



TAVISTOCK SQUASH CLUB

SAFE PLAY WHILST THE CORONA VIRUS REMAINS A RISK

MESSAGE TO ALL MEMBERS FROM YOUR COMMITTEE

MEMBERS MUST READ THIS

The information contained in this communication aims to make the opening of your squash club as safe as possible, and to enable members to use the courts with reduced risks. We expect to be able to open on 25 July, albeit in a more limited capacity than we had hoped to start with. The government and England Squash guidance states that:

“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).”

England Squash have included in their guide a clear set of ‘ways to play’ to provide options to get people back on court whilst maintaining social distancing. These are set out at the end of this note.

This was a late addition to the guidance and does mean initial use of the club will be restricted in line with the guidance.

Reduced risks does not mean no risk, but the measures required by the club’s committee, based on advice from England Squash, are designed to protect you as best as we can.

That said, our club is unstaffed and the committee can only do so much; we can create an environment where safer play is possible, but it is the behaviour of the membership, your behaviour, that will determine just how safe your club is.

What the committee has done.

1. To keep numbers attending the club to a minimum booking times for the two courts have been staggered, to ensure that only four players are in the building at any one time. This is 2 + 2 arriving at staggered times and passing like ships in the night. Doubles play is not permitted.
2. We have removed the soft furnished chairs from the lobby to prevent sweaty players from using them.
3. We have cancelled all club organised activities; no leagues; no competitions; no club nights or afternoons.
4. Hand sanitiser and sanitising wipes have been made available.

5. Club equipment is not available for use.
6. The drinks machine is not available for use.

We will continue to keep up to date with government advice in general and England Squash advice in particular and will relax the rules as soon as it is deemed safe to do so.

What the committee requires of the membership.

What follows are requirements, and not advice.

1. **Any player playing, is by their actions confirming that they are symptom free.**
2. Any player with symptoms must not book a court or enter the building for 2 weeks on experiencing the symptoms.

The main symptoms of coronavirus (COVID-19) are:

- a. A high temperature – this means you feel hot to touch on your chest or back (you do not need to measure your temperature);
 - b. A new, continuous cough – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual);
 - c. A loss or change to your sense of smell or taste – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal.
3. Any player who has been in contact with another person who has had or is suspected of having COVID 19 must not enter the building for two weeks;
 4. If a player discovers they are COVID 19 positive they must advise the committee chair immediately and, of course, those they have been in contact with;
 5. If a player has been in the building and then develops any of the symptoms within seven days, then again they must advise the committee immediately and anyone they have been in contact with. The committee will close the building for a further period if we have any concerns that an infected player has been using the club and there could be a chance of passing on the virus;
 6. Nobody who is not playing must enter the club;
 7. Players must not turn up more than 10 minutes before their game and must leave within 10 minutes of the end of their game;
 8. Hand sanitiser must be used on entry to and exit from the club;
 9. Anyone playing must have pre booked and both players must be named on the booking so we can track who has been playing more easily;

- 10.** The gym equipment is not to be used. It is not possible to ensure adequate cleaning. It is therefore not necessary for any player to go upstairs;
- 11.** The showers are not to be used, and except in emergencies, you should not use the toilets. Go before you come to the club;
- 12.** Arrive ready to play, except for shoes. Put any excess clothing (e.g. coat, tracksuit) in your changing / sports bag. Any clothing taken off during play must be placed into your bag;
- 13.** Bring your own drink with you.
- 14.** Sweat towels must be brought and used frequently. Players should take a towel on court during a game to use when needed. Ideally players will use sweat bands too;
- 15.** Players must avoid touching their faces during play and until they have had a chance to wash their hands thoroughly. We presume it is not necessary to tell you not to touch your opponent's face;
- 16.** Players must resist 'palming' the walls. If you need to wipe sweat during a game then please use your towel;
- 17.** If you sweat a lot then please bring a change of shirt to use during the game if necessary;
- 18.** Players must use their own ball. Please sanitise it before using it again;
- 19.** Players must not touch anything they don't need to. The touch screens are not to be used; all bookings are to be done via your phones or at home on your PC or laptop;
- 20.** Clean anything you have touched with surface wipes. Ideally this should only be the court door handles. Use your elbow to push the doors open;
- 21.** Players must take any waste or other rubbish home, such as drinks bottles, snack wraps, broken rackets etc.

We trust that these measures all make sense, and we trust in the sensibility of the membership as we cannot police all these requirements. Members are reminded that the rules contained in the constitution still apply. The committee is aware that as more tourists arrive with the continued easing of lockdown, the risks of getting COVID 19 in our relatively safe area increase. Therefore, it is down to all of us to be careful, thoughtful and conscientious.

There may be members who, understandably, will still feel uncomfortable about playing at this time. Members will be aware that for the period of club closure all membership have been extended by that period. For those members who do not wish to restart playing at the moment, please advise Helen and your membership will be suspended until you wish to return to using the club, or the rules are relaxed to enable you to play someone outside of your household.

If you have any questions or comments concerning the content of this message please direct these to either Simon or Joe in the first instance.

And, finally, it will be great to be able to get back on court!

Tavistock Squash Club Committee 15 July 2020

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 <i>support bubble</i>	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 the 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 the coach to touch the ball and court door. Social distancing between coach and player.
Two members from different households (not in a <i>support bubble</i>)	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 the coach to touch the ball and court door. Social distancing between coach and members.

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