructional video

<https://www.englandsquash.com/backtosquash>

What is a Support Bubble?

A support bubble means two household that qualify effectively become one household – and is considered the same as if you all lived together. This means everyone in the support bubble can do things together such as go round to each other's house, stay the night and travel together in private vehicles. You don't need to socially distance from others in your support bubble. **Once you've formed your support bubble, you can't change who's in it.**

Who can you form a Support Bubble with?

For two households to form a support bubble, at least one of the households must be a **single adult household** – either an adult living alone or a single parent with children under 18 living with them. The other household can be any size.

But there are some things to consider before you decide to form a support bubble:

You can travel to and from another household in your support bubble, but it's still best to avoid public transport. It might therefore be easier to be in a support bubble with a household local to you. Also, the rules in Northern Ireland, Scotland and Wales are different so you can't form a support bubble with households in these parts of the UK.

The more people you spend time with, the higher the risk of infection from coronavirus. So while there are no rules on the size of the household you can join up with, it's safer to make a support bubble with a smaller group of people.

Before you form your support bubble, think about any potential risks to your health. For example, is there anyone in certain households that's more exposed to the virus, such as healthcare workers?

Club Facility Rules & Restrictions - Phase One

The following rules and restrictions will apply to the club and its facilities for the duration of Phase One of reopening.



Players will be required to use the hand sanitizer outside each court under the light switch before going on court and straight after coming off court.



The viewing gallery upstairs will be out of bounds as no spectators will be permitted but will remain open for players to retrieve any wayward squash balls!



The showers and changing rooms will be closed and not permitted for use for phase one of reopening. Players must arrived changed and leave promptly afterwards.



Players will not be permitted to wipe their hands on the walls of the court during play.



Players will not be permitted to turn up and play without booking a court to allow us to account for who is in the club.



Players will not be permitted to shake hands or have any other form of physical contact during or after play.

During Play Recommendations - Phase One

The following **recommendations** are made for players during play at the club for phase one of the reopening of the club.



Players are advised to bring and use their own squash racket and equipment for play as sharing of any squash equipment is not permitted for phase one of reopening.



Players are advised to bring their own water bottle as there will be no plastic cups available for the water cooler during phase one to avoid accidental sharing of cups.



Players are advised to bring their own gym or hand towel to wipe off any excess sweat as wiping of hands on the walls of the court will not be permitted.



Players are advised to wear squash/sports glasses, if necessary, to limit the touching of eyes with hands.



Players are advised to follow NHS and WHO guidelines on hand washing and using hand sanitizer. Visual guides can be found at the end of this document.



Players are advised to avoid touching surfaces around the club unnecessarily, especially after having finished their session on court

If you or someone you live with have symptoms of COVID-19, please stay home and self-isolate for 14 days.

Do not come to the courts if you are feeling ill at all, regardless of the symptoms.

Club Rules & Regulations - Phase One

The following points outline the **rules & regulations** that have been put in place at **Thanet Squash Rackets Club** for phase one of reopening the club.

- **Welcome Back Registration** - We appreciate that not all members will want to return to playing squash until further restrictions have been lifted in later phases or if they are living with vulnerable members of family. Members that do wish to return will be required to complete an online **welcome back form** to confirm their latest contact details and register their intent to returning to playing squash.

Upon completing the form, members will have their online court booking account reactivated, **a club committee member** will confirm your new renewal date (with missed days credited to your renewal date due to the club closure) and your door entry card to the new door entry system will be available to collect from the club on your first booked court back at the club. The process to register is outlined on the next page.

If you choose not to return to playing until a later date, your membership will remain paused until you complete the welcome back registration form to indicate that you would like to return to the club.

- **Club Entry** - Members will enter the club through the main entrance, please give way to any member either entering or leaving the club. No more than one member to be in the lobby area at any time.

- **Signs & Posters** - There will be a series of posters and notices with guidelines to rules and restrictions outside the courts and around the club as well as entry and exit points. Please familiarise yourself with them as they will contain useful information.

- **Court Bookings** - For phase one, members will only be allowed to play on courts that they have booked via the online booking system. Booking times will be staggered to allow members to arrive and leave the club before the next set of members arrive to play. Members will be requested to arrive at the club no earlier than 5 minutes before their court booking time and must ensure they leave within 5 minutes of finishing allowing time for the next set of members to arrive for their booked court.

Initially, members will only be able to book single courts as there will be a 15 minute gap between court bookings to allow time for players to leave, extractor fans to extract air from a previous session and the next set of players to turn up.

• **Changing Rooms & Viewing Gallery** - For phase one of reopening, the changing rooms and showers will not be in use and the upstairs viewing gallery will also be closed as spectators will not be permitted. Members should arrive changed and should bring their bags on court with them and leave them at the front of the court.

• **Hand Washing & Cleaning** - Members are advised to wash their hands as often as necessary and hand sanitizers will be installed at the entry and exit of the club and outside each of the courts for members to use as well as cleaning stations around the club to allow for regular cleaning cycles. Non-touch bins will also be used at cleaning stations and around the club. The club will be cleaned more frequently but please do your bit in keeping the club tidy as well. The toilets will be in use so please leave them as you would expect to find them.

• **Social Distancing** - Please be advised that members will be required to adhere to social distancing rules (2 metres apart) at all times in the club unless players are from the same household.

• **Members Only** - For Phase One, the club will be operating a members only policy and guests will not be permitted to play, initially. This is to make it easier to track and trace members that have been to the club and to get in touch with them if the need arises.

• **Air Flow & Ventilation** - We kindly ask all members to can refrain from closing any windows that have been opened, removing door stops from doors that have been propped open that might normally be closed and to avoid switching court extractor fans off as these measures have been put in place to maximise air flow and ventilation in the club on and off the court in accordance with Sport England guidelines.

Welcome Back Registration

1

1. Complete Welcome Back Registration form

Members will be required to complete this form to confirm their intent to return to squash at Thanet Squash Rackets Club. The form can be found on the club web site at:

<http://www.thanetsquashracketsclub.co.uk>

2. Confirm Membership Renewal & Online Booking

Upon registration, a committee member will be in touch with confirmation that your online court booking account has been reactivated and will also confirm your new membership renewal date with the extra days credited to this date, due to the club closure.

2

3

3. Activate Door Entry Fob

Upon booking a court for the first time, since the club closure, members will be required to complete the Welcome Back Registration document as detailed below prior to being able to book court time and play

ALL members will be required to complete the Welcome Back registration form before they will be permitted to resume playing at the club, with no exceptions.



Thanet Squash Rackets Club



SUMMARY

OF RULE AMENDMENTS

- 1 Only Club Members will be allowed to use courts during the initial opening phase (**Phase One**). Guests will not be permitted to play at this time. Members will also only be allowed to play on a court they have booked.
2. Please familiarise yourself with the **types of play** initially on phase one opening.
3. Members must **fob in** when entering the club, your court will not be activated if you do not fob in at the door.
4. Members must arrive changed and ready to play and bring their bags on court as the changing rooms will be closed for the phase one opening
5. The viewing gallery will be closed and spectators will not be allowed in the initial phase of opening
6. Members are requested to use hand sanitisers outside each court before and after play and to wipe down the door handle of the court after use using disinfectant provided by each court cleaning station outside each court
7. Please read the guidance on the posters outside each court and around the club for more information.

ENJOY YOUR GAME AND WELCOME BACK!



Returning To Squash - Strategy & Process

Thanet Squash Rackets Club

APPENDIX

- **Types of Play Permitted Poster**
- **WSF Squash COVID-19 Guidelines**
- **England Squash Safe Play Posters**
- **WSF Recommendations on getting back to squash**
- **NHS Hand Washing Guide Poster**
- **NHS Hand Sanitiser Use Guide Poster**

❄️ **TYPES OF PLAY** ❄️ **PERMITTED**

Please Note: No more than two players will be permitted on court under any circumstances



Individual Player

- Solo Practice
- One to One Coaching (with social distancing)



Two Players from same household or support bubble

- Singles match play, drills & routines
- Coaching (with coach supervising off court)



Two Players from different households (not in support bubble)

- Modified version of Squash - "Sides" (see definition)
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Up to Five Players from different households

- Coaching using up to two courts (with coach supervising off court)

SQUASH GUIDELINES DURING COVID-19 PANDEMIC



Feeling Unwell?

Stay at Home
If you, or someone you live with, have symptoms of coronavirus stay home and self-isolate for 14 days.



Protection

Please consider wearing a face covering or mask when indoors at the club apart from when on court.



Play

One player per court unless from same household, in which case two to be permitted. Bring your own ball and racket (hire/rental is not allowed).



Social Distancing

Always keep 2 metres away from other people.
No spectators allowed.



On Court

Use your own towel to wipe away sweat.
Do not wipe hands on walls!
It is recommended to wear a sweatband on your wrist.



Drinks

Use your own water bottle.
No sharing, no water fountains.



Arrival at Club

Limit your time at the club. Arrive no more than 15 minutes early and leave immediately after playing.
Travel to facilities should ideally be by foot, bike or car (only shared with person from the same household).



Changing Rooms

Changing Rooms and Showers will not be in use during phase one opening. We will provide updates once the facilities are open again.



Court Bookings

Court bookings can only be made online. This will assist with controlling the number of the people in the club and with track & trace should it be required.



One-Way

A one-way system will be in place where possible.
Please respect this.



10min

Time Slots

Court times will be staggered out with gaps to allow one set of player to play and leave the club before the next set of players turn up for the next slot.



Court Cleaning

Anti-bacterial wipes or spray and paper towels to be available outside the court for all players to wipe down touch surfaces after play.

PLAY SAFE, STAY SAFE

PLAYER GUIDELINES FOR RETURNING TO COURT SAFELY

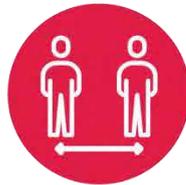
- 1 Check first**
Before booking a court, check that your club/venue is open and what their current rules/policies are
- 2 Book in advance**
No play without prior booking
- 3 Sign in and out**
Follow your club/venue's sign-in rules
- 4 Maintain good personal hygiene**
Wash your hands frequently, including 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

WSF Recommendations on getting back to squash

Preamble

This document is the World Squash Federation's recommendations for the sport as it restarts following the COVID-19 pandemic.

The recommendations included are not intended to substitute professional medical advice or guidelines set out by local or national authorities. This document is designed to assist with planning for the restart of squash and help federations and clubs be prepared to reopen once instructed by the relevant authority.

The three key aims

1. Prepare clubs to reopen safely for non-competitive play as soon as permitted
2. Assist with the reintegration of squash coaching
3. Share useful resources and good practice from federation to federation

Key guidelines expected to remain in place throughout the reopening of squash clubs

- Always keep 2 metres away from other people
- Consider designated times for vulnerable individuals allowing a maximum of half the usual number allowed into the club at one time. in the club. No players to be in the club at this designated time.
- If you or someone you live with have symptoms of coronavirus, stay home and self-isolate for 14 days. Do not come to the courts if feeling ill at all, whatever the symptoms

Key points and organisations to consider before restarting squash

- Government rules and regulations
- Medical advice released nationally
- National or local sports organisation resources

Pre-phase one

- Ensure a plan is in place before the reopening of squash courts. There will be pressure from members to restart as soon as possible, but clear policies and procedures are essential to ensure a safe restart of squash.
- Ensure communications go out well in advance to members to encourage them back, re-assure them that safety is paramount and the regulations that will be in place.

- Appoint a Covid-19 contact to lead the planning of a safe reopening of your squash courts and oversee an action plan. It is important this contact continually reviews processes and the literature released by the key organisation stated above.
- Prepare resources to assist with the education of clubs and members based on their individual responsibilities to help prevent the further spread of Covid-19.
- Ensure appropriate posters highlighting the rules are positioned at all entry & exit points.
- Agree how you will deal with players who break the strict policies in place. Players who break the rules should have their club membership suspended/terminated.
- Reducing the number of social contacts will be essential. Consider the moving of all court booking processes online. Shared documents (such as Google-docs) could be a low-tech solution. This will also act as a log of who has been in the club and aid contact tracing as required.
- A sign-in sign-out system should be introduced so there is a complete log of who was at the courts or in the club at any one time. This will assist with contract tracing should a member contract Covid-19. It should not be assumed that all members will respect the guideline that they should leave after their game or allotted time at the courts. Quarantine will be required for any close contacts, so need to know who they are.
- Travel to facilities to be encouraged to be by foot, bike or car (only shared with person from the same household).
- Hand sanitizer to be put outside every court and at entrance to and exit from the club.

At the club

- Court time must be booked in advance. Only arrive a maximum of 15 mins before the time.
- Court times should be scheduled to allow for players to leave 15 mins before next group arrive. Consider parking arrangements, if applicable, to help members social distance on arrival at the club.
- Designate a waiting area away from the courts for members with 2m distance between each person and a maximum allowed at any one time, to wait if there are already the maximum number of people at the courts.
- Determine the maximum number of players allowed in the club/ squash area at any one time.
- If applicable, install screens in front of reception areas to protect staff.
- Use floor markings to indicate the expected 2 metre gap in spaces where more than 2 people may gather at any one time.

- Ensure there is a sink with soap and/or hand sanitiser close to the entrance of the club. All players to clean hands thoroughly on arrival and leaving.
- Implement a policy of one person in the toilet / changing rooms at any one time. For clarity, the changing rooms should not be operational for showering or changing but as toilets only.
- Toilets should be cleaned hourly. If no staff to clean, then provide hand sanitizer and disinfectant wipes or disinfectant spray and paper towels so players can take their own safety precautions.
- Single paper towel dispensers or airflow driers in the toilets
- Disposal bins should be lined with a plastic bag for easy disposal of rubbish
- If a cleaning team is not employed full time, provide disinfectant wipes or , disinfectant spray and paper towels (preferably the latter as more environmentally friendly) outside each court for all players to wipe down touch surfaces, such as the door handle, after play.
- Ensure enough no-touch bins available to dispose of the towels / wipes
- Hand sanitizers to be available outside every courts as well as disinfectant wipes/ spray with paper towel for players to wipe ball, racket. Players to sanitize their hands after playing before touching any surface.
- If there is an area near the courts for socialising, either remove or limit areas to sit near courts. Ensure 2m distance between chairs and only 2/ table. Actively discourage unnecessary socialising. Bars and catering facilities to remain closed in line with government recommendations.
- Courts to be cleaned on a regular basis. As a minimum, there should be a daily deep clean of the courts.

On-court

- No handshaking.
- Use your own water bottle. No sharing, no water fountains.
- Use your own towel to wipe away sweat. Do not wipe hands on walls!
- Bring your own ball and racket (no hire/rental allowed).

Potential roadmap for restarting squash

Phase one (a) – limited opening

- Limit time at the club. Arrive no more than 5 minutes early and leave immediately after playing.
- No competitive squash competitions permitted. No spectators for any squash.
- One player per court unless from same household, in which case two to be permitted.
- The use of changing facilities and showers at the club to be closed.
- Handwashing stations and toilets to be opened and cleaned regularly. Minimum daily.
- 15-minute 'change-over' buffer to be built into court booking, e.g. 30 minutes of play allowed in 45-minute court booking (or extend booking time to 60 mins)
- Where possible utilise a one-way system with separate entry and exit points to limit social contact time.
- Members only to make tracking and tracing simpler.
- Where possible, doors left open to facilitate ventilation. Be careful, security is also important!
- All staff should have masks and latex or latex-free rubber gloves. Limit contact time. Work from home unless attendance is required.
- All clubs should consider the first aid available to players. Encourage members to take small supplies to treat minor injuries and take a phone in case of emergency.

Phase one (b) – limited opening coaching

- As above, but 1 to 1 coaching allowed if the 2m distance maintained or coach remains off-court. Consider whether the coach on-court can adhere to government guidelines.

Phase two (a) – relaxing the conditions

As above unless superseded by below:

- Two player routines/coaching allowed where social distancing can be maintained (see Swiss link for examples) – no match play or competitions.
- 45-minute court bookings with reduced buffer to 10 minutes at the end for changeover.

- Changing rooms and showers opened but cleaned several times a day. Limited numbers in changing rooms and showers to ensure 2m between players. Social distancing to be observed at all times.
- Catering allowed to open but with takeaway products and contactless payments only.

Phase three

Phase three should be based on the successes of phase one and two and aimed at progressively broadening the number and interaction of players.

- Consider squash 'bubbles' where 3-4 players who know each other and know they practice the protection measures of social distancing to play each other but no one else.

Phase four – Fully operational

As above unless superseded by below:

- Non-members allowed.
- Match play allowed.
- Group coaching allowed.



Printable posters for your club can be found on the WSF site at:

<https://www.worldsquash.org/covid-19-posters/>

BELONGINGS TO BE KEPT OFF COURT & SEPARATE
#STAYSAFEWITHSQUASH

KEEP YOUR DISTANCE
#STAYSAFEWITHSQUASH

FLOW
ARRIVE
Travel on your own to the club where possible
Arrive no earlier than 15 minutes before your booking time
PLAY
Avoid touching shared surfaces throughout the club
Once your booking time ends, finish play immediately
LEAVE
Leave the building promptly
Follow all club signage
#STAYSAFEWITHSQUASH

WEAR FACE PROTECTION
#STAYSAFEWITHSQUASH

MEMBERS ONLY NO PUBLIC ENTRY
#STAYSAFEWITHSQUASH

COURT RULES
• Use your own water bottle and towel
• Bring your own balls, do not share equipment
• Do not shake hands - bump rackets!
• Put used tissues in the bin - leave no rubbish
#STAYSAFEWITHSQUASH

HAND SANITISER POINT
#STAYSAFEWITHSQUASH

FEELING UNWELL? SHOWING SYMPTOMS OF CORONAVIRUS? STAY HOME! SELF ISOLATE FOR 14 DAYS
#STAYSAFEWITHSQUASH

DO NOT WIPE HANDS ON WALLS
#STAYSAFEWITHSQUASH

CLEAN HANDS PROTECT AGAINST INFECTION
#STAYSAFEWITHSQUASH

SQUASH GUIDELINES DURING COVID-19 PANDEMIC
(As of June 2020)

Feeling Unwell?
Don't attend if you have a fever, cough, sore throat, or other symptoms of COVID-19. Stay home and get tested if you have symptoms for 14 days.

Arrival at Club
Don't touch anything in the club. Avoid the changing rooms and locker rooms. Avoid playing. Avoid touching shared equipment. Avoid touching shared surfaces. Avoid touching shared equipment. Avoid touching shared surfaces.

Changing Rooms
Only use the changing rooms if you have a booking. Avoid touching anything in the changing rooms. Avoid touching shared equipment. Avoid touching shared surfaces.

Court Bookings
Court bookings can only be made online. There will be a limit on the number of people in the club at any one time. Bookings will be made on a first-come, first-served basis.

One Way
The club will have a one-way system in place. Please follow the signs.

Face Masks
Wear a face mask at all times in the club. Avoid touching your face. Avoid touching shared equipment. Avoid touching shared surfaces.

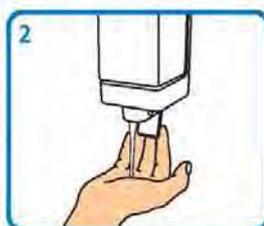
Court Cleaning
The club will have a cleaning schedule in place. Avoid touching anything in the club. Avoid touching shared equipment. Avoid touching shared surfaces.

CHANGING ROOMS CLOSED UNTIL FURTHER NOTICE
#STAYSAFEWITHSQUASH

Hand-washing technique with soap and water



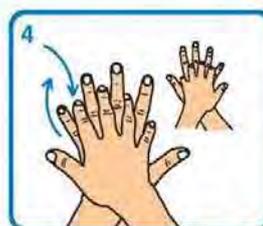
1
Wet hands with water



2
Apply enough soap to cover all hand surfaces



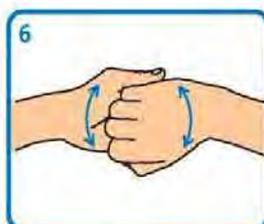
3
Rub hands palm to palm



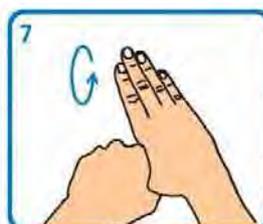
4
Rub back of each hand with palm of other hand with fingers interlaced



5
Rub palm to palm with fingers interlaced



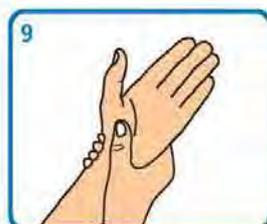
6
Rub with back of fingers to opposing palms with fingers interlocked



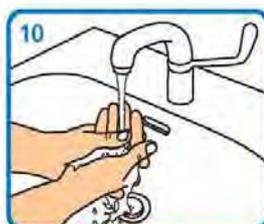
7
Rub each thumb clasped in opposite hand using a rotational movement



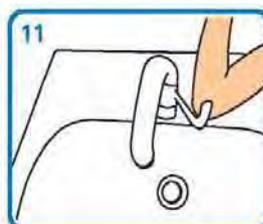
8
Rub tips of fingers in opposite palm in a circular motion



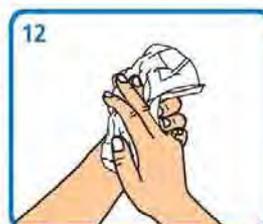
9
Rub each wrist with opposite hand



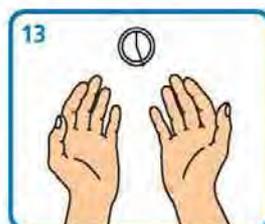
10
Rinse hands with water



11
Use elbow to turn off tap

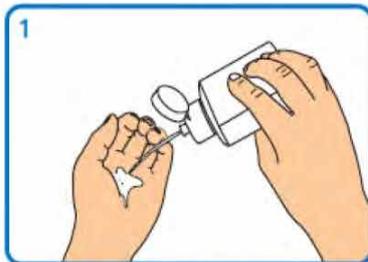


12
Dry thoroughly with a single-use towel

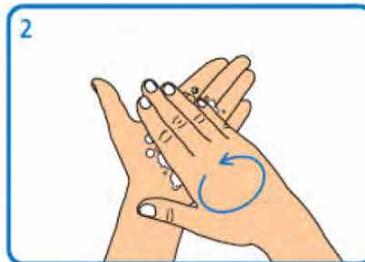


13
Hand washing should take 15–30 seconds

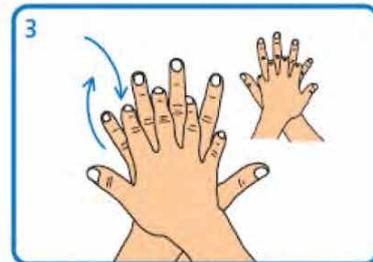
Alcohol handrub hand hygiene technique – for visibly clean hands



1 Apply a small amount (about 3 ml) of the product in a cupped hand



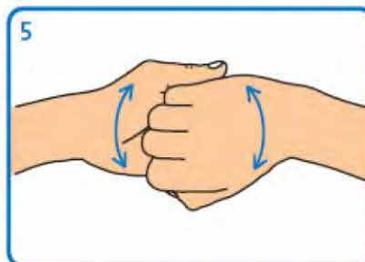
2 Rub hands together palm to palm, spreading the handrub over the hands



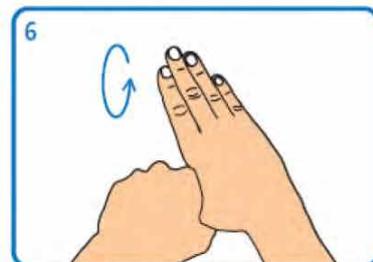
3 Rub back of each hand with palm of other hand with fingers interlaced



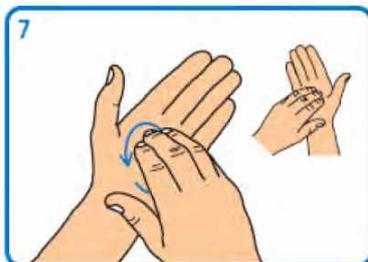
4 Rub palm to palm with fingers interlaced



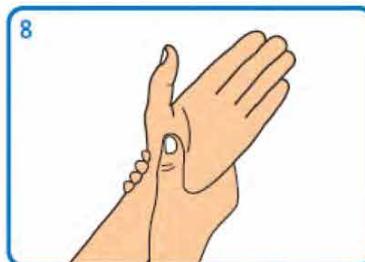
5 Rub back of fingers to opposing palms with fingers interlocked



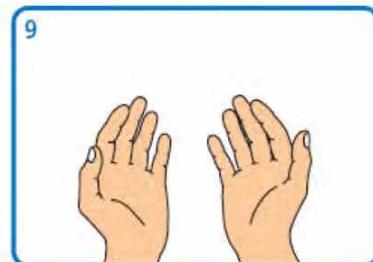
6 Rub each thumb clasped in opposite hand using a rotational movement



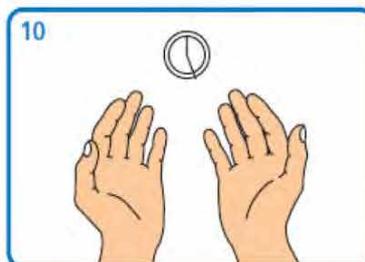
7 Rub tips of fingers in opposite palm in a circular motion



8 Rub each wrist with opposite hand



9 Wait until product has evaporated and hands are dry (do not use paper towels)



10 The process should take 15–30 seconds