

Updated 02.09.2020 - *(following Government restrictions to Stockport were lifted)*

Back to Squash Guidance for all Members and Guests of Grove Park Squash Club – COVID-19 Safety Guidance

Introduction:

To reopen and provide a safe environment for our members, we have completed a thorough **COVID-19 risk-assessment** and developed a robust and practical **COVID-19 Secure Plan**. This plan has been specifically tailored to the specific circumstances of our Club.

As social distancing cannot be guaranteed, the normal game of Squash must not be played (unless by players from within the same household). However, we are providing our members with safe ways to play each other and continue to provide you with new ideas and ways to get on court.

Initially, we have a range of training sessions supervised by Jules Abbas to help you get the most out of using the Club whilst ordinary squash is suspended. These sessions must be booked online, and members are restricted to 3 sessions per week. This is to enable attendance levels to be managed, and without a prior booking you will not be allowed to play.

In return, we expect all our members to follow all guidance to ensure that we have a safe and supportive environment that we can all enjoy during these unusual times. If a member does not follow the guidance, they may be asked to leave the premises immediately and be blocked from further bookings – this is to ensure that we keep everyone safe and protect all our members.

Cleaning and good hygiene, in conjunction with social distancing, continues to be the most effective method of reducing the risk of infection from COVID-19. Therefore, it is of utmost importance that all those using the courts pay attention to ensuring that they focus on washing their hands, using hand sanitiser and taking steps to not only protect themselves, but also the other members of our club.

PLEASE REMEMBER, THIS GUIDANCE IS TO PROTECT BOTH YOU AS AN INDIVIDUAL AND ALL OUR MEMBERS AS A COMMUNITY IN THESE EXTRAORDINARY TIMES. WE WANT YOU TO STAY HEALTHY, HAVE FUN AND HOPEFULLY WE CAN ALL RETURN TO 'PROPER' SQUASH ONCE THINGS RETURN TO NORMAL

Basic Rules:

- Any member who has recovered from a COVID-19 infection where symptoms required hospitalisation should consult their GP before returning to play.
- Members/visitors are not permitted onsite if they have been in contact with anyone who has been unwell with suspected or confirmed COVID-19 during the previous two weeks.
- Members/visitors are not allowed onsite if they feel unwell or show any COVID-19 symptoms.
- Any member/visitor who becomes unwell or shows COVID-19 symptoms after visiting the club must follow the relevant NHS guidance, declare this to the club, and consult their GP immediately.

By booking a court at the club you are confirming that you are well, clear of symptoms and DO NOT breach any of the basic guidelines above.

Guidance for Our Members:

- 1) All bookings must be made in advance using the online booking system. The terminals at the club are not available as they are a contamination risk. Members should not enter the squash club unless they have a booking.
- 2) No bookings should be made in the name of another person. When making a booking with a **guest**, please ensure you enter the guests full name and contact number in the player box - we need to ensure we keep accurate records of who is at the club to allow for efficient contact tracing.
- 3) There is a maximum play time of 40 minutes. There is also a mandatory 20-minute downtime for each court. This is to allow for:
 - a) Air circulation/ventilation on court.
 - b) Allow time for those who have used the court to clean all touch points on the doors/locks prior to leaving the court area. The door should be left open using the doorstop provided.
 - c) To allow players to leave the building before the next players enter the club.
- 4) **DO NOT** visit the club if you are feeling unwell in any way. If you are exhibiting any of the symptoms of COVID-19, you must get a test and self-isolate.
- 5) The changing rooms and the balcony area are out of bounds to members for the foreseeable future.
- 6) Players should arrive at the club wearing a face covering to reduce the risk of spreading any infection to other members – this is primarily to protect others, not the player themselves (please do not wear masks with ‘valves’ – these are not COVID secure).
- 7) Players should arrive ready to play and with a minimum of ‘kit’, including their own water bottle (the water fountain is out of service), minor injury medical supplies (plasters, wipes), a towel and own hand sanitiser to supplement the supplies at the club. Players must bring their playing shoes separately. Do not arrive at the club wearing the shoes you intend to play in. Grit carried in on shoes from outside damages the court floors.
- 8) Players must not arrive any earlier than 5 minutes before their time to play. If you do arrive early, please wait in your car until it is time to go to your court.
- 9) On arrival, players should use the hand sanitiser positioned at the squash entrance and/or wash their hands in the appropriate toilet area in the main club with soap for at least 20 seconds. They should then proceed directly to their court whilst ensuring they adhere to social distancing. Depending on how busy the club/bar area is both toilets in the entrance area may be allocated to the ladies. Gents should check the sign on the door before entering. The alternative gents will be in the rugby/cricket changing rooms. Players should then proceed directly to their court whilst ensuring they adhere to social distancing.
- 10) There is a one-way system in operation at the club. Squash members should use the main entrance door as usual to gain access into the squash section and our exit is out through the fire doors.

11. Players must go directly to their court, take **ALL** their belongings on to court with them and put them at the front. **DO NOT** share equipment.
12. Players are responsible for bringing their own balls onto court. Only one player can handle the ball for the duration of the session, and this will be reflected in the games that are authorised to play.
13. Only one person to open/close the court door.
14. Unless you are playing with a member of your household, you should only play a full court game if you have both joined the same '[Squash Bubble](#)'.
See [England Squash player guidance](#) for the modifications and additional hygiene measures that must be followed while playing full court.

You can join a 'squash bubble' using the [online form](#).

You can play '[Sides](#)' or socially distanced practices with any member.

See '[Ways to Play](#)' to find out how to play 'Sides' and find suggestions on how you can get a good workout whilst keeping safe.

Solo practice is also recommended.

For the latest 'Back to Squash' Guidance see the [England Squash website](#).

15. There must be no handshaking/physical contact and social distancing must always be maintained throughout the club as well as on court. You may be asked to leave the court if you do not follow the guidance provided.
16. **DO NOT** wipe your hands on the court walls, doors, or floor. If you knowingly touch the floor or wall, or drop sweat or bodily fluids, you should use an alcohol-based cleaning wipe to clean that area immediately (do not use a towel). Any liquid should be dried off immediately with a separate dry cloth (i.e. paper towel). If you are prone to excessive sweating, bring a change of shirt and use your own towel to wipe away sweat.
17. Face coverings are not currently recommended for playing on court but required for arrival and leaving the club. When travelling to the club you must travel separately from others attending at the same time unless in the same household and use transport that offers the least contact, e.g. your own car or bicycle. If using public transport, please adhere to current Public Health England advice and wear a face covering.
18. Upon completion of the supervised session, please ensure that you collect all your belongings quickly, replace your face covering and proceed to the court door.
19. Using the cleaning supplies provided outside the court, clean **ALL** handles and touch points on the doors and dispose of the wipes in the bins provided. Please leave the court door open using the doorstop provided to encourage air circulation.
20. Whilst maintaining social distancing, take your belongings and leave via the Fire Exit between Courts 1 and 6, using the hand sanitiser at the door prior to leaving.

PLEASE NOTE: All changing facilities and toilets within the Squash Club area will be out of bounds and inaccessible. Players should ensure that they use the main club facilities if necessary, prior to starting their game.

For the organised sessions, instructions will be issued so that you can get the maximum out of the session whilst ensuring that you exercise safely.

Track and Trace:

If anyone falls ill with suspected Covid-19 symptoms you should self-isolate and a test should be sought as soon as possible. If the result is positive, notify **Dave Cochrane (07946 595865)** at the club immediately so we can notify others at risk. Please see our [full Covid 19 Track and Trace Protocol](#).

If you fall ill whilst at the Club please **GO HOME** immediately via the Fire Exit, after notifying Jules Abbas or the Supervisor at the time.

See also the guidance for [First Aid during the Coronavirus \(COVID-19\) Outbreak](#)

THE GOLDEN RULE IS THAT WE ALL FOLLOW THE RULES, 'I PROTECT YOU, YOU PROTECT ME', WE ALL HAVE FUN IN A SAFE AND HEALTHY WAY!