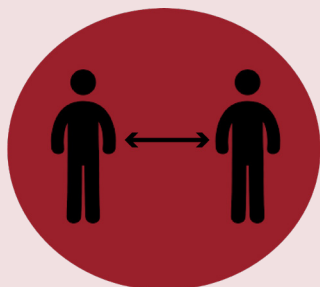


# PLAY SAFE, STAY SAFE

## PLAYER GUIDELINES FOR RETURNING TO COURT SAFELY



Always check first with your club / venue on what their current rules / policies are



**Keep your distance** - ensure that you adhere to current social distancing guidelines at all times



**Maintain good personal hygiene** - wash your hands frequently, including before and after you play



**Bring your own racket and balls** - disinfect them frequently



**Take your bag on court with you** - lockers and changing rooms may be closed



**Be kind** - respect your club rules and be kind to fellow members so that we can continue to enjoy squash together



**Clean up and wipe down** - help your club/venue to keep touch points clean



**Do not wipe your hands on the walls** - Use your towel to dry your hands and avoid touching surfaces



**Stay at home if you or anyone in your household are unwell, even with mild symptoms.** - Follow NHS guidelines and report your symptoms to the club/venue for contact tracing purposes.

Please continue to follow current Government guidelines as these will always supersede any club/venue or Squash Wales guidelines. For further information please visit: [www.squash.wales/covid-19/](http://www.squash.wales/covid-19/) or [www.gov.wales/sport-recreation-and-leisure-guidance-phased-return](http://www.gov.wales/sport-recreation-and-leisure-guidance-phased-return)