

Daventry Squash and Racket Ball Club

Rules for club use in relation to COVID –19

General

These rules are based on the latest guidance from the UK Government, England Squash and also intelligence gained from conducting a specific club risk assessment. The guidance received and our risk assessment may change from time to time and the latest version will always be available on the club website. It is your personal responsibility to check regularly for any updates.

1. We intend to commence using the club under this set of rules from XXXXXXXXXXXXXXXXXXXX and before you book any court time you are to confirm via email to XXXXXXXXXXXXXXXX that you agree to abide by the rules and also inform the committee at xxxxxxxxxxxxxxxx of any breach thereof.

Please read the following carefully before you agree.

Before you leave home to take part in activity at the club.

Please ask yourself the following questions

1. Have I had a persistent cough in the last 14 days
2. Have I had a fever in the last 14 days
3. Have I been in contact with a person with a confirmed case of Corona Virus in the past 14 days
4. Have I visited a country of high risk in the last 14 days

If the answer to any of these is yes then do not proceed to the club and seek medical advice via NHS 111.

Ensure you are ready to play when you arrive at the club, the changing rooms will be locked and you need to arrive in your kit so that you can proceed straight to the court.

Ensure your kit bag contains the following items as a minimum,

1. A towel to wipe off any sweat during activity at the club
2. Hand sanitizer for personal use
3. A pack of anti-bacterial wipes to wipe down touch points before leaving the club
4. Refreshment for hydration purposes, the water cooler at the club will be turned off and you must not use water from any wash basin taps.
5. A spare shirt if you usually sweat a lot during play

Please ensure you wash your hands thoroughly prior to leaving for the club.

You must prebook your court, the kiosk at the club will be disabled so you will not be able to just turn up and play without a booking.

Do not invite any guests to the club during this period, only members will be allowed to take part in activity and all viewing points will be out of bounds. To be clear we do not want anyone other than

members who have accessed the club with their key fob to be present on the premises. This is to ensure we can have a factual record of those in attendance for track and trace purposes.

Upon arrival

Please observe social distancing at all times from arrival to departure both outside and inside the club.

Arrive promptly i.e no more than 5 minutes before your court time.

You must use your key fob on the main outer door to gain entry, no tailgating i.e do not enter the club without using your key fob even if the door is open or ajar.

Use the hand sanitizer available at the inner entrance door before proceeding to the court. If it has temporarily run out use your own from your kit bag.

Proceed directly to the court via the one-way system indicated. Please refrain from touching any surfaces prior to entering the court other than the key fob for the lights and the court door.

Store your kit bag and any refreshment at the front of the court, not in the corridor.

Under no circumstances make physical contact with you opponent e.g do not shake hands

Under no circumstances should you wipe seat of your hands on the court wall, use the towel from your kit bag

Toilets and wash hand basins will be available, please observe social distancing if you have to use these facilities after entering the court via the one way system.

Permissible activities – Ways to Play

Members will only be allowed to carry out the following Squash and Squash 57 activities

1. Individuals - Solo practice
2. Members from different households (not in support bubble) may only play modified versions of squash and squash 57 “sides” (see below)
3. Members from the same household or support bubble may play the full match play game

We are not currently contemplating allowing coach led or supervised activities.

“Sides”

This is an adapted version of the game for 2 players from different households. This cross court version of both games is designed to comply with social distancing measures with each player remaining in their own half of the court at all times. During the game only one player should touch the ball and the court door, and players must not touch the court walls. All touch points should be cleaned and players must wash and sanitize their hands before and after play.

Rules

- Only 2 players permitted
- The aim is to hit a winner or force an error from your opponent as in regular squash

- Only one player serves during the match, the opponent cannot handle the ball
- Both players must keep to their side of the court throughout each rally, using the full length of the court whilst maintaining safe social distancing throughout
- If a player crosses into the opponent's side of the court they immediately forfeit the rally
- If there is a danger of players breaching a safe social distance, they must call a let and replay the rally
- Once a rally is complete, players switch sides of the court, maintaining a safe social distance, and the server restarts play

For full details of how to play "sides" you must see the video on the England Squash website

After your activity session has concluded

Members are to use anti-bacterial wipes to clean any touch points particularly but not limited to the court door inside and out, your own key fob and any key unit it has been used on before leaving the club.

Ensure you take all your possessions with you.

Leave to venue immediately via the one-way system to the fire exit.

Sanitize your hands at the exit, again if this has temporarily run out please use your own sanitizer from your kit bag.

Please use an anti-bacterial wipe to operate the push bar on the door.

Please ensure you close the door after you without touching it with your hands

Once you have returned home

If at any time you feel you may have symptoms of COVID 19 you must immediately seek medical advice via NHS 111.

If you test positive you must follow medical advice and immediately notify the committee of this fact at xxxxxxxxxx.

Only after you have followed all the medical advice and been diagnosed as free from any possibility of transmitting the virus may you resume activities at the club.

Disclaimer

We at Daventry Squash and Racket Ball Club feel we have taken all the necessary precautions from guidance provided by the UK Government and England Squash to minimize the risks from COVID 19 during activities as described above.

However, this is a complex issue and playing squash or squash 57 has risks associated with it regarding COVID 19 that are beyond our control. People shedding the virus maybe asymptomatic and not be aware of this fact. Your own age and health may have a bearing on the severity of the illness should you contract it. You may also inadvertently breach the social distancing rules.

You have to carry out a risk assessment of your own regarding whether or not you consider the risks associated with playing are worth taking or not. This decision is yours.