

WELCOME BACK TO SQUASH AT FULWOOD



GUIDANCE FOR MEMBERS



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REVISION SUMMARY: Changes to the first release of this document are colour coded throughout

Version	Date	Comments
1.9	30 th November 2020	Changes to the building, page 5: The treatment room Ways to play, page 6: Introduction
1.8	22 nd October 2020	Introduction, page 3 Changes to the building, page 5: Guest and visitor restrictions Ways to play, page 6: Entire section
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1.6	29 th August 2020	Changes to the building, page 5: Booking console can now be used Ways to Play, page 6: Squash bubbles and open play Court bookings, page 8: Court 4 open Court bookings, page 8: Fobbing for extra playing time is reinstated
1.5	31 st July 2020	Changes to the building, page 5: Gents toilets open Travelling to and from the Club, page 8: Gents toilets open
1.4	21 st July 2020	First release



INTRODUCTION

As the pandemic evolves so do the restrictions placed on how we can play squash. We ask you all to read these guidelines to keep up to date on how the club has to operate in order to meet government directives.

It's important that as a club we collectively create a safe environment in which we can enjoy playing our sport. Although different to what we are used to and restrictive, you must follow these guidelines to help make squash flourish at Fulwood again.

We all want to return to normal operation as soon as possible and it's the club's intention to relax these restrictions over the coming weeks and months as advice from the government and our governing body - England Squash - evolves.

John Mullins, the club professional, is back and look forward to helping everyone get back on court. John is able to offer coaching so please contact him for more information.

If you have any concerns or suggestions on how to improve the operation of the club during this period, then please contact Nigel Bird.

This guide is organised as follows:

- A section on COVID-19
- A summary of the changes that have been made to the building
- The ways we can play
- What to do before you play
- How to get on and off court



COVID-19 SYMPTOMS

DON'T COME TO THE CLUB IF YOU HAVE SYMPTOMS

It's important that you don't use the club if you have COVID-19 symptoms. To access the club you need to adhere to the following:

- Any member who has recovered from a COVID-19 infection where symptoms required hospitalisation should consult their GP before returning to play
- Members are not permitted onsite if they have been in contact with anyone who has been unwell with suspected or confirmed COVID-19 during the two weeks prior
- Members are not allowed onsite if they feel unwell or show any COVID-19 symptoms
- Any member who becomes unwell or shows COVID-19 symptoms after visiting the club must follow the relevant guidance, declare this to the club and also consult their GP immediately
- Any member who has tested positive for COVID-19 or had close contact with someone who has tested positive must contact the NHS Test and Trace: <https://www.gov.uk/guidance/nhs-test-and-trace-how-it-works>
- For the latest health information on the coronavirus following this link: <https://www.nhs.uk/conditions/coronavirus-covid-19/>

IF YOU DEVELOP SYMPTOMS AT THE CLUB

If anyone develops symptoms whilst at the club, then the following procedure should be followed:

- Maintaining social distancing
- 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
- The club should be informed as soon as possible of any suspected or confirmed COVID-19 cases so it can take necessary actions



CHANGES TO THE BUILDING

We've had to make some changes to the club and how the facilities are accessed following a COVID-19 risk assessment that takes into account government and England Squash advice. These measures will be temporary and the club will relax these as soon as it considers it is safe to do so. The highlights are:

- Guests are allowed to play on the courts only under the following circumstances:
 - Are from the same household or social support bubble as a member. The guest must always be accompanied by the member
 - Are participating in a coach led sessions
- Parents/guardians are allowed to visit the club if their child requires supervision. We request that parent/guardian wait outside or use the club bar whilst their child is playing. If this is not possible then the parent/guardian may enter the club and take instruction from the session leader on where to wait
- There are hygiene stations located near the entrance, exit and courts
- The following parts of the club are now closed
 - The upper floor (*the only exception is that John Mullins can access his office and the viewing balcony for coaching purposes*)
 - The ladies toilet, changing room and shower areas
 - The gents changing rooms and shower areas (the toilet cubicles in the gents are open for all to use)
- There is a one-way system in place
 - Enter the club using the normal entrance
 - Access the courts in the usual way
 - Exit the building through the emergency exit and make your way round back of courts 3 & 4 to exit the club.
- There is signage in key areas to aid safe use of the club
- The water machine is not in use
- The treatment room is open for treatments with Katie Bell
- The booking console can now be used so long as you clean the display before use
- You must wear a face covering when entering and moving around the building. You do not need to do so when playing and on court
- The club has its own QR codes displayed to support the Government's smartphone app and test and trace system



WAYS TO PLAY

Following the national lockdown in November, Sheffield enters COVID-19 Tier 3 (Very High) on the 2nd December. England Squash have produced guidance on how squash can be played in the various tiers and the following guidance is based on this.

Below is a summary of the ways we can now play:

- No more than two people on court at any one time
- **Individuals:**
 - Solo practice
 - Coaching from an England Squash qualified coach such as John Mullins
- **Two members of the same household or social support bubble:**
 - All play, including competitive play
- **Two members from different households:**
 - Not permitted ('sides', drills/routines & competitive play within squash bubbles have all been withdrawn)

It is important to note that this means that two people cannot go on court together if they are from different households.

Junior and University student group sessions are allowed to continue as long as they operate within the relevant England Squash guidelines.



HOW TO PLAY THE GAME OF SIDES

'Sides' is a modified version of the game that allows two players from different households (not in a support bubble) to play on court at the same time:

- Only two players
- The aim is to hit a winner or force an error from your opponent as in regular squash
- Only one player serves / touches the ball with their hand during the match
- Both players must keep to their side of the court throughout each rally, using the full length of the court whilst maintaining safe social distancing throughout
- If a player crosses into the other side of the court, they immediately forfeit the rally
- If there is a danger of players breaching a safe social distance, they must call a let and replay the rally
- Once a rally is complete, players switch sides of the court (maintaining a safe social distance) and the server restarts play



BEFORE YOU PLAY

We wouldn't normally need to run through this, but with all the changes we need to make you aware of what to do before you head to the club to play. Here's a summary of what to do prior to play.

COURT BOOKINGS

You must book a court in advance.

All four courts are now in operation. As standard there remains a 20-minute ventilation period between playing sessions.

Playing time can now be extended by using your fob. For the time being this is limited to a single fob giving an extra 8 minutes of play.

We have an obligation to assist the Government's test and trace system. In order to do this we need a comprehensive record of who has accessed the club. Used in the right way, our court booking system can log all the necessary information and avoid having a paper-based signing-in system. All we ask is that the booking system is used in the normal way – so when two members are playing, one books the court and the other uses their fob to activate the lights.

EQUIPMENT

- Take all your own equipment and do not share equipment such as rackets, grips and towels
- Only take the minimum amount of equipment with you that you need to play
- Clean and wipe down your equipment, including rackets and water bottles before and after use
- Bring a full water bottle and do not share food or drink with others. Note that the water fountain in the club has been taken out of operation
- Bring your own squash balls and make sure you only take these home with you
- Leave nothing in the corridor when you are on-court. Any additional footwear or clothes should be taken on court with you
- Ensure you take all your belongings with you at the end of the session and do not leave anything behind on court

TRAVELLING TO AND FROM THE CLUB

- Arrive five minutes before your court booking. We need to minimise people in the building
- Arrive changed and ready to play.
- **The two toilet cubicles in the gents are open for all to use. Note that the ladies and gents changing rooms and shower facilities are closed as are the toilets in the ladies.**
- Do not congregate in the building after playing – please exit as soon as you can



GETTING ON AND OFF COURT

Almost there – please familiar yourselves with the procedure for getting on and off court. This is very different to what we are all use to!

1. Remember to have booked a court in advance and to arrive no more than 5 minutes before your court booking
2. Put on your face covering, enter through the normal main entrance and use your fob to access the building
3. There is a hygiene station at the top of the stairs. Use the sanitiser provided to clean your hands
4. Make your way to your court. Remember to minimise contact with walls, handrails etc. and to maintain social distancing
5. Your court should be empty and ready to use, but if not, allow others to leave before you enter the court
6. There is a hygiene station located outside each court:
 - Remove your face covering
 - Use the sanitiser provided to clean your hands
 - Use the disinfectant spray and wipes provided to clean the court door handle on both sides
 - Place the used wipe in the bin provided
 - Enter the court and take all your belongings on court with you.
7. Do not wipe your hands on the court walls!
8. When your session has completed, exit the court and leave the building as soon as possible. Do not warm-down in the building
9. Exit the building through the emergency exit on the ground floor:
 - Put on your face covering
 - Use the sanitiser provided to clean your hands
 - Use the wipes provided to clean push bar
 - Place the used wipe in the bin provided
 - Make sure the door closes behind you
10. Walk around the side of the building and exit the club. Please take care as it is an unfamiliar route.