



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 normal playing conditions from the 19th July.

England Squash guidance suggest that despite the easing of rules we continue to be careful and conscious of the ongoing risks of the virus. This means certain restrictions remain in force in order to help reduce any further spread of the virus. With the full easing of restrictions being at odds with the growing cases, we continue ask all members to remain vigilant and not to take risks with the health of any members of the club.

The measures now required by the club's committee are based on advice from England Squash and 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.

The main changes will be:

- Court times go back to the same on both courts;
- Afternoon squash and racketball sessions can restart from the week beginning 19th ;
- Club night will restart on the 2nd August if conditions are deemed suitable;
- The Leagues will go back to five players from 1st September (assuming people will still be taking a holiday in August);
- Hand sanitiser rules remain as before.

The committee wish to stress that **the problem is far from over** and we need everyone's support and their awareness of the virus and how easily it spreads.

Club Guidance & Rules

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 ten days;
 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 in the previous ten days. They must not enter the club for ten days from the positive test date;
 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. Hand sanitiser must still be used on entry to and exit from the club and after you have finished your game;
 7. 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;
 8. Anyone else entering the club must sign in by scanning their membership fob on the door even if they are following someone else in;
 9. Sweat towels must be brought and used frequently.
 10. Players must continue to resist 'palming' the walls. If you need to wipe sweat during a game, then please use your towel;

- 11.** If you sweat a lot then please bring a change of shirt to use during the game if necessary;
- 12.** Players must use hand sanitiser before touching any of the club's equipment, PC, touch screens etc;
- 13.** Players must take any waste or other rubbish home, such as drinks bottles, snack wraps, broken rackets etc;
- 14.** If you use the gym equipment, then you must wipe down any surface you have touched when you have finished;
- 15.** Leave the club windows open to allow fresh air into the club and the changing rooms.

Any member who remains unhappy to play can continue to keep their membership on hold.

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 18.07.2021