



COVID-19

RETURN TO SQUASH

Re-opening of Squash Clubs

Initial Risk Assessment

(v2)

RTP: COVID-19 INITIAL RISK ASSESSMENT (v2)



Initial risk assessment (v1)					
Date	Assessed by	SQW Board review date	Notes	Version no.	Next review date
17 th June 2020	RG/DE	30 th June 2020	Aligned with Government Guidelines in the return to training for Elite Athletes: dated 17 th June 2020	RTP 001	

Activity	Hazard	Who might be harmed and how	Current measures to mitigate risk	Likelihood of exposure to hazard *	Severity**	Risk rating***	Risk assessment (L,M,A,I)	Actions required to mitigate the risk
Return to training for Elite Athletes	Health risk of infection – Covid – 19 Global pandemics.	<i>Staff, visitors, members, contractors, vulnerable persons, over 70s, under 70s with long term underlying health conditions eg asthma, COPD, pregnant women</i>	<p>Identification of ‘higher risk areas’ where larger groups of people may be. When clubhouse and bar/restaurant are still closed (potential for snacks to be served outside).</p> <ul style="list-style-type: none"> • Prior to arrival at the club • Central access points (reception area) • Around the squash court arena • Other areas where queues may form • Car Park • On court • Changing rooms • Toilets • Balcony/Viewing Areas <p><u>Prior to arrival at the club for all players and staff</u></p> <p>See below for control measures</p> <ul style="list-style-type: none"> • Players and staff to have completed a medical questionnaire • Any player or member of staff with symptoms not to enter the club and report to the Club Covid Officer • Players to travel separately to the club unless living in the same 	3	1 - 5 Potential Severity spectrum	11-15 Potential Risk spectrum	<p>Actions required</p> <p>M=Mitigated Risk</p>	<p>Continue to monitor the news and public health advice</p> <p>Each player must undergo a thorough procedural presentation regarding enclosed Risks /Rules and standards expected by the club</p> <p>All players to have copy of protocol for squash clubs to re-open document (8th June)</p> <p>Club to appoint a Club Covid Officer</p>

			<ul style="list-style-type: none"> household All players and staff to wash hands on arrival to the club 					
As above	As above	As above	<p>Car park</p> <p>Control measures:</p> <ul style="list-style-type: none"> Lower risk area – outdoor space Discourage players and staff from congregating in groups Spaces to be left between cars where possible Social distancing advice applies Where possible 1 way in and 1 way out system indicated by arrows Sign to ask players, come already changed 	2	1-5 Potential Severity Spectrum	6-10 Low Risk	<p>Actions required</p> <p>M=Mitigated Risk</p>	<p>Outdoor signage – consider wording could be squash related “don’t get too squashed so, think about your social distancing and avoid chatting in groups’</p> <p>Additional signage</p>
			<p>Inside the Club</p> <p>Control measures</p> <ul style="list-style-type: none"> All players and staff to make their way directly to the squash arena when instructed to do so by SW staff Each player to have their own seated area in the squash arena All players and staff to bring in their own food and drinks All players and staff to adhere to the social distancing guidelines Players and staff are not to walk around the SWNC building at any time <p>Balcony/Behind court Control measures</p> <ul style="list-style-type: none"> Advise players to space themselves out on balcony/behind court No touching surfaces/leaving anything around Hard surfaces cleaned regularly Handwashing before and after playing No use of shared equipment 	1	1 Potential Severity spectrum	1 Very Low Risk	<p>Actions required</p> <p>L=LOW RISK</p>	<p>Players to make their way directly to Squash Courts</p>

As above	As above	As above	<p>On Court</p> <p>Control Measures:</p> <p>PROVIDE ADVICE FOR SQUASH PLAYERS ON COURT. E.G</p> <ul style="list-style-type: none"> • Social distancing (2 metres rule) throughout the round • No hands on, no hugs, kisses, handshakes. • Do not wipe hands on walls or rear glass back wall. • The use of a mask on court is not mandatory. • Everyone must bring their own equipment. • Handling of the same ball by different players during a session should be prevented. • Use your own water bottle and do not share it. No use of water fountains. • Disinfectant is present at the rear of all courts for the handles. • The handles are disinfected by the athlete by spraying the product and wiping it with a paper towel. • Each player to have their designated area behind the court. • Player to turn up to training already in their playing kit. • Players only arriving 5 mins before scheduled booking time • Player to bring adequate towels that will need to be placed in a black bag (bin liner) then taken home to be washed. • Player to bring supplies to treat minor injuries and phone in case of emergency. 	2	2-5 Potential Severity spectrum	6-10 Low Risk	<p>Actions required</p> <p>M=Mitigated Risk</p>	<p>Hand sanitisers available outside every court.</p> <p>Disinfectant wipes/spray with paper towel for players to wipe ball/racket.</p> <p>Players to sanitise their hands before and after playing before touching any surface.</p>
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Key Rules for the Game

What's Allowed

- Solo training.
- Training with coaches is allowed but must respect the rules of social distancing.
- Training with another member but must respect the rules of social distancing.

What is NOT Allowed

- Matches remain banned.
- No more than two players at a time on the court.

The resumption of squash, solo or through conditioned games in one against one allows a practice fully respectful of the Welsh Government health guidelines.

GAME FORM AND EXERCISES

POST COVID – 19 ROUTINES

THE 2 METRE GAMES

Below are some ideas for routines when you are allowed back on court that adhere to the social distancing guidelines

- Boast & Straight Drive
- Straight Drop & Straight Drive – FH/BH
- Straight Drop & Straight Lob – FH/BH
- Straight Drop & Cross-Court Lob – FH/BH
- Straight Drop & Cross-Court Drive – FH/BH
- Boast & Cross-Court Drive – FH/BH
- Boast & Cross-Court Lob – FH/BH
- Sides, Front Quarter – FH/BH
- Sides, ¾ length (back of service

			<p>box) – FH/BH</p> <ul style="list-style-type: none"> • Sides, Whole Court Length – FH/BH • Boast, Straight Drive, then Boast & Cross-Court Drive • Boast & Cross-Court Lob, Boast & Straight Lob • Back player Straight Drive, then Straight Long Drop. Front player Straight Drop, then Cross-Court Lob • Back player Straight Drive, then Boast. Front player Straight Drop, then Cross-Court Lob • Back player plays any short ball, front player returns to same corner • Back player plays any short ball, front player returns to either back corner • Back player hits Straight Drops, front player returns to any back corner • Back player hits any short shot, front player can only hit to back with Straight Drives • Back player hits any short shot, front player can only hit Cross-Court Drives to the back • Front player can hit any shot to the back. Back player can only play a Boast <p>Squash Lessons</p> <p>Control measures</p> <ul style="list-style-type: none"> • As above control measures • Teach in 1-1 lesson only • Handwashing advice • Handwashing stations • Social distancing • Age range segregation in lessons • Advice parents not to congregate together 					<ul style="list-style-type: none"> • Review frequency of email communications to parents, players etc • Review timing of lessons <p>As above</p>
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As above	As Above	As Above	<p>When Clubhouse and Bar /Restaurant can open:</p> <ul style="list-style-type: none"> • Restaurant/ Bar • Function rooms • Changing Rooms <p>See below for control measures</p> <p>Central access points when clubhouse can be used:</p> <p>Control measures:</p> <ul style="list-style-type: none"> • Infection control – wiping down hard services with antibacterial spray • Handwashing facilities, antibac stations and advice to all to wash hands <p>When clubhouse opens</p> <ul style="list-style-type: none"> • If possible, a one-way system, in, around and out of the building • Infection contro– wiping down hard services with antibacterial spray <p>Handwashing facilities, antibac stations and advice to all to wash hands on entering the facility</p> <p>When open restaurant/ bar Control measures</p> <ul style="list-style-type: none"> • Continuation of food hygiene standards • Stringent and regular handwashing – staff • Provision of anti-bacterial hand gel (if available) • Reminder to all customers to wash their hands before eating • Spacing of tables to avoid close contact • Gloves/ masks worn and provided to staff • Refreshments taken to tables to avoid groups congregating or develop a pickup point with queue system. • Screening provided at the serving areas 					<p>Café may wish to consider the following, but ultimately this is a separate business</p> <ul style="list-style-type: none"> • Review any supply chain issues with stock – food and cleaning products • Stock check re. perishables • Consider reduced food offering to reduce wastage and spend
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As Above	As Above	As Above	Club shop, Online booking Suggested control measures <ul style="list-style-type: none"> • Bookings -prioritise online services for all court bookings. • Discourage members from touching any hard surfaces, equipment etc unless they intend to purchase • Max no. people in club shop at one time (e.g. 2) • 2 metre queues spacing in and out of the shop • Fix screening to front counter 					Review signage of control measures in the store and around the building
As Above	As Above	As Above	Washrooms/Toilet Control measures <ul style="list-style-type: none"> • One in one out • Regular cleaning of all areas • Signage with rules 	1	1 Potential Severity spectrum	1 Very Low Risk	Actions required M=Mitigated Risk	Allocation of bespoke facilities by Duty Manger These may vary
As Above	As Above	As Above	Changing Rooms NOT Allowed <ul style="list-style-type: none"> • Players and staff are NOT allowed to walk around the building at any time. • When not on court they are to remain in the Squash court seating area 	1	1 Potential Severity spectrum	1 Very Low Risk	Actions required L=LOW RISK	Not allowed in any changing room
As Above	As Above	As Above	Balcony Areas NOT Allowed <ul style="list-style-type: none"> • Players and staff are NOT allowed to walk around the building at any time. • When not on court they are to remain in the Squash court seating area 	1	1 Potential Severity spectrum	1 Very Low Risk	Actions required L=LOW RISK)	No access to balcony/behind court

Financial	Loss of revenue – next 3 months	Owner, staff	<ul style="list-style-type: none"> • Access support from Squash Wales/Sport Wales • Furlough staff where possible • Staff communication • Re-evaluation of business finances and cash flow • Monitoring news re. financial support • Contact Bank for support • Transparency with Bank • Contact Insurance company <p>Apply for government grants and other grants, Squash Wales to advise</p>					<ul style="list-style-type: none"> • Consider other streams of revenue e.g. ‘virtual’ training competition at those at home – small fee to enter – prize etc • Webinar or virtual tutorials <p>How could other players reach out virtually to the at-risk group who are not able to attend?</p>
Financial	Financial threat longer term	Owner, staff	<ul style="list-style-type: none"> • Staff communication • Re-evaluation of business finances • Monitoring news re. financial support • Transparency with the bank 					<ul style="list-style-type: none"> • Use this ‘quieter time’ to plan - Consider how the business will encourage members/players to return post COVID-19 • Investigate marketing options to encourage people into the sport – link in with Squash Wales
Financial	Damage to company reputation (by actual/perceived lack of action around COVID-19)	Owner, staff	<ul style="list-style-type: none"> • Business has taken positive action around risk management • Keeping up to date with fluid news and subsequent restrictions/advice • Specific control measures as above • Advice and guidance for members • Regular communication re. measures the organisation has put in place • Mental health support recognising the risks to psychological wellbeing through self-isolation, social distancing, change of routines, loss of social networking, loss of sport as an avenue to maintain wellness 					<ul style="list-style-type: none"> • Consider further signposting to on-line information – health, wellbeing and squash related • Consider “virtual” squash training competition at those at home

Membership Engagement	Missed opportunity for community engagement – (actual/perceived lack of action from the business)	Owner, staff	<ul style="list-style-type: none"> Active positive social media posts Support for people’s mental health – email and on website Support NHS staff 					<ul style="list-style-type: none"> Consider how the business could reach out at this time. E.g. Ask the junior squash players to write cards and messages, send out to local nursing homes etc How could parents be supported? How could you channel energies of junior players – could they make a short video and merge the clips of practicing squash at home
Membership Engagement/Financial	Members not renewing and not feeling supported	Owner, staff	<ul style="list-style-type: none"> Regular membership communication and updates Ask members to support the club Develop an incentive renewal package where applicable Call members Contact your more vulnerable members to check they are ok 					<ul style="list-style-type: none"> Is there anything the club could do for their most vulnerable members to support them? e.g. connect them remotely, food delivery.
Wellbeing	Psychological risk to mental health associated with a return to a ‘new normality’	Staff, board members, committee members	<p>Control measures:</p> <ul style="list-style-type: none"> Monthly wellbeing bulletin Up to date comms Signpost to mental health organisations Mental health post Covid awareness 					

	Likelihood*	Severity**	Risk Rating (likelihood x severity)	Risk assessment***
Key	5 Very likely	5 Very severe injury or illness, possibly fatal	21-25 Unacceptable risk	L= Low risk
	4 Likely	4 Severe injury or illness	16-20 High risk	M = Mitigated risk
	3 Possible	3 Moderately severe injury or illness	11-15 Medium risk	A = Actions required
	2 Unlikely	2 Minor injury or illness	6-10 Low risk	I = information required
	1 Possible	1 Very minor injury/illness	1-5 Very low risk	

RTP: COVID-19 INITIAL RISK ASSESSMENT AND PROVISIONAL ROADMAP (v1)



Organisational RTP Provisional Roadmap and Action Plan

Phase No.	Roadmap	Action required	Action by	Board Reports	Action by when	Done
1	INITIATING RTT ROADMAP PLANNING	1.1 Gather views from SQW S&C and medical team and develop initial RTT roadmap for SQW board 25th May 2020	SQW	Monthly reports to the SQW board by COVID-19 MO	10 th June 2020	✓
2	ESTABLISH COVID-19 ORGANISATIONAL/ RESPONSIBILITY STRUCTURE	2.1 Select a COVID-19 Officer	Performance Dir/Board		May/June 2020	✓
		2.2 Select a COVID-19 Medical Officer (physician) or secure medical cover to oversee the return to training of athletes	Performance Dir/Board		May/June 2020	✓
		2.3 Specify the roles and responsibilities of the COVID-19 officer and the COVID-19 Medical Officer and their place in the organisational hierarchy/structure	Performance Dir/Board		May/June 2020	✓
		2.4 Disseminate the COVID-19 organisational structure and action plan (updated as required) to staff	COVID-19 officer/OM		TBC	
3	RISK ASSESSMENT AND MITIGATION PLAN	3.1 Conduct initial risk assessment and mitigation plan for RTP	SQW		25 th May 2020	✓
		3.2 Develop full risk assessment/mitigation plan for RTP	COVID-19 officer/OM		15 th June 2020	✓
4	INTELLIGENCE GATHERING AND POSITION STANDS	4.1 Design, collate and disseminate the data derived from a pre-RTP COVID-19 questionnaire for players and staff, this questionnaire to establish vulnerability level and context, past and current symptomatic analysis, general medical history, views on return to performance Squash and mode of travel to RTP location(s).	SQW		TBC	
		4.2. Re-design, collate and disseminate the data from the SQW REST-Q platform to incorporate on-going COVID-19 monitoring. This system to be centralised on a SQW onedrive and POWERBi business intelligence platform	SQW		TBC	
		4.3 Vulnerable player/staff or context position stand: set out a clear position on how athletes and staff who are deemed vulnerable or are in a household with vulnerable individuals interact with the training environment (to be in line with advice on clinically vulnerable individuals)	COVID-19 officer/OM		TBC	
		4.4 Extremely vulnerable position stand: advise clinically extremely vulnerable individuals or those living with anyone deemed clinically extremely vulnerable that they should not be engaged in the training environment	COVID-19 officer/OM		TBC	
5	RTP TIMELINE AND RISK MITIGATION PROTOCOLS	5.1 Design and disseminate RTP timeline to all players and staff	COVID-19 officer/OM		TBC	
		5.2 Design, collate and disseminate RTP -1 and daily monitoring platform to establish wellbeing and COVID-19 symptomatic analysis	SQW		TBC	
		5.3. Provide all athletes and staff engaged in the training environment with an appraised of the risk and mitigating steps being taken	COVID-19 officer/OM		TBC	
		5.4 Design and disseminate RTP protocols to all staff and players in line with 'Elite sport return to training guidance: Step One' and the FIH guidelines	SQW		TBC	
6	RTP and POST RTP	6.1 Adherence to all RTP protocols in line with 'Elite sport return to training guidance: Step One'. 6.2 Design RTP practices that mitigate risk of injury / 6.2 Design, collate and disseminate data from load monitoring and post RTT questionnaire	ALL COACHING STAFF SQW		TBC	