
BACK TO SQUASH

GUIDANCE FOR CLUBS, VENUES AND COACHES



Back to Squash Guidance for Clubs, Venues and Coaches

Published: 24 May 2021
Version 7.3

Version history/updates

The following table outlines significant changes made between versions of these guidelines, please refer to the specific sections for further detail. Note: minor changes to wording (but not the meaning of the content) may be made throughout the document, but will not be noted here.

Version	Section	Summary of changes
7.3	Addition of new Section 6 – Team and inter-club squash	Guidelines for the re-introduction of team squash, inter-club play and county leagues.
7.2	Introduction	Highlighted key principles from the UK Government guidance and updated timeline.
7.2	Definitions/Section 5	Update to Definition of OOSS and maximum number of children allowed in a coaching group to reflect club/venue maximum capacity rules.
7.2	Definitions	Updated to definition of 'Organised Squash' in line with Government guidelines.
7.2	Section 2 – Club environment	Spectators: Further confirmation of maximum numbers of spectators allowed – 50% of the maximum capacity for the club or 1,000 (whichever is lower).
7.2	Section 4	Reinforcement of hand sanitising guidance to include: – play should stop and hands and balls sanitised at the start of play and at 20 minute intervals during the session, then at the end.
7.1	All	All sections have been updated in line with Government guidelines. Please review each section to understand how these affect your club.

Previous versions of this document are now out-of-date, and should no longer be used.

IMPORTANT: Disclaimer

You must remain aware of the latest Government and Public Health England guidelines for your region/specific location. The latest guidance can be found on the following links:

- UK Government Guidelines - <https://www.gov.uk/guidance/working-safely-during-coronavirus-covid-19/providers-of-grassroots-sport-and-gym-leisure-facilities> and <https://www.gov.uk/guidance/coronavirus-covid-19-grassroots-sports-guidance-for-the-public-and-sport-providers>
 - Public Health England Advice - <https://www.gov.uk/government/organisations/public-health-england>
 - HSE Guidelines - <https://www.hse.gov.uk/news/coronavirus.htm>
- As guidelines and restrictions change, England Squash will update its dedicated [COVID-19 web page](#) with relevant information for the squash community.

Introduction

This guide is designed to support squash clubs and venues, their coaches and members, with their return to play, following the restrictions in place during the COVID-19 pandemic. In order to reopen and provide a safe environment for players and staff, clubs and venues are obliged to ensure they have completed a thorough COVID-19 risk-assessment and developed a robust and practical 'COVID-19 Secure Plan'. Each club has its own unique set of circumstances, and so plans must be tailored to suit specific needs.

In line with the UK Government's COVID-19 Response - Spring 2021 (Roadmap), from 17 May (Step 3) full-court squash is permitted for adults and children, with limited numbers allowed within the club/venue and ongoing cleaning/hygiene protocols. Spectators are also allowed to return to the club/venue, but numbers must be limited and social distancing rules should be observed. The maximum occupancy of each indoor facility should be limited by providing a minimum of 100ft² per person.

It is important to note that clubs and their players must continue to observe current national COVID restrictions for the safety of members and workforce, and to ensure that squash is not restricted beyond current national guidelines. UK Government guidance states the following: 'If there are serious or consistent concerns with a particular sport which the NGB or organised sport provider cannot or does not address, approval may be revoked so that the sport cannot take place.'

BACK TO SQUASH TIMELINE

Last updated 14th May



This is intended as a guide to show what is allowed at the various steps and is subject to change dependent on UK Government advice/legislation. For all guidance on the return to play, visit englandsquash.com/backtosquash

From 8 March	From 29 March	From 12 April	From 17 May	From 21 June*
Step 1A <i>Sport for education permitted in specific circumstances.</i> <ul style="list-style-type: none">• Curricular and OOSS (Out-of-school settings) squash allowed (must follow schools'/DfE guidance)	Step 1B <i>Indoor disability sport permitted</i> <ul style="list-style-type: none">• Indoor disability sport with no social contact limitations whilst participating	Step 2 <i>Squash courts can open for use by individuals or same household groups.</i> <ul style="list-style-type: none">• Adults – solo practice or same household/support bubble squash• U18s – organised (coach/club led) out-of-school settings activities for up to 15 players• One-to-one coaching for adults• Club cafés and bars can open to serve outdoors or takeaway only	Step 3 <i>A group of up to six people or two households can meet indoors.</i> <ul style="list-style-type: none">• Adults and juniors - full court squash (squash bubbles and modified versions are not required)• Coaching a group of up to six players (4 adults/6 juniors)• Club competition• Indoor hospitality areas can open, including club bars and cafés	Step 4 TBC <i>Social contact measures relaxed.</i> <ul style="list-style-type: none">• All play, competitions and coaching• All hospitality areas open without restriction

* All dates are subject to change by UK Government, and will be at least five weeks after the previous step.

Cleaning and good hygiene, in conjunction with ventilation and social distancing, continues to be the most effective method of reducing the risk of infection from COVID-19. Therefore, it is of utmost importance that clubs take all steps to implement their own cleaning and hygiene protocols, whilst ensuring that individual members recognise that they have a part to play, by washing/sanitising hands, not touching court walls, and helping clean contact points where possible.

To support clubs/venues in safely returning to play, this toolkit contains:

1. Top five tips for clubs and venues
2. Creating a club COVID-19 Secure Plan
3. Guidance for conducting a COVID-19 risk assessment
4. Safe squash and numbers on court
5. Delivering COVID-19 Secure Squash (for coaches)
6. Team and inter-club squash
7. Poster pack
8. Cleaning recommendations
9. Where to find additional support and resources

If your club shares or rents its courts from a separate provider (e.g. if you are based at a leisure centre), then you should work with the owner of the courts to establish a safe return to play, as there may be different protocols, and you must follow their guidelines at all times.

England Squash understands that this remains a challenging and uncertain time for many clubs/venues, coaches and players and we continue to work hard to ensure the sport progresses towards a full return, in a controlled and safe manner. This guide is not intended to be a set of absolute rules, as each club has its own set of environmental challenges to overcome. Adapt these guidelines to your club's circumstances, whilst keeping your workforce and members safe.

England Squash has a nominated COVID-19 Officer, who you can email at enquiries@englandsquash.com – they will endeavour to answer your questions and concerns or highlight where you can find further information.

Refer to the further information and FAQs on our dedicated [web page](#) for further information and advice.

Previous versions of this document are now out-of-date, and should no longer be used.

Definitions

Children – for the purposes of this document, and in line with Government guidance, are defined as a member or player who was under the age of 18 on 31 August 2020.

Clubs – anywhere that squash is played in an organised manner, including all commercial, educational, rented, members clubs, and public facilities or venues, whether affiliated to England Squash or not.

Coaches – individuals that hold a valid England Squash coaching qualification, providing organised on-court activity including coaching, practice and training in group and/or individual sessions. **Note:** Coaches must only practice within what is allowed at their level of qualification at all times.

Curriculum-based activity – sport for educational purposes: including organised squash where it is part of formal education, for organised sport or individual fitness activities related to the curriculum for schools or post-16 education or training.

Educational teams – for the purposes of this document, and in line with Government guidance, are defined as a clubs or teams who represent (and are made up of pupils from) schools, colleges and universities. Organised squash within educational teams includes coach-led/supervised activity, including team training, practice, or inter-mural competitions as allowed by the facility's COVID-19 Officer. **Note:** this does not include non-student member clubs who use the school, college or university facilities.

Enhanced hygiene protocols – where social distancing is not possible at all times, enhanced cleaning and hygiene protocols help reduce the risk of transmission of the virus, and will include such measures (for squash clubs/venues and players) as;

- increased frequency of hand washing and sanitising during and after play
- limiting contact with common surfaces such as walls, and doors, but also shared kit etc.

Please refer to [HSE Guidelines](#) for further information.

Members – squash players who pay a membership fee for access to a club.

Organised squash – for the purposes of this document, and in line with Government guidance, is any activity or event that is led or supervised by a qualified coach, qualified instructor, club official, or governing body, and follows measures including this COVID-secure guidance.

Out-of-school-setting (OOSS) – UK Government defines OOSS as follows:

“OOSS are organisations or individuals that provide tuition, training, instruction or activities to children (under the age of 18 on 31 August 2020) in England without their parents’ or carers’ supervision, but are not:

- *schools*
- *Colleges*
- *Education settings providing alternative provision*
- *16-19 academies*
- *providers caring for children that are registered with Ofsted or a childminder agency.”*

Squash clubs/venues may fall within this category and therefore may allow for increased numbers of children (members/players) to be coached as per section 5 below, but must still adhere to maximum capacity numbers as set out in section 2, Club Access.

Please refer to [UK Government guidelines](#) for further information.

Spectators – Visitors attending the club/venue for the purposes of watching/observing/supporting others participate in squash activity. This may include parents, carers, and coaches, adults or juniors and must be included the total number of people within your club/venue.

Support/childcare bubbles –

Please see the UK Government’s definitions as follows:

‘Support bubble’ – <https://www.gov.uk/guidance/making-a-support-bubble-with-another-household>

‘Childcare bubble’ – <https://www.gov.uk/guidance/making-a-childcare-bubble-with-another-household>

Workforce/staff – all paid or unpaid personnel, including volunteers and third-party contractors who support the ongoing running of the club.

1. Top five tips for clubs and venues

Before returning to play, consider the following:

1	Keep up-to-date with UK Government guidelines at all times (including the core principles of 'Hands, Face, Space, Fresh Air'). This is your responsibility. All aspects of squash activity must follow current social distancing guidelines and enhanced hygiene protocols to reduce risk of transmission.
2	If your club isn't ready to open safely from the point that UK Government allows it, don't feel pressured to. The safety of your members and staff remains paramount.
3	Take your time with reopening. Start small and adjust and adapt as frequently as you need to.
4	Create a COVID-19 Secure Plan that is manageable for your club, using the template COVID-19 risk assessment provided as a starting point. Call or email England Squash if you are unsure about anything or need further support.
5	Communicate regularly with your members about what is happening and what you are doing to limit the risk. Use all available channels including social media, text, your website and posters/signage on-site.

2. Create a club COVID-19 Secure Plan

Use the following table as a checklist to inform your club COVID-19 Secure Plan. These tasks must be completed before you consider reopening:

Area	Action	Responsibility	Complete
Leadership & Management	<p>Appoint a COVID-19 Lead Officer and support group to;</p> <ul style="list-style-type: none"> devise and deliver the COVID-19 Secure Plan and monitor and report progress/success develop and conduct a COVID-19 risk assessment, specifically for your club's set of circumstances (template can be found here) – see additional guidance below manage members playing within same household groups establish and manage a coach register to record where your club's coaches have been practicing. 		
	Formalise a bespoke COVID-19 Secure Plan based on the outcome of your risk assessment for your club, before courts reopen.		
	<p>Establish a cleaning/hygiene routine that is;</p> <ul style="list-style-type: none"> based on the results of the risk assessment in line with the relevant guidance for your facility has clear timings and allocated responsibilities <p>If you are cleaning after a known or suspected case of COVID-19 then you refer to the specific guidance. (Further advice/information can be found in section 8 of this document.)</p>		
	Club nominated First Aider to be aware of current HSE guidance and implement any necessary actions (including obtaining any necessary PPE required as dictated by the results of the risk assessment).		
	<p>Establish a plan for what to do if someone develops symptoms at your club, including:</p> <ul style="list-style-type: none"> Maintaining social distancing 		

Area	Action	Responsibility	Complete
	<ul style="list-style-type: none"> • Advising them to return home if safe to do so and manage their symptoms in line with the relevant advice. • If the person is unable to travel home safely, they should be isolated from others and someone from their household contacted to make safe arrangements. If this is not possible then phone 111 and follow instructions. • Identifying other members/staff/workforce who may have come into contact with that person, notify them and direct them towards the relevant advice. 		
	<p>Identify workforce/staff/responsible members who can ensure the relevant safety measures are being adhered to by members whilst the club is open, including responsibility for:</p> <ul style="list-style-type: none"> • Registering members/visitors/spectators • Social distancing, on and off-court • Hygiene and cleaning regimes <p>It is your responsibility to ensure that your workforce members/spectators adhere to the club's guidelines.</p>		
	<p>Agree and communicate policies and procedures to workforce/staff and members before reopening your venue. Please also refer to NCVO advice on volunteering.</p>		
	<p>Recommunicate policies and procedures to workforce/staff and members as they are changed/updated.</p>		
	<p>Ensure that all existing club policies, particularly those relating to matters of safety and duty of care, are reviewed and where appropriate, updated to reflect the new way the club will operate. E.g. safeguarding and inclusion policies. (Please find the latest CPSU guidance here)</p>		

Area	Action	Responsibility	Complete
	Ensure that the leadership/management group understands and actions an agreed plan to resolving/tackling any localised cases.		
Club Access	Determine the maximum number of members/spectators safely allowed in the club at any one time (i.e. the number that can safely guarantee social distancing and allow for acceptable levels of air flow), based on a minimum of 100ft² (or 9.3m²) per person and factor this into the booking system. For example, if the space in your club (including courts and private areas) = 10,000ft², then you would be allowed to have a maximum of 100 people inside the club at any one time. Note – this should also account for people who are not playing, including workforce/coaches/ management/ visitors/spectators). Please see section 4 for number of people allowed on court.		
	If appropriate, install screens at reception areas to protect workforce.		
	Introduce separate entry and exit points to the club, and a one-way system if possible.		
	Consider the flow of people through your building and remove bottlenecks where possible e.g. remove turnstiles.		
	Provide hand sanitiser at all key points in the club e.g. club entrance/ reception/ court doors/exit. Regular handwashing and avoiding sharing of objects should be considered as the primary control for minimising transmission through contact.		
	Review your accessibility to ensure that you can continue to provide safe access for all your current and potential members/spectators/other visitors, including those with disabilities or special needs.		
	Indoor restaurant/bar/café areas are able to open, and must be operated in line with the relevant guidance .		

Area	Action	Responsibility	Complete
	Saunas and steam rooms are able to open in line with the relevant guidance .		
Club Environment	Implement the current Government social distancing measures , consider: <ul style="list-style-type: none"> • Car parking space/arrangements • Entry and exit routes • Reception areas • Off-court areas (including toilets, changing rooms, viewing areas and restaurant/bar/café areas) 		
	Review the club's policy on use of face coverings in the club environment (including members/visitors/coaches/staff). Coaches/match officials/medics are not required to wear a face covering whilst in a work/volunteering capacity. England Squash strongly recommends use of face coverings whilst not playing/on court.		
	Identify and close non-essential social/communal spaces, or those areas which may limit your ability to implement social distancing (i.e. due to limited/restricted access).		
	Rearrange furniture and seating areas to allow for social distancing indoors.		
	Remove/do not allow use of water fountains for drinking. We recommend that these facilities should only be used to refill personal water bottles and should be cleaned frequently.		
	Maintain adequate ventilation throughout your facility, in line with the relevant guidance . Keep doors and windows open where it is safe to do so.		
	Implement a no-cash/contactless payment system, where contactless should remain a preference for transactions.		
	Minimise contact with non-essential contact points where possible e.g. door handles by keeping doors open, removing light meter boxes etc.		

Area	Action	Responsibility	Complete
	<ul style="list-style-type: none"> • Provide cleaning materials to minimise risk where these contact points cannot be eliminated. • Give your members clear instructions that they must not touch the walls (this is included on the posters below). 		
	<p>Obtain and provide alcohol-based anti-bacterial wipes, spray, paper towels and non-touch bins outside courts and throughout the club for players to wipe down surfaces including door handles, banisters etc. – NOTE: please follow the cleaning recommendations in section 8 of this document.</p>		
	<p>Review your club’s provision of toilet facilities for the needs of staff and members/others, in line with Government guidelines.</p>		
	<p>Review your club’s provision of changing/shower facilities (including lockers), in line with Government guidelines.</p> <ul style="list-style-type: none"> • Reduce the need for these facilities by requiring members to attend the club ready to play and change/shower at home after their visit where possible. • Implement an enhanced cleaning/hygiene regime. • Limit the number of members within this space at any one time, relative to the size of the area available and social distancing guidelines. • Denote social distances to be kept to by members with tape or other markings/stickers. • Stagger court booking times to reduce pressure on available facilities. • These facilities <i>must</i> be available for hand washing, and participants with disabilities or special needs. 		
	<p>Ensure the toilets, courts and communal areas have a strict cleaning schedule and are cleaned regularly, in</p>		

Area	Action	Responsibility	Complete
	line with the relevant guidance (for non-medical settings) – NOTE: please follow the cleaning recommendations in section 8 of this document.		
	Review provision of retail/merchandise facilities in line with the relevant guidance .		
	Use posters and signage at key points in the club, to remind members of new protocols, expectations and everyone’s responsibilities.		
	Limit sharing/borrowing or hiring of equipment/kit from the club or fellow members, but where it is necessary implement an enhanced cleaning regime between each use, including using drop-off bins/quarantining items.		
	Have clearly designated positions from which coaches/volunteers leading activity can provide advice or assistance to players whilst maintaining social distancing (see further guidance on coaching in section 5).		
	Spectating is now permitted. Spectators must adhere to government guidance around social gatherings (maximum groups of 30 outdoors and maximum groups of six, or two households indoors). Social distancing and England Squash COVID guidance must be adhered to. For indoor sports, the total number of participants, coaches, officials and spectators must be in line with the facility guidance on ventilation rates and maximum capacity (as determined above), and must not exceed 1,000 spectators, or 50% of the club’s maximum capacity (whichever is lower) . Spectators should refrain from shouting or raising their voices.		
Court Bookings	Implement a court booking system to act as a log of who has been in the club, eliminate overcrowding and aid contact tracing. Using an online system is recommended, where possible.		

Area	Action	Responsibility	Complete
	Implement a policy of <i>no play permitted without prior booking</i> , to manage attendance levels.		
	See section 4 for guidance on maximum numbers on court.		
	Adapt/stagger the start time of each court booking to minimise contact between members.		
	Leave a reasonable and practical time between court bookings to allow for cleaning and for the next players to arrive.		
Members & Visitors	<p>Request members/visitors to declare that they are healthy and symptom free before they are allowed into the facility (parents should do this on behalf of children/minors). Prepare a clear statement, and ensure that all have read and agree, to include:</p> <ul style="list-style-type: none"> • Any member who has recovered from a COVID-19 infection where symptoms required hospitalisation should consult their GP before returning to play. • Members/visitors and staff are not permitted onsite if they have been in contact with anyone who has been unwell with suspected or confirmed COVID-19 during in the two weeks prior OR if they have been advised to self isolate by the NHS Test and Trace scheme. • Members/visitors and staff are not allowed onsite if they feel unwell or show any COVID-19 symptoms. 		
	<p>Create a daily register recording who has entered and exited the club (including staff/workforce), and at what time, for the purposes of taking part in the NHS Test and Trace scheme, which is mandatory for all sport and leisure venues:</p> <ul style="list-style-type: none"> • Ask every customer or visitor aged 16 and over to provide their name and contact details. • Collect only name and date and time of entry/exit of known 		

Area	Action	Responsibility	Complete
	<p>members to avoid data protection issues – your club membership database should already contain other information required for Test and Trace purposes.</p> <ul style="list-style-type: none"> • This should be completed by workforce/staff where possible, to avoid contact with pen/paper/ surfaces. • Ensure that your club’s privacy policy and data collection procedures reflect changes to your processing of data, are in line with GDPR legislation and follow advice from the ICO. Further, detailed advice and templates are available on englandsquash.com. • You must also display an NHS QR code, to allow visitors to check-in directly using the official NHS Test and Trace app. • Ensure you are aware of the Government rules for maintaining records to support NHS Test and Trace. 		
	<p>Review club policy for members, including:</p> <ul style="list-style-type: none"> • Arrive promptly (e.g. no more than 5 mins ahead of playing) in order to reduce congestion where possible. • Use hand sanitiser on arrival and departure. • Minimise handshaking/physical contact and always maintain social distancing. • Bring own water bottle and arrive at the club with it full. • Bring own towel to wipe away sweat. • Do not wipe hands on court walls. • Bring your own balls and racket. • Bring a change of shirt if you are prone to sweat a lot. • Take your kit bag and water bottle on court and place it away from other people’s kit etc. • Bring a small first aid kit for minor injuries. 		

Area	Action	Responsibility	Complete
	<ul style="list-style-type: none"> • Players to arrive at the club in kit, ready to play and they should shower at home after play, where possible. (Please add to these depending on your own club environment/situation.)		
	Review club policy for visitors/spectators attending with members, including: <ul style="list-style-type: none"> • Limiting or not admitting non-playing visitors accompanying players where club capacity and/or social distancing cannot be maintained. • Parents/guardians/carers acting in a supervisory capacity/spectators may be allowed to spectate as long as the total number of people in the club does not exceed your established safe capacity however, social distancing guidelines must be maintained and follow maximum indoor group limits of six people or two households. • Having a separate entry/exit register for visitors to capture information that you may not hold elsewhere, for Test and Trace purposes. • Consider your policies for any contractors working at or delivering to your facility. • Consider implementing a COVID-19 testing policy for members/staff/visitors, using the Government's free testing scheme. 		
	Inform all members of the protocols at the club (request that they share with any visitors they plan on attending with), and any changes to these as and when they are changed or updated. <ul style="list-style-type: none"> • Consider recording that they have read and understood your new protocols/measures and will adhere to them. • Clearly communicate the responsibility that each member has in keeping the club safe. 		

Area	Action	Responsibility	Complete
	Inform members/visitors of club COVID-19 First Aid protocols on arrival.		
	Encourage members to bring essential supplies to treat minor injuries and take a phone in case of emergency.		
	Ensure that coaches/instructors and supervisors are aware of the protocols within your club and how legal gathering limits apply to indoor sport and exercise classes, and that provision is organised accordingly.		
	Review Government guidelines regarding contact with vulnerable/shielding individuals, create a policy for these staff/members and communicate to individuals (this may include not allowing these members to return to the club at this stage).		
	Review the club's policy on use of face coverings in the club environment (including members/visitors/coaches/staff). Coaches/match officials/medics are not required to wear a face covering whilst in a work/volunteering capacity. England Squash strongly recommends use of face coverings whilst not playing/on court.		
	NOTE, face coverings are not required whilst playing squash, as per the following Government advice: <i>'All forms of face coverings may restrict breathing efficiency and should not be used during exercise except on specific advice from a physician.'</i> However, this does not include protective eyewear, which England Squash strongly recommends is to be worn during play.		

3. Guidelines for conducting a COVID-19 risk assessment

We have provided a template COVID-19 risk assessment which can be downloaded [here](#). You should review and update this template in line with the specific situation and circumstances of your club. This may mean adding or removing items from this risk assessment – ultimately it is your responsibility to ensure that this is comprehensive and correct for your club.

You can complete the risk assessment yourself, though it is recommended that you get appropriately qualified health and safety (H&S) support or advice to help you (e.g. IOSH or NEBOSH qualified). It is strongly recommended that all squash clubs/venues complete a written risk assessment, regardless of situation/scale.

It is strongly advised that you consult with your workforce/staff during the risk assessment process, and that they are kept informed of the results and any resulting actions required. Employers and facility operators have a duty to reduce workplace risk to the lowest reasonably practicable level.

A risk assessment should follow a recognised and standard methodology, in that it must:

- Identify significant risks
- Identify controls required to comply with legislation
- Remain appropriate and valid over a reasonable period of time

With regard to COVID-19 – this is an additional risk to your typical club risk assessment process; therefore you must define controls for this additional risk. As UK Government information and advice changes, risk assessment(s) should be reviewed and updated accordingly.

This means the reasonable period of time may be short for each re-assessment.

The standard methodology for this risk assessment is to:

1. Recognise that the hazard is COVID-19
2. Assess the persons potentially exposed to the hazard
3. Identify Risk Points i.e. where the hazard and people meet
4. Put in place Risk Controls recognising a hierarchy based on: -
 - a. Elimination of the Hazard (which is not possible for COVID-19)
 - b. Substitution (which is not applicable)
 - c. Engineered Controls i.e. built in safeguards like barriers and signs
 - d. Administrative Controls i.e. change the way things are managed
 - e. PPE Protection

The COVID-19 risk assessment should recognise that:

- The virus is spread in minute water droplets that are expelled from the body through sneezing, coughing, talking and breathing.
- The virus can be transferred to the hands and from there to any contacted surfaces.
- It can survive on surfaces for a period after transfer (depending on such things as the surface type, its moisture content and ambient temperature).

If the virus is passed from one person to another, while many survive infection, some may become ill or even die from the disease. It is therefore regarded as a **HIGH HAZARD**.

Taking account of the types and variety of people participating in squash - the following persons have been identified as being potentially exposed to the virus:

- Instructors, Coaches and Officials
- Training Members – Over and under 18 years
- Special categories such as Disabled, Vulnerable People or Pregnant Women
- Spectators, visitors and third parties (including parents/guardians of children)

Each category is affected equally by the virus through human transfer and surface transfer.

4. Safe squash and numbers on court

The Government guidelines that have permitted indoor gyms and squash courts to open and the full-court game of squash is allowed for all groups.

The following precautions/recommendations should be followed for any type of squash activity

- Hand, ball, and touch point hygiene should be maintained before, during and after playing – **play should stop and hands and balls sanitised at the start of play and at 20 minute intervals during the session, then at the end.**
- Implement a regime of sanitising balls regularly.
- Only one player/coach to touch the court door.
- Players must not touch the court walls.
- Social distancing between players and spectators off court.
- Social distancing between coach and members at all times.
- England Squash strongly recommends wearing protective eyewear at all times during play.
- You must follow Government guidelines on travelling for the purpose of leisure/exercise, for specific guidance please refer to the [specific guidance](#).
- Players are not allowed to shout or raise their voice.

The maximum number of players permitted on court are as follows:

Activity	Maximum number on court
Full-court squash (non-supervised/coach-led activity)	4 adults/4 children
Coach-led/supervised Out-Of-School-Setting activity and players with disabilities	4 adults/6 children
Curriculum-based activity for school, college or university groups	4 adults/6 children

Note: coaches are allowed on court and are not included in the total number of players on court, but wherever possible should leave the court and coach from a suitable position such as balcony etc.

Club competitions

Club competitions are permitted.

- Clubs should determine the maximum number of members/spectators safely allowed/that are manageable in the club at any one time when organising draws and schedules.
- All club competitions must be considered as part of the club's risk assessment.
- Participants must adhere to the club policy for members.
- Social distancing guidelines must be maintained off court and meet maximum indoor group limits of six people or two households.

Note: England Squash will not be sanctioning any junior ranked competitions at this stage.

5. Delivering COVID-19 Secure Squash (for coaches)

- There is no limit to the maximum number in a coaching group, but the coach/club must determine the maximum number that is manageable and safe with respect to the overall capacity of the club (on and off court), the ability to maintain social distancing off court, and the nature of the activity.
- Social distancing should be maintained between trainers and participants wherever possible.
- Coaches are not required to wear a face covering whilst in a work capacity. England Squash strongly recommends that coaches wear a face covering at all other times within the club environment.
- **Note:** coaches may only practice what is allowed at their level of qualification at all times. Level 1 Coaches are, and remain, unqualified to deliver one-to-one coaching.

Delivering organised activities and coaching sessions in a safe and practical way:

a. Pre-session

- Members must be advised of COVID-19 safety protocols and processes before they arrive, remind members that whilst the club is doing everything possible to minimise the likelihood of infection, they are attending at their own risk
- Session times and sizes should be adjusted to meet social distancing requirements (based on current Government social distancing measures and including delaying/staggering start times)
- Door handles and contact surfaces should be cleaned with disinfectant (1,000ppm Chlorine) – NOTE: please follow standard practice for court care – see below for further information/advice
- Equipment (balls) should be cleaned with >60% alcohol wipes
- Signage displayed where required
- Warning tape laid if required on court/shared space

b. On arrival

- Members arrive on time at the pre-agreed session time
- Members must sign or check-in on arrival as part of the NHS Test and Trace scheme. You may need to provide members with updated information about how you are handling their data – refer to our [COVID-19 Data Protection Guidance](#) for more details.
- No booking = no play = no exceptions
- Members come ready dressed for the session
- Members are strongly advised to bring all their own kit
 - Where kit is not owned by the individual (for example when coaching large groups of school children), the club may decide to allow the borrowing of kit, but these items must have a strict cleaning regime in place after each use.
- Members to bring their own labelled water bottle
- Members to bring their own first aid kit if possible
- Members always keep socially distanced from all other members
- Members wash their hands thoroughly with soap and water for 20 seconds before entering the court/training room (where facilities allow)

-
- Members clean their hands with sanitiser on entering the court/training room
 - Doors/windows are kept open (where possible) to maintain ventilation and stop/reduce further touch points
 - Payments are contactless (or delivered in sealed and labelled envelopes)
 - Spectators are only allowed if they are able to maintain social distancing
 - Members are strongly recommended to wear a face covering whilst in the club's common areas
 - Coaches are strongly recommended to wear a face covering when inside the club, unless delivering a coach session or participating in activities.

c. Training

- Members from the same household or support bubble do not need to social distance (refer to latest Government guidelines)
- Session activity continues to follow the risk assessment for the specific activity
 - Follow current Government guidelines on contact with people not from the same household
 - Follow current Government guidelines on minimum social distancing
- Equipment is cleaned after each use by a person or group
- Any spillages are cleaned immediately
- Use of toilets allowed in accordance with venue instructions/Government guidelines
- Members to minimise contact with all surfaces as much as possible and use wipes to clean

d. On Leaving

- Members must take all their possessions with them
- Members clean their hands with sanitiser on leaving the court/venue
- Members leave the venue immediately
- Members under 18 who are being collected by a parent/guardian must wait with the coach until collected

e. Post-Session

- Contact surfaces are cleaned and court ventilated where possible
- Equipment is sanitised fully
- Session is reviewed and any modifications for next session advised to members

Delivering group coaching to children

From 17 May, in line with the commencement of step 3 of the COVID-19 Response – Spring 2021 (Roadmap), clubs/venues and coaches can provide OOSS activities to all children, without restriction on the reasons for which they may attend, or the total number in attendance (though they must adhere to the maximum capacity of the venue).

For coaches wishing to provide OOSS activity to children under the age of 18 (at 1 August 2020) first please establish whether your club meets the UK Government criteria.

In addition to referring to guidance for [indoor sports providers](#) and [Government guidance for OOSS activity](#), clubs may also wish to refer to guidance from Sport England, and advice from organisations such as the [Association for Physical Education](#) and the [Youth Sport Trust](#).

You must:

- Encourage children to attend settings close to where they live or go to school. This should, ideally, be within walking or cycling distance.
- Discuss and agree any coaching activity with the club's COVID-19 Officer.
- Complete or update a [risk assessment](#) for any activity before it takes place.
- Consider how you will minimise mixing between children where possible. This can be achieved by keeping children in separate consistent groups, or in smaller groups where it is not possible to do this.
- Determine the maximum group size you can safely accommodate and manage based on the UK Government guidance of providing a minimum of 100sqft per person. You should also take into consideration;
 - o whether the activity takes places indoors or outdoors
 - o current UK Government guidance on social distancing
 - o the ability of the children in attendance to maintain social distancing and practice hand hygiene
 - o the age of the children in attendance
 - o the nature of your planned activities and whether you can adhere to the England Squash guidance
 - o the size or layout of your club, combining on and off-court activity.
 - o the ability to ventilate your premises effectively with fresh air
- Ensure social distancing between children with staff, volunteers, and other members/players in the club.
- Encourage children and young people to maintain social distancing off court and where possible during the activity.
- Implement a regime of frequent hand washing/sanitising for all of the participants in the group (including the coach).
- Ensure that children clean their hands regularly, including;
 - o when they arrive at your setting
 - o when they return from breaks
 - o when they change rooms/courts
 - o before and after eating
 - o if they come into contact with others
- Face coverings are not required by staff / volunteers when in delivering activity but it is strongly recommended that staff/volunteers and visitors wear a face covering when moving around the premises and in communal areas.
- Minimise the use of shared/hired equipment where possible. Equipment that is shared between groups, such as sports or art equipment should either be;
 - o thoroughly cleaned, frequently and in-between uses
 - o rotated to allow it to be left unused for 48 hours (72 hours for plastics).
- Parents and carers should not routinely be present during sessions. Where parents do attend, you should consider the ability to maintain social distancing in line with the current guidance for spectators in the club/venue.
- Keep up-to-date records of the children attending for at least 21 days for Test and Trace purposes, to help you review your groups and to limit mixing between groups.

6. Team and inter-club squash

Team squash is allowed to return however, the following guidance and recommendations should be followed to protect the health and safety of players, spectators, and workforce. **All other guidance within this document should continue to be observed**, including social distancing measures, enhanced hygiene and cleaning protocols, and maximum venue capacity.

Guidance and considerations for League Organisers

- Undertake a risk assessment for any planned activity and communicate it with the relevant members of your team/workforce.
- England Squash strongly recommends teams of three, to reduce the numbers and contact within groups of players and spectators at a fixture.
- Where possible league organisers should seek to reduce travel within the league fixtures and format, in line with [Government guidance on travel](#).
- Consider how you will clearly communicate your plans, rules and changes, to clubs, team captains, and players.
- Consider, within your code of conduct, how you might handle any issues arising from non-compliance by any players/teams/clubs.

Guidance for clubs and players

Before:

- Follow the [Government guidance on travel](#) to the venue.
- When booking fixtures at your club, consider venue layout to reduce the amount of footfall, and cross-over with other sessions and/or bookings.
- Players should arrive promptly for the fixture, not early, to reduce the amount of time spent in the venue.

During:

- Allocate reasonable periods between matches to allow for ventilation and cleaning.
- Follow the general guidance on Safe Squash as set out in Section 4 of this document, including hand and ball hygiene protocols, not wiping hands on walls, or raising voices.
- Consider ways to reduce sweat droplets on the court such as periods between play for players to towel down.
- Players should refrain from shaking hands at the end of the match. A racket tap is advised.
- Referees/coaches should remain socially distanced throughout.

After:

- Players should leave promptly at the end of the fixture to reduce infection risk, congestion and group mixing.
- Ensure that any post-match hospitality is delivered within the measures set out in the Government guidance for restaurants, bars and cafés – do not provide/allow hospitality if these measures cannot be met.

7. Poster kit

We have developed a series of posters for you to print and display at your club/venue to provide your members and customers with a clear, standardised set of recommendations for a safe return to squash. We recommend you use them liberally so that your members can see them wherever they are. You may also wish to share these on your website or social media channels.

[Download the posters here.](#)

For posters specifically relating to safety in the workplace, you can find these additional resources on the [HSE website](#).

8. Cleaning recommendations

Squash courts are a unique sports facility, which require specific care and maintenance to keep them in optimum playing condition. This also means that they present a challenge to reducing the risk of transmitting COVID-19. The aim of this guide is to provide practical advice and supporting measures to help courts/venues keep their members and workforce as safe as possible. England Squash has worked with approved contractors to develop the following guidance. The following guidance is strongly recommended and should be followed where practical to do so however you must adapt it to your club's circumstances, whilst keeping your workforce and members safe.

Prevention first

- The primary and most effective step to reducing risk of transmission for squash clubs/venues is to promote personal hygiene to the individuals participating. This means introducing and enforcing a range of actions for your members, including:
- **Hand hygiene** – members must wash hands for at least 20 seconds and use hand sanitizer before entering the court. Hand sanitizer and alcohol-based wipes should be made available at key points in the club e.g. entry and exit points, court doors.
- **Do not touch the walls or court floor** – we strongly recommend this rule is strictly imposed across all clubs. If a player accidentally touches a wall or court floor they should stop and immediately sanitize their hand.
- **Only one person to open/close the court door** – only one player going on court should touch the door.

Cleaning common surfaces and contact-points

- Clubs/venues must take responsibility to clean commonly touched surfaces and contact-points in between each court booking as part of the COVID-19 secure plan. Points to consider include:
- Identify the common contact points in your club as part of your risk assessment e.g. door handles, light switches, taps etc.
- Provide suitable cleaning materials for members to clean these surfaces, including spray disinfectant and alcohol-based wipes made available at key points in the club e.g. entry and exit points, court doors. This must be in addition to a thorough cleaning schedule undertaken by a responsible member of the workforce/staff.
- Allow for more time in between bookings than usual for cleaning to take place.

Cleaning court walls and floors

- Squash court walls and floors are particularly sensitive to disinfectant and/or constant soaking and therefore cannot be 'deep cleaned' on a regular basis without potentially damaging them. This means that there is an increased likelihood of there being traces of the COVID-19 virus on court surfaces. However, there are some measures in addition to those outlined above which can be implemented, with the aim of reducing the risk, including:
- **Spot cleaning** – where a member knowingly touches the floor wall, or drops sweat or bodily fluids, they should use an alcohol-based cleaning wipe to clean that area immediately (do not use a member's towel). Any liquid should be dried off immediately with a separate dry cloth (i.e. paper towel).

-
- **Dry mop** – use a dry mop at the start and end of every day (where the court has been used) on the floors and walls. Disinfect the mop(s) overnight and rotate multiple mops if possible.
 - **Keep to your usual maintenance routines** – supplement your usual court maintenance routines with the recommendations made here. You know your courts best, including how they have been treated in the past.
 - **Ask for advice** – If you are unsure of the best way to maintain your courts, contact one of our approved court care contractors, for any specific advice.
 - (Note: these measures are not guaranteed to kill/remove the COVID-19 virus fully)

Additional considerations

- Inform your members what you expect from them and what they can expect from you. It is important that individuals also take responsibility for themselves and others, only by communicating this widely can you expect people to do so.
- Don't cut corners! The safety of your workforce/staff and members is paramount.
- If you continue to have concerns about the safety of your workforce/staff and members, you must be prepared to keep your club closed until you are able to put mitigating safety measures in place.
- Please refer to additional information available from UK Government sources:
- UK Government Guidelines - <https://www.gov.uk/guidance/working-safely-during-coronavirus-covid-19/providers-of-grassroots-sport-and-gym-leisure-facilities>
- Public Health England Advice - <https://www.gov.uk/government/organisations/public-health-england>
- HSE Guidelines - <https://www.hse.gov.uk/news/coronavirus.htm>
- A list of the **England Squash Approved Contractors** can be found on englandsquash.com

England Squash are sharing the information here for guidance only and have not evaluated the content or carried out tests relating to either COVID-19 transmission or potential damage to court surfaces. England Squash does not guarantee the accuracy of the information and accept no responsibility or liability for any consequences arising from the use of this information. If you are unsure on how to clean your courts, please contact an appropriate court specialist or hygiene expert.

9. Where to find additional support and resources

- England Squash – <https://www.englandsquash.com/covid-19>
- Sport England – <https://www.sportengland.org/how-we-can-help/coronavirus>
- Club Matters – <https://learn.sportenglandclubmatters.com/course/view.php?id=71>
- UK Government Guidelines for employers and businesses - <https://www.gov.uk/government/publications/guidance-to-employers-and-businesses-about-covid-19>
- Public Health England Advice – <https://www.gov.uk/government/organisations/public-health-england>
- HSE Guidelines – <https://www.hse.gov.uk/news/coronavirus.htm>
- Safeguarding guidance – <https://thecpsu.org.uk/>
- Guidance for the public on the mental health and wellbeing aspects of coronavirus – <https://www.gov.uk/government/publications/covid-19-guidance-for-the-public-on-mental-health-and-wellbeing/guidance-for-the-public-on-the-mental-health-and-wellbeing-aspects-of-coronavirus-covid-19>

England Squash has a nominated COVID-19 Officer, who you can email at enquiries@englandsquash.com – they will endeavour to answer your questions or concerns or provide you with further contact details to find more information.