



SQUASH WALES

Protocol and guidance for the Return to Play and the
re-opening of Squash Clubs/Courts

VALID AS OF 11th AUGUST 2020

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INTRODUCTION

The purpose of this document is to provide Squash Wales overarching plan for the implementation and management of procedures supporting its affiliated clubs, club members and squash participants in the staged resumption of squash activities in Wales.

The recommendations are not intended to replace the opinion of a medical professional but to assist the clubs in the various actions to be adopted when the possible re opening of Squash Clubs in Wales is allowed.

It is important to ensure that an organisational plan is in place before squash courts are re-opened. Clear, precise rules and procedures will be essential to ensure a safe resumption of the Sport along with excellent communication to encourage the members to return to the clubs when the opportunity arises.

Particular attention will be made to reassure players that their safety is paramount and that strict regulations will be put in place to ensure this.

At all times, the Plan is subject to all regulations, guidelines and directions of government and public health authorities, and the operations and directions of private or local authority facilities.

KEY PRINCIPLES

The Plan also accepts as key principles that:

- The health and safety of members, participants, coaches, officials, administrators/volunteers, visitors, families and the broader community is the number one priority.
- Members, participants, coaches, officials, administrators/volunteers, families and the broader community need to be engaged and briefed on the return to sport plans.
- Facilities are assessed and appropriate plans are developed to accommodate upgraded hygiene protocols, physical distancing and other measures to mitigate the risk of transmission of COVID-19.
- Training cannot resume until the arrangements for sport operations and facility operations are finalised and approved.
- At every stage of the return to sport process Squash Wales must consider, recommend and apply where able to all applicable Welsh Government restrictions and regulations. Squash Wales needs to be prepared for any localised outbreak.

CURRENT WELSH REGULATIONS

Welsh Government Traffic Light Roadmap

Exercise, playing sport and games	
Lockdown	Exercise once a day outside of house on own or with household
Red	Exercise more than once a day and incidental activity locally. Outdoor sports courts to open. Elite athletes resume some activity
Amber	Team and individual sports, non-contact sport and games in small groups indoors and outdoors. Some outdoor events with limited capacity and events behind closed doors for broadcast
Green	All sports, leisure and cultural activities open, with physical distancing. All events resume with limited activity.

The Traffic light phases for seeing family and friends and for getting around are also of particular relevance to decision making

SQUASH WALES TRAFFIC LIGHT

Element of the Sport	Lockdown	Red	Amber	Green
Training	Solo training, or with family members, at home or within walking distance of home. One exercise session per day.	Solo training, or with a family member at home or within 5 miles of your home. No limit on the amount of sessions per day	Training resumes at all facilities with risk management measures in place at all venues with reduced numbers adhering to the social distancing restrictions.	Training resumes at all facilities with risk management measures in place at all venues.
Clubs	Face to Face Club activity cancelled, clubs maintain remote engagement with members. Solo training, or with family members, at home or within walking distance of home.	Face to Face Club activity cancelled, clubs should maintain remote engagement with members. Clubs to plan for a potential return to facility use and engage with Squash Wales, facility operators/providers where appropriate	Indoor Facilities to re-open with venue specific guidelines and protocols in place. Easing of Travel restrictions. Clubs to work with Squash Wales, facility providers to develop a safe Return to Use Plan at the dedicated Squash facilities. Play restricted to observe distancing regulations in place (unless from the same household). One to one coaching with distancing restrictions.	Indoor facilities re-open with venue specific guidelines and protocols in place. Face to face club nights resume - restricted by Government guidelines on numbers of players gathering at one time and distancing measures in place. All formats of playing, training and competition resumed at all venues in line with PHW & Government guidance.
Coaching	All face to face activity suspended. Online/via correspondence training only. Webinar to communicate with all stakeholders.	All face to face activity suspended. Online/via correspondence training only. Webinar to communicate with all stakeholders.	Coaching resumes at all facilities with risk management measures in place at all venues adhering to the social distancing restrictions.	Coaching resumes at all facilities with risk management measures in place at all venues.
Tournament Competition	All activity suspended	All activity suspended	All activity suspended	Tournament competition resumes at all facilities with risk management measures in place at all venues.
League Competition	All activity suspended	All activity suspended	All activity suspended	League competition resumes at all facilities with risk

				management measures in place at all venues
Coach Education	All activity suspended	All activity suspended	Face to face courses resume with limited capacity and social distancing in place. Online courses to be held.	Face to face courses resume with limited capacity and social distancing in place.
Running the sport – Governance structures & staff working	Online meetings & home working	Online meetings & home working.	Reduced office working & face to face meetings to resume with social distancing in place.	Office working & face to face meetings to resume with social distancing in place.

PRE-PHASE ONE – RE OPENING OF CLUBS

- Ensure a plan is in place before reopening of squash courts. There will be pressure from members to restart as soon as possible, but clear policies, procedures and Covid – 19 related risk assessments (See Appendix 1 on Page 15) are essential to ensure a safe restart of squash.
- Ensure communications go out well in advance to members to encourage them back, to reassure them that safety is paramount and the regulations that will be in place.
- Appoint a Covid – 19 contact to lead the planning of a safe reopening of your squash courts and oversee an action plan.
- Prepare resources to assist with the education of members based on their individual responsibilities to help prevent further spread of Covid – 19.
- Ensure appropriate posters highlighting the rules are positioned at all entry & exit points.
- Agree how you will deal with players who break the strict policies in place. Players who break the rules should have their membership suspended/terminated.
- Consider the moving of all court booking processes online. This will also act as a log of who has been in the club and aid contact tracing as required.
- A sign-in sign-out system should be introduced so there is a complete log of who was at the courts or in the club at any one time. This will assist with tracing should a member contract Covid – 19.
- Travel to facilities to be encouraged to be by foot, bike or car (only shared with person from same household).
- Hand sanitiser to be put outside every court and at entrance to and exit from the club.

ACCESS AND ORGANISATION OF THE CLUB

Ensuring physical distancing – Customer Management.

Club managers must ensure that the physical distance of at least 2 metres between two people is respected. Compliance with this rule means an individual area of 4 square metres per person will determine the maximum attendance threshold for the club.

Club managers are obviously free to set a lower threshold that considers, among other things the layout of the premises (sanitary facilities, traffic plan etc) and the safety of the club's environment.

Club managers must ensure that the maximum attendance threshold for their club is met.

- Court time must be booked in advance. Remote booking will limit the influx beyond the permitted allowance. Only arrive a maximum of 15 mins before the time.
- Members to arrive no more than 15 minutes before court booking. 15-minute delay between bookings will allow time to disinfect chairs, handles, doors and rear glass back wall.
- Introduce a sign in system to the club. This will help find players who might have been in contact with someone with the virus.
- Consider parking arrangements, if applicable, to help members social distance on arrival at the club.
- Designate a waiting area away from the courts for members with 2m distance between each person and a maximum allowed at any one time, to wait if there are already the maximum number of people at the courts.
- Determine the maximum number of players allowed in the club/ squash area at any one time.
- At least one identifiable member of the organisation is responsible for the entry and exit phases. Block admissions once the attendance limit has been reached.
- Ensure there is a sink with soap and/or hand sanitiser close to the entrance of the club. All players to clean hands thoroughly on arrival and leaving.

Home and ground marking

- The direction of traffic is marked clearly on the ground. Particular attention is paid to the flow of people so that they do not cross paths. They are organised with enough space to avoid crossings
- The minimum space of 2 metres between people is clearly marked on the ground in the reception areas and all waiting areas in and outside the club.
- If necessary, install a protective window at the front desk to protect staff. Use contactless or online payment.

Recommendation for use of equipment

- All equipment is strictly personal. The member must come with their own racket, ball, water bottle and towel.
- The club will not be able to lend any equipment to its members.
- All bags must be stored carefully at the front of the court that you are playing on.

Furniture

- All furniture present at the back of the court or in the players area is to be removed (tables, chairs, sofa etc).
- Water Fountains to be removed.

Health

- Implement a policy of one person in the toilet at any one time. For clarity, the changing rooms should not be operational for showering or changing but as toilets only.
- Toilets should be cleaned hourly. If no staff to clean, then provide hand sanitizer and disinfectant wipes or disinfectant spray and paper towels so players can take their own safety precautions.
- Single paper towel dispensers or airflow driers in the toilets
- Disposal bins should be lined with a plastic bag for easy disposal of rubbish
- If a cleaning team is not employed full time, provide disinfectant wipes or , disinfectant spray and paper towels (preferably the latter as more environmentally friendly) outside each court for all players to wipe down touch surfaces, such as the door handle, after play.
- Ensure enough no-touch bins available to dispose of the towels / wipes
- Hand sanitisers to be available outside every courts as well as disinfectant wipes/ spray with paper towel for players to wipe ball, racket. Players to sanitise their hands after playing before touching any surface.
- All clubs should consider the First Aid available to players. Encourage all members to take small supplies to treat minor injuries and to take a phone in case of emergency.

HYGIENE REGULATIONS ON COURT

Disinfectant Gel

- Hand sanitisers to be available outside every courts as well as disinfectant wipes/ spray with paper towel for players to wipe ball, racket.
- Players to sanitise their hands before and after playing before touching any surface.

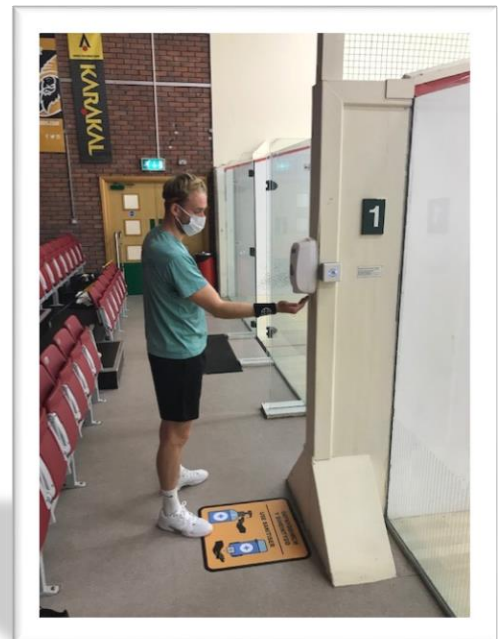
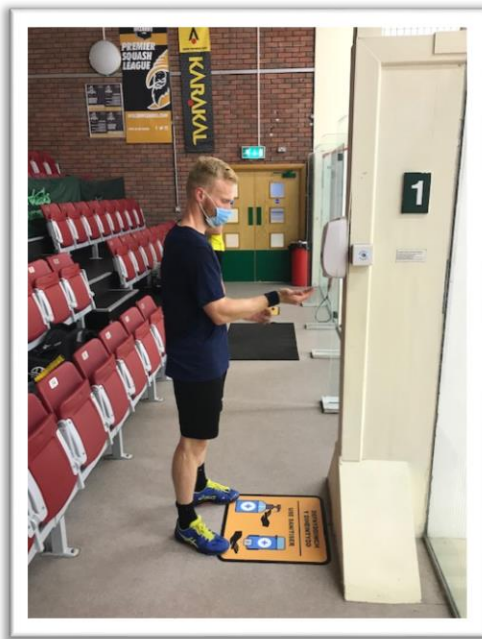
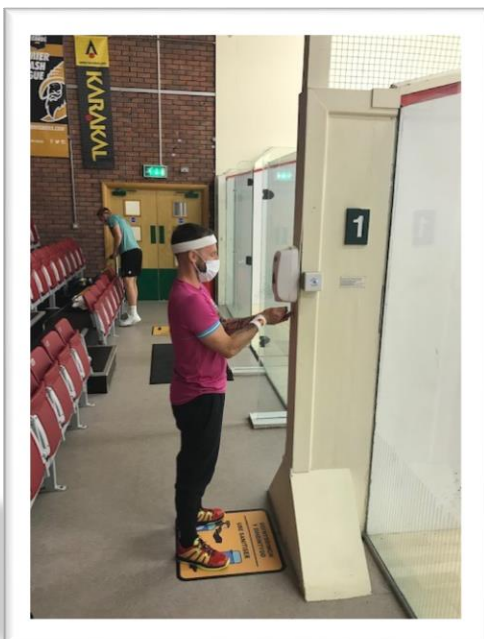
Cleaning

- Strengthen cleaning cycles after each use.
- Courts to be cleaned on a regular basis. As a minimum there should be a daily deep clean of the courts.

Communication on the Rules

Display instructions at the entrance to the courts on the importance of compliance with current hygiene measures.

- No hands on, no hugs, kisses, handshakes.
- Do not wipe hands on walls or rear glass back wall.
- Everyone must bring their own equipment and store on the court that they are playing.
- 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 customer by spraying the product and wiping it with a paper towel.
- Each athlete to have their designated area behind the court.
- Athletes to turn up to training already in their playing kit.
- Athletes to bring adequate towels that will need to be placed in a black bag (bin liner) then taken home to be washed. Rest between games to be taken on court.
- Athletes to provide phone number and email for NHS Track and Trace Programme.



RULES WHEN PLAYING

Key Rules for the Game

What's Allowed

- Solo training.
- Training with a coach is allowed but must respect the rules of social distancing.
- Training with a member of a different household but must respect the rules of social distancing.
- Matches with a member from the same household or their extended household.

What is NOT Allowed

- Matches remain banned with members not from your household or extended household.
- 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, $\frac{3}{4}$ length (back of service box) – FH/BH**
- **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**

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 play for club members/social players	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>	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). <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 style="margin-top: 10px;"><u>Prior to arrival at the club for all members</u></p>	3	1 - 5 Potential Severity spectrum	11-15 Potential Risk spectrum	Actions required M=Mitigate d Risk	<p style="color: red; margin: 0;">Continue to monitor the news and public health advice</p> <p style="color: red; margin: 10px 0 0 0;">Each player must undergo a thorough procedural presentation regarding enclosed Risks /Rules and standards expected by the club</p> <p style="color: red; margin: 10px 0 0 0;">All players to have copy of protocol for squash clubs to re-open document (8th June)</p> <p style="color: red; margin: 10px 0 0 0;">Club to appoint a Club Covid Officer</p>

			<p>See below for control measures</p> <ul style="list-style-type: none"> • Players to have completed a medical questionnaire • Any player 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 household • All players 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 to make their way directly to the squash arena when instructed to do so by staff members • Each player to have their own area in the squash arena • All players to bring in their own food and drinks • All players to adhere to the social distancing guidelines 	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>

			<ul style="list-style-type: none"> • Players and are not to walk around the 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 					
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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 	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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of emergency.

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.
- Matches with someone from your household or your extended household.

What is NOT Allowed

- Matches remain banned unless it is someone from your household or your extended household
- 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

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- Sides, Front Quarter – FH/BH
- Sides, $\frac{3}{4}$ length (back of service box) – FH/BH
- 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

			<ul style="list-style-type: none"> • 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 control– 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 					<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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			<ul style="list-style-type: none"> 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 					
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 are NOT allowed to walk around the building at any time. When not on court they are to remain in the Squash court 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	<p>Balcony Areas</p> <p>NOT Allowed</p> <ul style="list-style-type: none"> • Players are NOT allowed to walk around the building at any time. • When not on court they are to remain in the Squash court area 	1	1	1	<p>Actions required</p> <p>L=LOW RISK)</p>	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 4 Likely 3 Possible 2 Unlikely 1 Possible	5 Very severe injury or illness, possibly fatal 4 Severe injury or illness 3 Moderately severe injury or illness 2 Minor injury or illness 1 Very minor injury/illness	21-25 Unacceptable risk 16-20 High risk 11-15 Medium risk 6-10 Low risk 1-5 Very low risk	L= Low risk M = Mitigated risk A = Actions required I = information required

