



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 playing at your squash club as safe as possible, and to enable members to use the courts with reduced risks. This is an updated guide following England Squash's guidance for a return to playing from the 12th April.

England Squash guidance states that:

"Squash should only be played by:

1. Players from the same household groups
2. Individuals
3. One to one coaching for adults
4. Organized coaching of under 18's in groups of up to 15 "

This is of course very restrictive but hopefully will be relaxed soon and certainly by the 17th May. The club is being readied to open on the 12th April for those who can play.

The rules and guidance on how to use the club, sanitisation etc remain in force from the previous re-opening, so this is referred to again below.

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.

Please rememebr 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.

After all the restrictions we have had to put up with, let's not start feeling too relaxed and please stick to the rules and take care not to risk spreading the virus and prolonging the pandemic and the restrictions that come from it.

Club Guidance & Rules

1. To keep numbers attending the club to a minimum booking times for the two courts remain 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. Hand sanitiser and sanitising wipes have been made available.
3. The changing rooms can be used for changing only.
4. Club equipment is not available for use.
5. 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 and after you have finished your game;
- 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.** The changing rooms are available for use to put your shoes on, but minimise any contact with the surfaces and maintain social distancing if other members are using them;
- 13.** 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;
- 14.** Bring your own drink with you.
- 15.** 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;
- 16.** 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;
- 17.** Players must resist 'palming' the walls. If you need to wipe sweat during a game then please use your towel;
- 18.** If you sweat a lot then please bring a change of shirt to use during the game if necessary;
- 19.** Players must use their own ball. Please sanitise it before using it again;
- 20.** 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;
- 21.** 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;
- 22.** 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 risks of getting COVID 19 in our relatively safe area remains and it is therefore 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, indeed we have added 150 days to everyone membership to cover the current restricted use of the club. For those members who do not wish to restart playing please advise Helen (if you have not already done so) and your membership will be suspended until you wish to return to using the club.

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.

Tavistock Squash Club Committee 8.04.2021