

Covid-19 Secure Plan

1.0 Instructions for Players

While the club has increased the regularity of scheduled cleaning, there are no staff present in the club. Our rules take this into account and we rely on club members to help maintain a safe and clean environment in the club.

Before you Come

- **If You Feel Unwell – Stay at Home!**
- **Book a Court Online and Add an Opponent to the Booking**
No play without a court booking. The club needs to keep track of who has been in the club and we need the name of both players added to the booking for track and trace.
- **Guests Players are Not Allowed**
No guest players until further notice. Please play only with other members.
- **Maximum Two People per Court**
The viewing gallery is closed to spectators, there is no waiting in the corridors, so a maximum of two people can use a court booking.
- **Juniors Only Allowed when Supervised by a Responsible Adult**
There is alcohol-based hand sanitiser in the club. Supervising adults are allowed on the viewing gallery.
- **Arrive in Your Kit Ready to Play**
The changing rooms are closed. Arrive ready to play and shower at home afterwards.
- **Bring Your Own Equipment – Do Not Share**
- **Bring a Filled Water Bottle**
The water fountain is out of use
- **Bring a Face Mask, Dry Towel, Sweat Bands, Change of Shirt, Eye Protection**
- **Go to the Toilet**
The toilets at the club remain open, but we ask members to try to avoid their use
- **Remind Yourself Which Court You Have Booked**
The touchscreen booking system will remain in action at the club, but we ask members to avoid using it

Upon Arrival

- **Wait Outside the Club Until the Time of Your Booking, then go Straight to Your Court**
To keep the number of people in the circulation spaces to a minimum
- **Wear a Face Mask in the Corridor**
Please wear a face mask indoors on the way to your court
- **If you need to use the Booking System – Wipe the Screen Afterwards**
If you have forgotten your court number, the booking system is available but please wipe the screen after use with the wipes provided and place the wipe in a pedal bin.
- **If you need to use the Toilet – Wipe Surfaces Down**
Sanitising wipes are provided in the toilets for wiping surfaces before and after use. Dispose of wipes in the bin – do not flush.
- **Switch on the Ventilation Fans**
Current advice is that regular air changes reduce transmission risks.
- **Use Wipes and Hand Sanitiser Outside Court**
Wipe the door handle, dispose of the wipe in the pedal bin. Take a pump of hand sanitizer into your hand then go on court and shut the door. Sterilise your hands once you are on court with the door closed.

On Court

- **Permitted Activity on Court (see Playing Guide for more information)**
 - Solo practice
 - Two players from different households – drills or modified game play that maintains social distancing
 - Players from same household or support bubble – match play is permitted
- **Wear Sweat Bands**
Please wear wrist and head bands to absorb sweat. Consider a change of shirt if you are prone to sweating.
- **Do Not Wipe Your Hands on Walls**
Use your towel to wipe your hands.
- **Consider Wearing Eye Protection**
Your eyes also have a mucous membrane which could admit virus. Wearing glasses or goggles will reduce your temptation to rub your eyes as well as providing a protective barrier. This could be your chance to develop a good habit.

After you Have Played

- **Leave Promptly at 45 Minutes**
This leaves 15 minutes of cool-down time before the next users and helps avoid meeting other players in the corridor
- **Leave the Door Open, Leave Fan Running Unless you are the Last Booking of the day**
To prevent pockets of stagnant air on court and encourage fresh air into the club
- **Clean the Door Handle, with Sterilising Wipe and Take a Pump of Hand Sanitiser**
Dispose of the wipe in the pedal bin. Apply the sanitizer to both hands once you're outside the club.

2.0 Actions Taken by the Club

The club has made a risk assessment following guidelines issued by England Squash and UK Government and undertaken the following actions to make the club Covid-19 secure.

- Covid-19 Secure rules for members have been developed.
- Guidance has been communicated to members by email, on the website and social media as well as posters placed in the club.
- The booking system has been changed so that courts begin on the hour, twenty and forty minutes past. Courts now run for 1 hour and members are asked to vacate at 45 minutes. Prompt adherence to this schedule avoids any players arriving or leaving at the same time.
- The changing rooms have been closed
- The water fountain has been put out of use
- The viewing gallery has been closed off (access only to retrieve balls)
- Unnecessary furniture from the corridors has been moved to discourage socializing
- Hand steriliser is provided outside each court
- Sterilising wipes are provided
 - Outside each court
 - Adjacent to the touch screen booking system
 - In toilets
- The frequency of club cleaning has been increased to at least twice a week, with a cleaning schedule:
 - Sterilising touch points such as door handles, toilet flush, taps, light and fan switches
 - Ensuring availability of soap and paper towels in the toilets plus hand sanitizer, and wipes at designated locations
- Our Covid-19 secure measures have been shared with CSA and it has been asked to keep a record of people booking courts on a pay-as-you-go basis.
- The club will review Saturday Junior Squash before Autumn Term begins in the light of the guidance current at that time.
- Coaches to follow current England Squash guidelines in delivery of coaching activities