

(As of June 2020)

**SQUASH GUIDELINES DURING COVID-19 PANDEMIC**

**Court Cleaning**

Anti-bacterial wipes or spray and paper towels to be available outside the court for all players to wipe down touch surfaces after play.

**Time Slots**

15-minute ‘change-over’ buffer will be built into court booking, e.g. 35 minutes of play allowed in 50-minute court booking. This is to allow safe transition between bookings.

**Court Bookings**

Court bookings can only be made online. This will assist with controlling the number of the people in the club and with track & trace should it be required.

**One-Way**

A one-way system will be in place where possible.

Please respect this.

**Changing Rooms**

Only one person in the changing rooms at any one time. Changing rooms are not operational for showering or changing but as toilets only.

**Arrival at Club**

Limit your time at the club. Arrive no more than 10 minutes early and leave immediately after playing.

Travel to facilities should ideally by foot, bike or car (only shared with person from the same household).

**Drinks**

Use your own water bottle.

No sharing, no water fountains.

**Protection**

Please wear a face covering or mask when indoors at the club apart from when on court.

**Play**

One player per court unless from same household, in which case two to be permitted. Bring your own ball and racket (hire/rental is not allowed).

**On Court**

Use your own towel to wipe away sweat.

Do not wipe hands on walls!

It is recommended to wear a sweatband on your wrist.

**Social Distancing**

Always keep 2 metres away from other people.

**Feeling Unwell?**

Stay at Home

If you, or someone you live with, have symptoms of coronavirus stay home and self-isolate for 14 days.