

Play safe, stay safe

Should your club/venue reopen, they will need to introduce a number of safety measures to ensure players can maintain social distancing. **Below are some guidelines that you must follow in order to play to keep you and fellow players safe:**

PLAY SAFE, STAY SAFE

PLAYER GUIDELINES FOR RETURNING TO COURT SAFELY

Always check first with your club/venue on what their current rules/policies are.



Keep your distance – ensure that you adhere to current social distancing guidelines at all times



Maintain good personal hygiene – wash your hands frequently, including before and after you play



Bring your own racket and balls – disinfect them frequently



Take your bag on court with you – lockers and changing rooms may be closed



Don't wipe your hands on the walls – use your towel to dry your hands and avoid touching surfaces



Clean up and wipe down – help your club/venue to keep touch points clean – leave it as you would expect it to be left for you



Be kind – respect your club rules and be kind to fellow members so that we can continue to enjoy squash together



Stay at home if you or anyone in your household are unwell, even with mild symptoms. Follow NHS guidelines and report your symptoms to the club/venue for contact tracing purposes

Please continue to follow current Government guidelines as these will always supersede any club/venue or England Squash guidelines. For further information please visit englandsquash.com/covid-19 and gov.uk/coronavirus

Returning to squash

When you take your first steps back towards playing, it might not be squash as you knew it and we have to adapt to new ways of playing that meet social distancing rules. Remember, many clubs/venues may choose to be cautious - it's their responsibility to minimise the risk to you, their members, staff, volunteers and the wider community.

So, what can we play?

As with all sports, squash clubs/venues are only allowed to reopen so long as activities can be modified in such a way that social distancing can be maintained throughout. We recommend 'Sides' as it's a modified/adapted version of the game which allows players to meet social distancing measures, with each player remaining in their own half of the court at all times.



WAYS TO PLAY

HOW TO PLAY SAFELY AND WITH WHO

Note: there should be no more than two players on court at one time.



Members from the same household or support bubble:

- Match play/full squash game
- Coach led/supervised activity



Individuals:

- Single player (solo) practices
- Coach led/supervised activity



Two members from different households (not in a support bubble):

- Modified version of squash – 'Sides'
- Socially distanced practices
- Coach led/supervised activity



Up to five members from different households:

- Coach led/supervised activities

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Let's work together

We need to work together to keep squash safe and our clubs and venues open. It's important that we all follow the latest guidance to reduce the risk of COVID-19. We encourage all players to familiarise themselves with the [signs and symptoms of COVID-19](#).