

Ways to play guidance

Safe ways to play during COVID-19 that adhere to Government guidelines

There are several ways that players can enjoy squash whilst observing Government guidelines and social distancing measures.

The following descriptions outline the different ways to play that should be adhered to and are relevant for all levels of ability. All players must follow Government and club-specific guidelines when attending including hand and touch point hygiene and maintaining social distancing requirements from all other people in the building.

To ensure that social distancing can be maintained throughout the activity, there should be no more than two players on court at one time.

1) Match play / Full squash game

Players from the same household or support bubble can play 'normal' squash as they would have previous to COVID-19.

2) Solo practice

Individual players can practice squash on their own. Options include a range of solo practices and drills to help maintain and improve squash skills.

3) Sides

'Sides' is a modified version of the game that allows two players from different households (not in a support bubble) to play on court at the same time:

- Only two players permitted
- The aim is to hit a winner or force an error from your opponent as in regular squash
- Only one player serves / touches the ball with their hand during the match
- 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 other 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', see the video [here](#).

4) Coach-led activities

Up to 5 players from different households can be coached in the same session so long as social distancing requirements are maintained at all times, including when on court.

- Coach must have an England Squash qualification.
- Maximum of 2 players per court.

[Download the Ways to Play poster here](#)
