

GUIDANCE FOR PLAYERS - RETURN TO PLAY PROTOCOL

We are all keen to get back on court – please adhere to these guidelines which have been drawn up to ensure the safest possible environment for you and your fellow squash players. Please refer also to the general COVID-19 guidelines for clubs for more information on www.highfieldsquash.com/covid-19.html

GETTING READY TO PLAY

- You should stay at home if you or anyone in your family has been in contact with someone with Covid-19.
- If you are unwell, you should stay at home.
- Online booking of courts in advance of play is essential - no “turning up” at the club unannounced.
- Social distancing must be fully observed at all times at the club.
- Wash your hands carefully with soap and water or use hand sanitizer on arrival and when you leave.
- Swipe your fob at the booking terminal on arrival at the club.
- Go straight to the court on arrival.
- Bring your own water bottle and small towel.
- Use hand sanitiser provided at court area before and after play.
- Always observe cough/sneeze hygiene measures.
- Do not touch your face with your hands.
- Consider use of wrist/head sweatbands when playing to reduce need to touch your face.
- Do not wipe your hands on the wall of the court.

PHASE 3 From June 29, (We are not open for this date but hope to re-open at some stage during this Phase

- 2 players can practise/train on court at this stage or you may practise solo.
- Consider limiting training to same playing partner only.
- 2 members of same household do not need to observe social distancing on court.
- You should arrive at the club in your gear ready to play (the changing rooms are out of bounds) 10 minutes before you are due on court.
- Clean court door handle with disinfectant wipe before entry onto court (unless you have witnessed this task done by another person just before you play).
- Only use your own racket and ball.
- Try to avoid touching the ball with your hands in between rallies.
- Clean court door handle with disinfectant wipe before entry onto court (unless you have witnessed this task done by another person just before you play).
- For solo Practice, consider leaving court door open (if safe to do so) to promote good ventilation on court whilst you train/Practise.
- Interval of 15 minutes in between court bookings.
- Juniors should have a parent or guardian present outside of the court area.
- Leave club after training session and ‘touch point’ cleaning completed (see details below).
- Coaching sessions permitted (observing social distancing rules) – maximum 2 players per court.
- No match play or competitions permitted.

PHASE 4 from July 20 (we hope to be open before this date)

- Match play permitted.
- Group coaching re-starts.
- No shaking of hands with other players, fist bumps, 'patting on the back' or other unnecessary physical contact. Consider racket tap or nod.
- 10 minute interval in between court booking times.
- Cleaning of touch points before & after court use (as in Phase 3).
- Changing rooms accessible, limited numbers to ensure social distancing.

Start of Season:

Leagues and competitions are played with off-court social distancing/COVID-19 hygiene measures as required.

AFTER YOU HAVE PLAYED

In order to keep the courts safe for the next player:

- After playing you must help clean the court (including wiping door handles, visibly moist spots on the floor and the area around your sports bag and anywhere you touched - on and off court).
- Dispose of disinfectant wipes in bin provided outside court.
- Use hand-sanitiser to clean your hands after this process.
- Take away all of your equipment.
- Clean your equipment regularly, including rackets and water bottles.
- Leave the court immediately after play is finished and leave the facility immediately after play.
- On arrival home put your sports clothes into the wash.

Players are advised to adhere to these guidelines to ensure a safe playing environment for all – failure to do so will be dealt with through the club's disciplinary procedures. An initial breach of the protocols will result in a caution and subsequent breaches may result in a withdrawal of playing rights.