

**GUIDANCE FOR SQUASH AND RACKETBALL PLAYERS AT CHANTRY SQUASH AND RACKETBALL CLUB**  
**PLAYING RULES FOR MEMBERS FOR A SAFE RE-START OF SQUASH AND RACKETBALL**

Chantry Squash Club has taken all precautions in line with the guidelines issued by UK Government for indoor sports and England Squash to allow a safe return to playing squash and racketball.

A risk assessment has been carried out to minimise risk of infection from Covid-19 through additional hygiene measures and limiting contact between players while at the club.

While the new procedures will reduce the risk, they cannot remove it entirely and by using the courts players are accepting that risk.

Since the club is not usually manned, members are responsible for following the new playing rules for their own safety and the safety of others.

These updated playing rules incorporate the guidance for the move to Phase 2 of the England Squash return to play plan from 1<sup>st</sup> September which includes "Squash Bubbles".

**1. TYPES OF PLAY AND TIMES OF PLAY**

1.1 In accordance with guidelines issued by England Squash we are restricted to:

- a. solo practice for one player;
- b. normal games between two players if both are in the same lockdown household;
- c. crosscourt side-to-side games between two players from different households with social distancing in place ('Sides'); See Appendix 1.
- d. Full court squash games between players within a "squash bubble" of up to six players from 1<sup>st</sup> September; See Appendix 2.
- e. coach-led sessions, from individual coaching to group sessions of up to 5 people from different households, provided that there are no more than two people per court at one time and social distancing is maintained.

1.2 Initially we started cautiously and kept things simple from Week 1 on 25<sup>th</sup> July with prebooked 'friendly' games only.

1.3 The latest guidance from England Squash is that full court games of squash between two players from different households can take place from 1<sup>st</sup> September provided the players form a bubble and only play within their bubble; See England Squash guidance in Appendix 2.

1.4 Players can form a bubble with up to 5 others and should register their bubbles with the club. Movement between bubbles is only permitted if a player has not played for 7 days. Please email [andrew.a.brown@icloud.com](mailto:andrew.a.brown@icloud.com) to register your bubble.

1.5 We are currently looking at introducing a modified league competition for players within individual bubbles. Club nights and knock-out Competitions will remain suspended for now.

1.6 When you first start playing after a long break take it easy at first and build up your fitness.

- 1.7 The club has decided to extend all memberships by 4 months to the end of January 2021 and until January members can bring one visitor from the same household to play squash or racketball. The member will be responsible for ensuring that the visitor follows all the rules for hygiene, playing and distancing and will provide contact details if required.
- 1.8 Players are encouraged to use light cards to operate the meters, although the cash option will still be available for those who have coins. Change will not be available from the bar, which now operates on a card-only basis, although light cards can be purchased there, pre-loaded with £30 light credit.
- 1.9 The court booking times will be staggered at 30 minute intervals, starting at 6:00 am with Court 1 and then 6:30 am for Court 2, with a 60 minute cycle to court bookings.
- 1.10 Court bookings will be for 60 minutes, the first 5 minutes to be used for the incoming players to wipe the light meter, the door handles and make their preparations to play (see sections 3.6 -3.8 below). You will then have a playing time duration of 45 minutes, as before. The lights will then switch off and will remain off for 10 minutes to allow for air circulation between bookings. Time should not be extended by putting more money in the meter.
- 1.11 The final court booking will be at 8:30 pm, to allow the clubhouse to be vacated by the time the bar closes at 10pm.

## **2. PRE-ARRIVAL**

- 2.1 To arrange to play, a court must be booked in advance, to enable the club to regulate and record the number of people in the clubhouse and, if necessary, to trace and contact people.
- 2.2 All bookings must be made online.
- 2.3 Both player names should be recorded in the booking except for solo practice and visitors from the same household.
- 2.4 Arrive no more than 5 minutes before the court booking.
- 2.5 Do not play if you feel unwell or display any symptoms of Covid-19 (continuous dry cough, fever, loss of taste or smell), or if you are self-isolating.
- 2.6 Do not play if you have been in contact with anyone who has been unwell with suspected or confirmed Covid-19 during the two weeks prior to playing.
- 2.7 Any member who has recovered from Covid-19 where symptoms required hospitalisation should consult their GP before returning to play.
- 2.8 Wash your hands before coming to the club.
- 2.9 Arrive ready to play in your kit, just changing into your court shoes once inside the building.
- 2.10 Do not use the changing facilities before playing to minimise contact with others. Please take your bag on court or leave it outside the door. Showers and changing facilities are now available after play, however (see section 4.4). The toilet in the changing room is also available.
- 2.11 Bring your own filled water bottle to take on court.

2.12 Bring a towel (see section 3.9). Bring a change of shirt and/or a tracksuit if you will be staying for a drink after playing (see section 4.5).

2.13 Warm-up at home before leaving, or outside the clubhouse provided the weather permits. Do not go onto an empty court to warm-up.

### **3. ON ARRIVAL AND DURING PLAY**

3.1 Enter by the main entrance door which should be kept locked during the day when the bar is closed. You will require a key to access and you should lock the door behind you after entering except when the bar is open.

3.2 The main entrance is shared with BSST bar staff and you should not enter if someone is leaving or if there are other players in the corridor outside the courts.

3.3 Observe social distancing in all areas of the club at all times.

3.4 The upstairs viewing area is closed and should not be used for watching games.

3.5 The court windows should be left open to increase ventilation to the courts and the extractor fans will be left on.

3.6 Use hand sanitiser provided at the court doors before and after playing.

3.7 Use a disinfectant wipe provided outside each court to wipe the light meter and the door handles. Please dispose of the wipes in the bin provided.

3.8 Use a disinfectant wipe to sanitise the ball before playing.

3.9 Take your water bottle and towel onto the court and place them at the front wall.

3.10 Take your bag onto court and leave it at the front wall or leave it outside the court door.

3.11 Do not wipe your hand on the walls. Use your towel if you need to wipe sweat from your hand.

3.12 Do not share equipment with anyone.

3.13 If you need to sneeze or cough, use a tissue or upper sleeve.

3.14 Do not leave the court between games; remain on court until you have finished and are leaving the court area. Please do not lean on the walls or sit on the floor while resting between games.

### **4. AFTER PLAYING**

4.1 Leave the court area immediately after playing. Do not lock the court door.

4.2 Wipe down the court door handles inside and out using the wipes provided.

4.3 If there are any patches of sweat on the floor please use a wipe to clean them up.

4.4 From 1<sup>st</sup> September the showers and changing facilities are available to use after playing for no more than two players at a time. Please maintain social distancing by changing at either end of the room and showering at either side of the shower area.

- 4.5 If staying at the club for a post-match drink, please exit through the main door and order from the bar from the double doors facing the cricket pitch. The inside bar area is currently closed and should not be accessed from the squash court area.
- 4.6 Please do not loiter in the corridor outside the courts.
- 4.7 If any player subsequently displays symptoms of Covid-19, follow the Government's 'test & trace' guidelines and declare this to the club.
- 4.8 For more detailed guidance from England Squash, please see the attached link [englandsquash.com/backtosquash](https://englandsquash.com/backtosquash)

## **APPENDIX 1: HOW TO PLAY 'SIDES'**

'Sides' is a modified version of the game that allows two players from different households to play on court at the same time: See the England Squash website for a video on how to play [englandsquash.com/backtosquash](https://englandsquash.com/backtosquash)

- 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 / touches the ball with their hand during the match;
- 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 other 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; and
- once a rally is complete, players switch sides of the court (maintaining a safe social distance) and the server restarts play.

## **APPENDIX 2: SQUASH BUBBLES**

### **What is a 'squash bubble'?**

- Bubbles consist of a maximum of six players and players within a 'squash bubble' are permitted to play full-court matches with the following modifications:
- Only two players on court at one time.
- Play best of three games.
- Play first to 11 points, sudden-death at 10-all.
- Use 'Sides' to maintain social distancing throughout the warm-up.
- During each game, when the first player reaches five points, both players should wipe away excessive sweat, and sanitise their hands and the ball. Repeat between games.
- The same player to serve / touch the ball during each half of a game, and at the halfway point, switch servers.
- Players must wear protective eyewear or visor.
- Don't wipe your hands on the wall.
- Players are not allowed to shout or raise their voice.
- Please maintain social distancing when not on court, and continue follow your club's/venue's hygiene and cleaning policies.

### **How do I form a 'squash bubble'?**

- Agree who is in your bubble with up to five other players.
- Inform your club/venue's COVID-19 Officer of the names of the players in your bubble.
- Please email [andrew.a.brown@icloud.com](mailto:andrew.a.brown@icloud.com) to register your bubble.

- Confirm to your club/venue's COVID-19 Officer, in writing, that you have read and agree to follow the England Squash 'bubble' guidance within this page.
- Check with your club/venue's COVID-19 Officer that you are allowed to play before starting.
- You can only belong to one bubble at a time but following a seven-day break of playing full squash, you can switch once you've got agreement from your COVID-19 officer.

### **What if a player in a 'squash bubble' displays symptoms of COVID-19?**

- Follow the England Squash guidance and your club's protocol for members/players with COVID-19 symptoms.
- Players from the bubble that have been in contact with the symptomatic player within the seven days prior must self-isolate and undertake tests as per Government guidelines, even if they exhibit no symptoms themselves, until it has been determined whether or not the symptomatic player has tested positive or negative.
- Players within the bubble can resume play if the COVID-19 test proves negative.