



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 17th May

England Squash guidance states that:

- Players can get on court with multiple households and play full court squash e.g. best of five with tie-breaks, and singles and doubles (squash bubbles and modified versions **not** required). The maximum number of players on court allowed are 4 adults or children.
- Coach-led sessions can take place in any number (within the maximum venue capacity limit) but the maximum number of players on court allowed is 4 adults or 6 children. Coaches are allowed on court and are not included in the total number of players on court.
- Coaches can provide Out-of-School Setting activities to all children (6 max per court), with no restrictions on the total number in attendance.
- Spectators are allowed to return, but must observe maximum of six people or two households as well as social distancing rules and wear face coverings.
- Indoor bar/restaurant/cafe areas are allowed to open, and must follow the current UK Government guidance.

This is great news but it does not mean we can now use the club as normal and plenty of the existing restrictions and rules still apply in order to help reduce any further spread of the virus. With a new variant starting to spread we ask all members to remain vigilant and not to note risks with the health of any members of the club.

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.

As before please remember 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.

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.
2. Hand sanitiser and sanitising wipes have been made available and still need to be used;
3. The changing rooms can be used fully if necessary, but we still ask members to come along to the club changed and to only use the toilets and showers if absolutely necessary;

We will continue to keep up to date with government advice in general and England Squash advice in particular and will relax the rules further 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. Players must not turn up more than 10 minutes before their game and must leave within 10 minutes of the end of their game;

7. Hand sanitiser must be used on entry to and exit from the club and after you have finished your game;
8. 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;
9. Anyone else entering the club must sign in by scanning their membership fob on the door even if they are following someone else in;
10. Anyone not playing and using the public spaces must wear a facemask whilst in the club;
11. Arrive ready to play, except for shoes.
12. Bring your own drink with you.
13. Sweat towels must be brought and used frequently.
14. Players must resist 'palming' the walls. If you need to wipe sweat during a game, then please use your towel;
15. If you sweat a lot then please bring a change of shirt to use during the game if necessary;
16. Players must use hand sanitiser before touching any of the club's equipment, PC, touch screens etc;
17. Clean anything you have touched with surface wipes. Ideally this should only be the court door handles;
18. Players must take any waste or other rubbish home, such as drinks bottles, snack wraps, broken rackets etc;
19. If you use the gym equipment, then you must wipe down any surface you have touched when you have finished.

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.

If you wish to start playing again but have put your membership on hold, then please make sure you contact Helen to get your membership activated again.

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 15.05.2021