

Important note: under current Government guidance you are not allowed to play full court squash, 'Sides' or Socially Distanced practices with players from different households if your club is in either a tier 2 or 3 area (High or Very High).

Permitted Activity	Local COVID alert level		
	Medium	High	Very High
Single player (solo) practices	Yes	Yes	Yes
Same household or support bubble – match play/full squash game	Yes	Yes	Yes
Players from different households (not in a squash bubble or support bubble) – modified version of squash, ‘Sides’ or Socially distanced practices (see below)	Yes	No	No
Players from different households* in a squash bubble – modified version of squash, ‘Sides’ or Socially Distanced practices (see below)	Yes	No	No
One-to-one coaching with adults using socially distanced practices	Yes	Yes	Yes
Players from educational teams or with disabilities** (exempt from squash bubble rules) – modified version of full-court squash (see below)	Yes	Yes	Yes
Up to 6 adults* from different households – coach-led/supervised activity	Yes	No	No
Up to 15 children from different households (at OOSS clubs/venues) – coach-led/supervised activity. Children are classed as being 18 years and under.	Yes	Yes	Yes

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