



SQUASH WALES
RETURN TO COURT
MEMBERS AND CLUB
GUIDANCE

VALID AS OF 11th AUGUST 2021

**Ensure you are reading this latest version
(V10)**

Introduction

The First Ministers announcement on Friday 6th August 2021 is hugely welcomed news for our sport and I am delighted that we can move into Alert Level 0 of the Coronavirus Plan and welcome all forms of Squash to return throughout Wales.

The last eighteen months have been incredibly difficult in so many ways and the strength and resilience that the Squash community have shown throughout has been incredible. Squash Wales would like to thank each one of you for your support and patience as we have moved through the Alert Levels safely to finally reach this point.

Many challenges may still remain despite legal restrictions being lifted and Squash Wales will continue to support the clubs and members as we move out of the restrictions.

The Vaccination Programme in Wales has been very successful however, this does not mean the pandemic is over. Covid 19 remains in our society but we are now at a point when we can live with the endemic virus. As we move to Alert Level 0 many of the restrictions and laws that we have been accustomed to will now become part of measures that can be put in place to minimise the risk of infections and maximise our protection. We will all need to continue to do our part to keep Wales safe.

Alert Level 0

- There will be no legal limits on the number of people who can meet others.
- Carrying out a Coronavirus Risk Assessment will continue to be a **LEGAL** requirement.
- Organisations will still be required to take **REASONABLE MEASURES** to manage the risk of Coronavirus.
- The reasonable measures to be taken, such as ventilation, physical distancing and other controls, will be for each organization to consider depending on the nature of the premises and the risks of exposure to Coronavirus identified.
- If you are unwell you should self-isolate and get tested.
- Face coverings will remain a **LEGAL** requirement indoors in public places.

The purpose of this guidance is to provide the essential information needed to help all squash clubs, venues and operators meet the legal obligations they are under to minimise the risk of people being exposed to, or spreading, coronavirus on their premises.

The foundation of the specific legal requirement that applies in Wales is that the risk of exposure to coronavirus on all premises open to the public must be assessed and “reasonable measures” taken to minimise that risk. The guidance explains what “reasonable measures” mean and provides illustrations of the measures that can be taken. The list is not exhaustive and different requirements will be dependent, on the individual circumstances of each venue.

Return to Court

As we exit our Return to Court Road Map this document will provide practical guidelines and reasonable measures to follow, ensuring we continue to play our part in keeping Wales safe.

Squash Wales will review this document regularly to ensure it is up to date, so please ensure you are reading the latest version.

Specific venues will provide their individual procedures so please check with your venue provider to ensure you comply with their guidance as these will vary dependent on their individual circumstances.

Members and clubs Return to Court experience is divided into the following categories:

1. Indoor Squash
2. Before Play
3. Organising safe sessions
4. Equipment / Coaching
5. Limiting close contact – Spectators / Balcony etc
6. Safeguarding
7. After Play – Control of toilets and changing rooms
8. Ventilation

All clubs must appoint a COVID Officer and each activity / session must have a Responsible Person (usually the coach) present.

- Take a register of attendees
- Ensure COVID self-declarations are made
- Ensure the reasonable measures are communicated to participants
- Ensure COVID risk assessment has been completed

All COVID Officers, Responsible Persons & Coaches must be aware of COVID-19 related risks and the reasonable measures that should be taken to mitigate against the spread of infection. COVID-19 Awareness Course for the Sports and Recreation sector is available at a discounted rate for all affiliated clubs and registered members of Squash Wales.

A Risk Assessment must be completed (see example template below).

In a club setting, a disclaimer signed and dated by all members of the club returning to play is advisable. Clubs should keep a copy of the fully completed document on file for insurance purposes. These measures should be in place until further notice.

1. INDOOR SQUASH

Venue Operator guidelines should be followed at all times.

2. BEFORE PLAY

Face coverings are still required by law to be worn in all public spaces which includes indoor public places unless you are participating in sport / exercise, have an exemption.

Continue to use COVID self-declaration by members.

You must stay at home if you:

- Have been in contact with someone with COVID-19 in the last 14 days.
- Have been overseas – please read the Foreign Travel Government Advice.
- Have flu-like symptoms or are feeling unwell.
- A loss of taste or smell.
- A new continuous cough
- Live with a person over 70 years of age or a person who is considered extremely vulnerable.

You must:

- Check with your GP prior to playing if you are in a high-risk health category.
- Find out what protocols are in place at the club / venue and ensure you comply before arriving at the venue.
- Ensure the club has up to date contact details for its members.
- Ensure the club COVID Officer is known to the members.

3. ORGANISING SAFE SESSIONS

All players should continue to use their own equipment, such as rackets, shoes, drinks bottles, towel (sweatbands) etc and not share equipment.

During the Squash session all body contact off court should be avoided and whilst distancing will no longer be required by law, Squash Wales would encourage this measure to be adhered to, in line with Welsh Government guidelines wherever possible.

On Court

Singles Play	No Restrictions
Doubles Play	No Restrictions
Coaching Session	Maximum 6 adults to a court, 8 juniors (U18) in an organised session.

In case one of the players show signs of COVID-19 symptoms, immediate and necessary Venue Operator guidelines should be followed.

An immediate direct communication shall be established to the rest of the training group at the venue.

- Session must be managed by the appointed COVID Officer / Responsible Person.
- Check venue specific guidelines / restrictions on back to back sessions, changing facilities. This should be known when planning.
- Pre booking attendance should continue to enable the COVID Officer to manage/limit the number of players attending.

Reasonable Measure to protect against infection (not exhaustive)

- Continue to refrain from handshakes and high fives with other players.
- Do not wipe hands on walls or rear glass back wall.
- Everyone must bring their own equipment and store on the court that they are playing.
- Use your own water bottle and do not share it.
- Wash your hands frequently with soap and water or hand sanitizer, after going to the toilet, sneezing or coughing.
- Cover your coughs and sneezes and dispose of any used tissue in your own bag and bring it home with you.
- Avoid touching your face.
- Try not to touch any surfaces, but if you do sanitize your hands and surface touched as soon as possible.
- Remain apart from other players when taking a break.
- Wear a mask when not participating in sport.

4. EQUIPMENT / COACHING

- Players should continue to bring their own hand sanitizer in addition to the provision at the venue.
- Players / Coaches should continue to only use their own equipment and not share equipment. This includes any training equipment, towels and water bottles.
- Be aware of high touch points and continue to wash your hands (in accordance with Government guidance) or use hand sanitizer and avoid touching your face.
- Touch points include, Balls, Door handles, Walls (Rear Glass back), Light switches.
- Maximum 6 adults to a court, 8 juniors (U18) in an organized session.
- A Coach (or assistant coach) is the Responsible Person for the session.

5. LIMITING CLOSE CONTACT – SPECTATORS / BALCONY

There are no restrictions to spectators, however this will be venue dependent and should be checked ahead of the session. All spectators will be required to wear face masks in accordance with the Welsh Government Regulations. Some recommendations on mitigating actions to reduce the risk of infection are:

- Limiting or controlling movement of people, for example one-way systems.
- Limiting the number of people accessing confined areas such as balconies, viewing areas, lifts, toilets, changing rooms, or meeting rooms at the same time.
- Provide clear signage (signs, floor tape or paint) for physical distancing, queuing systems, one-way systems etc.
- Maintaining a distance between people in these areas.
- Limited face to face interaction.
- Managing numbers and duration by limiting time spent & people present in rooms with little or poor ventilation.

6. SAFEGUARDING

Clubs must ensure that all safeguarding requirements are in place prior to any junior activity commencing. This means there is a designated Welfare Officer to manage all concerns from parents and young people.

7. AFTER PLAY – CONTROL OF TOILETS AND CHANGING ROOMS

- Control the use of shared facilities such as toilets, showers and changing rooms.
- Regular sanitizing of all shower / changing room areas.
- Limit numbers in these areas.
- Where possible ensure all shower / changing room areas are well ventilated.

8. VENTILATION

Improving ventilation is a particularly important measure. Natural ventilation indoors might be provided by opening doors and windows where this does not contravene fire safety requirements. Improvements in mechanical ventilation will also help minimize risk if done effectively.

It is important to identify and deal with areas that are not well ventilated. The more people occupying an area that is poorly ventilated, and the longer they remain in it, the greater the risk of spread of Coronavirus. So, maximizing the fresh air space can be done by:

- Natural ventilation.
- Mechanical ventilation.
- A combination of natural and mechanical ventilation, for example where mechanical ventilation relies on natural ventilation to maximize fresh air.
- Open doors and windows.
- Effective fresh air ventilation, working alongside face coverings, distancing and enhanced hygiene regimes.
- Note that air conditioning units do not constitute effective ventilation.
- Restricting or reducing duration of activities indoors.
- Consider room layout.
- Using rooms with good ventilation and avoiding the use of those without.
- Avoid ventilation which only recycles air.
- Using ceiling fans and fresh air to improve the circulation of air from outside and avoid pockets of stagnant air forming indoors.

SUMMARY

In summary, persons responsible for premises, and who are required to take reasonable measures to minimise risk of exposure to coronavirus on the premises, should consider the following:

- Do people need to be physically present on the premises or could alternatives such as home working or remote communications be used?
- Where people need to be on the premises, when and where could people be exposed or risk spreading coronavirus?
- What can be done to try to prevent people who have tested positive or who are experiencing COVID-19 symptoms from being on the premises?
- What can be done to encourage people to be vaccinated?
- What can be done to keep people physically distanced on the premises?
- What can be done to use outdoor space instead of indoors on the premises?
- What can be done to improve ventilation indoors, either through using windows and natural draft or by use of mechanical ventilation systems?
- What can be done to minimize the duration people may be together?
- What can be done to minimize close face to face interaction?
- What can be done to improve hygiene?
- What information is taken to ensure that people can be contacted if they may have been exposed to coronavirus on the premises?

Please see Welsh Government Guidance in the links below

<https://gov.wales/alert-level-0-guidance-employers-businesses-and-organisations-html>

<https://gov.wales/public-premises-and-workplace-covid-19-risk-assessment>

			<p>days</p> <ul style="list-style-type: none"> Any person who has had close contact in the previous 10 days with a person who has tested positive for coronavirus Any person experiencing symptoms associated with coronavirus All personnel to wash hands on arrival Face coverings are always required to be worn within the venue apart from when you are taking part in sport or exercise 					
As above	As above	As above	<p>Car park</p> <p>Control measures:</p> <ul style="list-style-type: none"> Lower risk area – outdoor space Discourage players and staff from congregating in groups Spaces to be left between cars where possible Social distancing advice applies Where possible 1 way in and 1 way out system indicated by arrows Sign to ask players, come already changed 	2	1-5 Potential Severity Spectrum	6-10 Low Risk	<p>Actions required</p> <p>M=Mitigated Risk</p>	<p>Outdoor signage – consider wording could be squash related “don’t get too squashed”</p> <p>Think about your social distancing and avoid chatting in groups</p> <p>Additional signage</p>
			<p>Inside the Club</p> <p>Control measures:</p> <ul style="list-style-type: none"> All personnel must complete relevant Track and Trace details Limit close physical interaction between persons on the premises in particular face to face interaction All players to arrive on time, not early to avoid congestion All persons to wear face masks indoors unless participating in sport / activity Each player will be allocated their own area in the squash arena 	1	1 Potential Severity spectrum	1 Very Low Risk	<p>Actions required</p> <p>L=LOW RISK</p>	<p>Players and guests will be escorted directly to Squash Courts by staff members</p> <p>Limit number of people on the premises at any one time</p> <p>Reduce the total number of people in attendance</p> <p>Ensure appropriate layout of premises</p> <p>Control use of entrances passageways stairs lifts and balconies</p>

			<ul style="list-style-type: none"> All players to bring in their own food and drinks All players to adhere to the social distancing guidelines 					<p>Control use of shared facilities such as toilets changing rooms and kitchens</p> <p>Staggering court times to avoid gatherings</p>
As above	As above	As above	<p>On Court Control Measures: PROVIDE GUIDANCE FOR SQUASH PLAYERS ON COURT. E.G</p> <ul style="list-style-type: none"> No hands on, no hugs, kisses, handshakes. Do not wipe hands on walls or rear glass back wall. The use of a mask on court is not mandatory. Everyone must bring their own equipment. Disabled athletes can only use their own wheelchair and the club wheelchairs will not be loaned. Ball will be wiped at the end of each game. Use your own water bottle and do not share it. No use of water fountains. Disinfectant is present at the rear of all courts for the handles. The handles are disinfected by the athlete by spraying the product and wiping it with a paper towel. Each player to have their designated area at the front of the court. Whilst warming up please ensure to be mindful of social distancing Player to bring supplies to treat 	2	2-5 Potential Severity spectrum	6-10 Low Risk	<p>Actions required</p> <p>M=Mitigated Risk</p>	<p>Hand sanitisers available outside every court. Disinfectant wipes/spray with paper towel for players to wipe ball/racket.</p> <p>Players to sanitise their hands before and after playing before touching any surface.</p>

			<p>minor injuries and phone in case of emergency.</p> <p>Key Rules for the Game</p> <p>What's Allowed</p> <ul style="list-style-type: none"> • Singles Play – No restrictions • Doubles Play – No restrictions • Coaching – Maximum 6 adults to a court, 8 juniors (U18) to a court in an organised session 					
			<p><u>Ventilation</u></p> <ul style="list-style-type: none"> • To ensure maximum ventilation throughout the whole venue, including toilets, passageways, changing rooms reception areas etc. 					<p>Natural ventilation.</p> <p>Mechanical ventilation.</p> <p>A combination of natural and mechanical ventilation, for example where mechanical ventilation relies on natural ventilation to maximize fresh air.</p> <p>Open doors and windows.</p> <p>Effective fresh air ventilation, working alongside face coverings, distancing and enhanced hygiene regimes.</p> <p>Note that air conditioning units do not constitute effective ventilation.</p> <p>Restricting or reducing duration of activities indoors.</p> <p>Consider room layout.</p> <p>Using rooms with good ventilation and avoiding the use of those without.</p> <p>Avoid ventilation which only recycles air.</p>

								Using ceiling fans and fresh air to improve the circulation of air from outside and avoid pockets of stagnant air forming indoors.	
As above	As above	As above	<p><u>Court Schedule</u></p> <ul style="list-style-type: none"> Courts will be staggered to minimise people at the venue and to reduce congestion at courtside during match change overs 	1	1	Potential Severity spectrum	Very Low Risk	<p>Actions required</p> <p>M=Mitigated Risk</p>	Courts to run on the hour/15mins/30mins/45mins
As above	As above	As above	<p><u>Washrooms/Toilet</u></p> <p>Control measures:</p> <ul style="list-style-type: none"> One in one out Regular cleaning of all areas Signage with rules 	1	1	Potential Severity spectrum	Very Low Risk	<p>Actions required</p> <p>M=Mitigated Risk</p>	Allocation of bespoke facilities by Operator as per venue
As above	As above	As above	<p><u>Changing Rooms</u></p> <p>Control measures:</p> <ul style="list-style-type: none"> Regular cleaning of all areas Signage with rules Adequate ventilation 	1	1	Potential Severity Spectrum	Very Low Risk	<p>Actions required</p> <p>L=LOW RISK</p>	<p>Control the use of shared facilities such as toilets, showers and changing rooms.</p> <p>Regular sanitizing of all shower / changing room areas.</p> <p>Limit numbers in these areas.</p> <p>Where possible ensure all shower / changing room areas are well ventilated.</p>

As above	As above	As above	<p><u>Balcony/Seating Areas / Referee</u></p> <ul style="list-style-type: none"> • Limit close physical interaction between persons on the premises, in particular face to face interaction • Change the layout of the premise include location of furniture 	1	1	Potential Severity spectrum	Very Low Risk	<p>Actions required</p> <p>L=LOW RISK</p> <p>Limiting or controlling movement of people, for example one-way systems.</p> <p>Limiting the number of people accessing confined areas such as balconies, viewing areas, lifts, toilets, changing rooms, or meeting rooms at the same time.</p> <p>Provide clear signage (signs, floor tape or paint) for physical distancing, queuing systems, one-way systems etc.</p> <p>Maintaining a distance between people in these areas.</p> <p>Limited face to face interaction.</p> <p>Managing numbers and duration by limiting time spent & people present in rooms with little or poor ventilation.</p>

	Likelihood*	Severity**	Risk Rating (likelihood x severity)	Risk assessment***
Key	5 Very likely	5 Very severe injury or illness, possibly fatal	21-25 Unacceptable risk	L= Low risk
	4 Likely	4 Severe injury or illness	16-20 High risk	M = Mitigated risk
	3 Possible	3 Moderately severe injury or illness	11-15 Medium risk	A = Actions required
	2 Unlikely	2 Minor injury or illness	6-10 Low risk	I = information required
	1 Possible	1 Very minor injury/illness	1-5 Very low risk	

