



# RETURN TO PLAY ROADMAP



## Return to play: The starting point

"The coronavirus will remain a serious risk to us until a vaccine or an effective treatment is available. So, as we start to consider moving out of the rigid but effective control measures that we first put in place, we are clear that this is a process of managing, not eliminating risk.

Much as we might want it to, 'normal' life will not be possible for many months – possibly years".

### [Welsh Government - Unlocking Our Society and Economy](#)

The COVID-19 pandemic has changed our lives and our sport drastically. Training and competition venues across the world closed, and our sport's activities were suspended. With a view to the future, Squash Wales has developed a roadmap for returning to play. These guidelines are intended as recommendations for all members of the Squash community to continue to enjoy and participate in our sport during the current global health emergency, and to return to a shared enjoyment of it in the future.

The guidelines are our proposed 'traffic light' approach to returning to play with further guidance to complement as we move through the return to play.

We are closely monitoring and continuously evaluating the situation in relation to the pandemic. Being aware of the current situation, following Welsh Government guidelines and adjusting our habits accordingly will enable us to continue to practice our sport and gradually return to regular training and competition.

Squash Wales continues to work in collaboration with other National Governing Bodies and our partners Sport Wales, Welsh Sports Association and Welsh Government to understand how these changes will take effect in our Sport.

Current 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

## Guiding Principles

The safety and wellbeing of our Elite athletes, Members, Clubs, Coaches, Officials, Volunteers and the wider community is at the heart of any guidance that Squash Wales distributes. We know that everybody in the Squash Wales family will be keen to resume Squash activities as soon as it is safe and appropriate for them to do so.

Our priority, as we begin our journey back on court, will always be to ensure the safety and wellbeing of everyone in the Squash community.

The guidance that follows provides sport specific advice however, it is important to note that any return to activity must take account of local conditions. Any risk assessment for normal activities should be undertaken as well as ensuring that all government guidance around Covid-19 is taken into account.

It is the responsibility of each athlete, coach and facility to make that assessment based on their local environment. Risk assessments must take into account mitigations and plans for when activities do not go as expected. Planning scenarios around, for example, an injury occurring to a player and the need to support that athlete while distancing should be undertaken – Please visit the [Squash Wales website](#) to view the risk assessment template.

HEALTH	If you are having any doubts or concerns about the risk to your health or that of others, stop and re-assess!
STAY UP TO DATE	How will you ensure that those you are with are following the latest guidelines?
BEFORE - DURING - AFTER	What do you need to do before taking part? Have you assessed the risks?

# RETURN TO COURT ROAD



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LOCKDOWN



SQUASH AT HOME



VIRTUAL SESSIONS

1

RED



ELITE

2M DISTANCE

2

AMBER



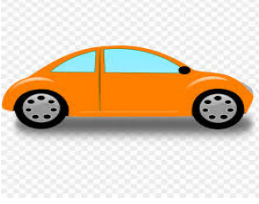
VENUES



COACHING



SMALL GROUPS



TRAVEL

3

GREEN



CLUBS



OFFICIATING



COMPETITION



LEAGUES

# Squash Wales Traffic Light



Lifting lockdown in each area of our sport.

Different elements may progress through the traffic light phases – from Black to Green at different rates depending on Welsh Government advice. It's important to note that 'Green' is not a return to a pre - COVID-19 normal, it's going to be a phase where the sport is functioning alongside the virus and could last some time.

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 Public Health Wales & 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.  Elite players and a coach can train together, but must adhere to the social distance restrictions.	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

## Further guidance

In addition to this high-level roadmap of how we intend to unlock Squash in Wales, we will be publishing more detailed guidance to help each element of the sport return safely. These documents will continue to be reviewed and new versions published as required:

Document	Version & Publication date
Squash Wales – Return to play roadmap	V1 – 22 <sup>nd</sup> June 2020
Elite Athletes – Return to Play	V1 – 22 <sup>nd</sup> June 2020
Return to play - The reopening of squash clubs/courts guidance	Available week commencing 06th July 2020