

# BACK TO SQUASH

GUIDANCE FOR CLUBS, VENUES AND COACHES



---

# Back to Squash Guidance for Clubs, Venues and Coaches

Published: 30 November 2020  
Version 5.1

## Version history/updates

The following table outlines significant changes made between versions of these guidelines, please refer to the specific sections for further detail. Note: minor changes to wording (but not the meaning of the content) may be made throughout the document, but will not be noted here.

Version	Section	Summary of changes
5	Definitions	Update to Government definition of 'Support Bubble'
5	3. Poster kit	Removal of 'Ways to play' poster, to reduce confusion regarding tier system.
5	6. Ways to play	Updates to restrictions for all tier areas Change to maximum number of players on court at Tier 1. Addition of travel guidance. <b>Note:</b> Players from <i>Educational Teams</i> (see <i>Definitions</i> ) must now be treated as if they are from different households when playing squash. Exemptions only apply to school, college or university groups within curriculum-based activity.
5	6. Ways to play	<b>Note:</b> Coaching adults 121 at Tier 3 remains TBC
4.3	5. Squash bubbles	Added clarification that exempted players can only play full-court squash as part of coach-led/supervised activity in tier 2 or 3 areas (High or Very High)
4.2	6. Ways to play	Added clarification that neither full court squash nor Sides can be played in tier 2 or 3 areas (High or Very High)
4.1	6. Ways to play (throughout)	Addition of permitted one-to-one coaching activities with adults
4	Definitions	Addition of definitions: Educational Teams Organised squash
4	2. Leadership & Management	Addition of coach register requirement.
4	2. Members & Visitors	Update to NHS Test and Trace requirements and QR code for NHS COVID-19 App. Update to face coverings recommendations.
4	5. Squash bubbles	Addition of exemptions.
4	6. Ways to play (throughout)	Addition of table of permitted activities. Increase to best-of-five for all games. Increase to number of players on court for coach-led/supervised activities to 4 (remains no doubles allowed for standard/sides play).
4	8. On arrival	Inclusion of further details on NHS Test and Trace guidelines.

3	Definitions	Addition of definitions: Children (for the purposes of this document) 'Squash bubble' Out of School Setting Enhanced hygiene protocols
3	2. (Throughout)	Introduction of 'Squash bubble' processes.
3	2. Club environment	Addition of face covering recommendation. Update to provision of shower and changing facilities in line with Government guidance. Update to hiring/sharing of equipment in line with Government guidance.
3	4. Poster kit	Addition of two Squash bubble posters. Updates to previous posters.
3	5. Squash bubbles	Introduction of Squash bubbles guidance.
3	6. Ways to play	Update to 'Considerations' and player guidance. Update of total number of players (not from the same household, support bubble or squash bubble) a coach can teach from 5 to 6. Introduction of Squash bubbles and full-court play. Introduction of Coaching up to 15 children in OOSS.
3	7. Court cleaning recommendations	Updates to recommendations (inc. 72hr closure of courts). Addition of Squash bubbles ball hygiene.
3	8. Coaching	Update to hiring/sharing of equipment in line with Government guidance. Addition of face covering recommendation for coaches. Addition of Squash bubbles and full-court play. Addition of Coaching up to 15 children in OOSS.
2	Definitions	Addition of 'Support bubble' definition
2	2. Create a club COVID-19 Secure Plan   Members & Visitors	Additional advice on Track & Trace data protection guidance and web links to templates for clubs.
2	4. Poster kit	Addition of 'Don't touch the walls' poster Updated 'Ways to play' poster
2	5. Ways to play	Update to only one person touching the ball/door Addition of socially distanced practices
2	6. Court cleaning recommendations	Inclusion of court cleaning recommendations

---

## IMPORTANT: Local restrictions/Disclaimer

On 14 October 2020, the UK Government introduced local COVID-19 alert tiers (Medium/High/Very High), which were subsequently updated on 26 November 2020. To find out which tier your area is, and what this means for your club, please visit: <https://www.gov.uk/find-coronavirus-local-restrictions>

You must also remain aware of the latest Government and Public Health England guidelines for your region/specific location. The latest guidance can be found on the following links:

- UK Government Guidelines - <https://www.gov.uk/guidance/working-safely-during-coronavirus-covid-19/providers-of-grassroots-sport-and-gym-leisure-facilities>
  - Public Health England Advice - <https://www.gov.uk/government/organisations/public-health-england>
  - HSE Guidelines - <https://www.hse.gov.uk/news/coronavirus.htm>
- As guidelines and restrictions change, England Squash will update its dedicated [COVID-19 web page](#) with relevant information for the squash community.

## Introduction

This guide is designed to support all squash clubs and venues, and their coaches and members, with their return to play, following the restrictions in place during the COVID-19 pandemic. In order to reopen and provide a safe environment for players and staff, clubs and venues are obliged to ensure they have completed a thorough COVID-19 risk-assessment and developed a robust and practical 'COVID-19 Secure Plan'. Each club has its own unique set of circumstances, and so plans must be tailored to suit specific needs.

As social distancing cannot be guaranteed, the full-court game is currently limited to those who have formed a 'squash bubble', members of the same household or support bubble, depending on which COVID Alert Tier your club is in. Included in this guide is a clear set of 'ways to play' to provide options to get people back on court whilst maintaining social distancing.

Cleaning and good hygiene, in conjunction with social distancing, continues to be the most effective method of reducing the risk of infection from COVID-19. Therefore, it is of utmost importance that clubs take all steps to implement their own cleaning and hygiene protocols, whilst ensuring that individual members recognise that they have a part to play, by washing/sanitising hands, not touching court walls, and helping clean contact points where possible.

To support clubs/venues in safely returning to play, this toolkit contains:

1. Top five tips for clubs and venues
2. Creating a club COVID-19 Secure Plan
3. Guidance for conducting a COVID-19 risk assessment
4. Poster kit

- 
5. Squash bubbles
  6. Ways to play
  7. Court cleaning recommendations
  8. Delivering COVID-19 Secure Squash (for coaches)
  9. Where to find additional support and resources

If your club shares or rents its courts from a separate provider (e.g. if you are based at a leisure centre), then you should work with the owner of the courts to establish a safe return to play, as there may be different protocols, and you must follow their guidelines at all times.

England Squash understands that this remains a challenging and uncertain time for many clubs/venues, coaches and players and we continue to work hard to ensure the sport progresses towards a full return, in a controlled and safe manner. This guide is not intended to be a set of absolute rules, as each club has its own set of environmental challenges to overcome. Adapt these guidelines to your club's circumstances, whilst keeping your workforce and members safe.

England Squash has a nominated COVID-19 Officer, who you can email at [enquiries@englandsquash.com](mailto:enquiries@englandsquash.com) – they will endeavour to answer your questions and concerns or highlight where you can find further information.

Refer to the further information and FAQs on our dedicated [web page](#) for further information and advice.



---

## Definitions

**Children** – for the purposes of this document, and in line with Government guidance, are defined as a member or player who is under the age of 18 years of age.

**Clubs** – anywhere that squash is played in an organised manner, including all commercial, educational, rented, members clubs, and public facilities or venues, whether affiliated to England Squash or not.

**Coaches** – individuals that hold a valid England Squash coaching qualification, providing organised on-court activity including coaching, practice and training in group and/or individual sessions.

**Educational teams** – for the purposes of this document, and in line with Government guidance, are defined as a clubs or teams who represent (and are made up of pupils from) schools, colleges and universities. Organised squash within educational teams includes coach-led/supervised activity, including team training, practice, or inter-mural competitions as allowed by the facility's COVID-19 Officer. **Note:** this does not include non-student member clubs who use the school, college or university facilities.

**Enhanced hygiene protocols** – where social distancing is not possible at all times, enhanced cleaning and hygiene protocols help reduce the risk of transmission of the virus, and will include such measures (for squash clubs/venues and players) as;

- increased frequency of hand washing and sanitising during and after play
- limiting contact with common surfaces such as walls, and doors, but also shared kit etc.

Please refer to [HSE Guidelines](#) for further information.

**Members** – squash players who pay a membership fee for access to a club.

**Organised squash** – for the purposes of this document, and in line with Government guidance, is any activity that is led or supervised by a coach, qualified instructor, or club official.

---

**Out-of-school-setting (OOSS)** – UK Government defines OOSS as follows:

*"OOSS are organisations or individuals that provide tuition, training, instruction or activities to children (up to the age of 18) in England without their parents' or carers' supervision, but are not:*

- *schools*
- *colleges*
- *16-19 academies*
- *providers caring for children that are registered with Ofsted or a childminder agency."*

Squash clubs/venues may fall within this category and therefore may allow for increased numbers of children (members/players) to be coached as per section 8 below.

Please refer to [UK Government guidelines](#) for further information.

**Squash bubble** – a group of up to six players from multiple households who can play full-court game play with a series of modifications and enhanced hygiene protocols. See section 5 for further detail.

**Support bubble** – UK Government defines a 'support bubble' as follows:

*"A support bubble is a close support network between a household with only one adult or a household with one adult and one or more people who were under the age of 18 on 12 June 2020 in the home (known as a single-adult household) and one other household of any size.*

*This is called making a 'support bubble'.*

*Once you're in a support bubble, you can think of yourself as being in a single household with people from the other household. It means you can have close contact with that household as if they were members of your own household.*

*Once you make a support bubble, you cannot change who is in your bubble."*

These England Squash guidelines follow this definition, and do not propose any different type of 'support bubble'. **Note:** this is different to a squash bubble, as described in section 5.

Please refer to UK Government guidelines for further information.

**Workforce/staff** – all paid or unpaid personnel, including volunteers and third-party contractors who support the ongoing running of the club.

---

## 1. Top five tips for clubs and venues

Before returning to play, consider the following:

1	Keep up-to-date with UK Government guidelines at all times (including any regional variations/exceptions). This is your responsibility. All aspects of squash activity must follow current social distancing guidelines and enhanced hygiene protocols to reduce risk of transmission.
2	If your club isn't ready to open safely from the point that UK Government allows it, don't feel pressured to. The safety of your members and staff remains paramount.
3	Take your time with reopening. Start small and adjust and adapt as frequently as you need to.
4	Create a COVID-19 Secure Plan that is manageable for your club, using the template COVID-19 risk assessment provided as a starting point. Call or email England Squash if you are unsure about anything or need further support.
5	Communicate regularly with your members about what is happening and what you are doing to limit the risk. Use all available channels including social media, text, your website and posters/signage on-site.



## 2. Create a club COVID-19 Secure Plan

Use the following table as a checklist to inform your club COVID-19 Secure Plan. These tasks must be completed before you consider reopening:

Area	Action	Responsibility	Complete
Leadership & Management	Appoint a COVID-19 Lead Officer and support group to; <ul style="list-style-type: none"><li>• devise and deliver the COVID-19 Secure Plan and monitor and report progress/success</li><li>• develop and conduct a COVID-19 risk assessment, specifically for your club's set of circumstances (template can be found <a href="#">here</a>) – see additional guidance below</li><li>• manage members playing within 'Squash bubbles' (see section 5)</li><li>• establish and manage a coach register to record where your club's coaches have been practicing</li></ul>		
	Formalise a bespoke COVID-19 Secure Plan based on the outcome of your risk assessment for your club, before courts reopen.		
	Establish a cleaning/hygiene routine that is; <ul style="list-style-type: none"><li>• based on the results of the risk assessment</li><li>• in line with the relevant guidance for your facility</li><li>• has clear timings and allocated responsibilities</li></ul> If you are cleaning after a known or suspected case of COVID-19 then you refer to the <a href="#">specific guidance</a> . (Further advice/information can be found in section 7 of this document.)		
	Club nominated First Aider to be aware of current <a href="#">HSE guidance</a> and implement any necessary actions (including obtaining any necessary PPE required as dictated by the results of the risk assessment).		
	Establish a plan for what to do if someone develops symptoms at your club, including: <ul style="list-style-type: none"><li>• Maintaining social distancing</li></ul>		

	<ul style="list-style-type: none"> <li>• Advising them to return home if safe to do so and manage their symptoms in line with <a href="#">the relevant advice</a>.</li> <li>• 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.</li> <li>• Identifying other members/staff/workforce who may have come into contact with that person, notify them and direct them towards <a href="#">the relevant advice</a>.</li> </ul>		
	<p>Identify workforce/staff/responsible members who can ensure the relevant safety measures are being adhered to by members whilst the club is open, including responsibility for:</p> <ul style="list-style-type: none"> <li>• Registering visitors/members</li> <li>• Social distancing, on and off-court</li> <li>• Hygiene and cleaning regimes</li> </ul> <p>You may be able to utilise coaches or volunteers/responsible members who must be fully aware of, and take responsibility for ensuring adherence to, the club's guidelines.</p> <p>This may require the creation of a rota for workforce/staff, or changes to your opening schedule to accommodate it.</p> <p>If you are unable to resource this effectively and/or feel that your members may be at risk, then we recommend that the club should remain closed.</p>		
	<p>Agree and communicate policies and procedures to workforce/staff and members before reopening your venue. Please also refer to <a href="#">NCVO advice on volunteering</a>.</p>		
	<p>Recommunicate policies and procedures to workforce/staff and members as they are changed/updated.</p>		
	<p>Ensure that all existing club policies, particularly those relating to matters of safety and duty of care, are reviewed</p>		

	and where appropriate, updated to reflect the new way the club will operate. E.g. safeguarding and inclusion policies. (Please find the latest CPSU guidance <a href="#">here</a> )		
	Ensure that the leadership/management group understands and actions an agreed plan to resolving/tackling any localised cases.		
<b>Club Access</b>	Determine the maximum number of members safely allowed in the club at any one time (i.e. the number that can safely guarantee social distancing) and factor this into the booking system (note that this should also account for people who are not playing, including workforce/coaches/management/other).		
	If appropriate, install screens at reception areas to protect workforce/staff.		
	Introduce separate entry and exit points to the club, if possible.		
	Consider the flow of people through your building and remove bottlenecks where possible e.g. remove turnstiles.		
	Provide hand sanitiser at key points in the club e.g. club entrance/reception/court doors/exit. Regular handwashing and avoiding sharing of objects should be considered as the primary control for minimising transmission through contact.		
	Ensure only the minimum number of staff/volunteers are on site.		
	Review your accessibility to ensure that you can continue to provide safe access for all your current and potential members/others, including those with disabilities or special needs.		
	Saunas and steam rooms should remain closed.		
<b>Club Environment</b>	Implement the current Government social distancing measures, consider: <ul style="list-style-type: none"> <li>• Car parking space/arrangements</li> <li>• Entry and exit routes</li> <li>• Reception areas</li> <li>• Off-court areas</li> </ul>		

	Review the club's policy on use of face coverings in the club environment (including members/visitors/coaches/staff). England Squash recommends use of face coverings whilst not playing/on court.		
	Identify and close non-essential social/communal spaces, or those areas which may limit your ability to implement social distancing (i.e. due to limited/restricted access).		
	Remove unnecessary furniture and seating areas to discourage congregation/socialising indoors, unless within dedicated bar area/catering facilities which must be operated in line with <a href="#">the relevant guidance</a> .		
	Remove/do not allow use of water dispensers.		
	Maintain adequate ventilation throughout your facility, in line with <a href="#">the relevant guidance</a> . Keep doors and windows open where it is safe to do so.		
	Implement a no-cash/contactless payment system.		
	<p>Minimise contact with non-essential contact points where possible e.g. door handles by keeping doors open, removing light meter boxes etc.</p> <ul style="list-style-type: none"> <li>• Provide cleaning materials to minimise risk where these contact points cannot be eliminated.</li> <li>• Give your members clear instructions that they <b>must not touch the walls</b> (this is included on the posters below).</li> </ul>		
	Obtain and provide alcohol-based anti-bacterial wipes, spray, paper towels and non-touch bins outside courts and throughout the club for players to wipe down surfaces including door handles, banisters etc. – NOTE: please follow standard practice for court care as per section 7 of this document.		
	Review your club's provision of toilet facilities for the needs of staff and members/others, in line with <a href="#">Government guidelines</a> .		

	<p>Review your club's provision of changing/shower facilities, in line with <a href="#">Government guidelines</a>.</p> <ul style="list-style-type: none"> <li>• Reduce the need for these facilities by requiring members to attend the club ready to play and change/shower at home after their visit.</li> <li>• Implement an enhanced cleaning/hygiene regime.</li> <li>• Limit the number of members within this space at any one time, relative to the size of the area available and social distancing guidelines.</li> <li>• Denote social distances to be kept to by members with tape or other markings/stickers.</li> <li>• Stagger court booking times to reduce pressure on available facilities.</li> <li>• As a guide, the use of changing rooms and showering facilities should be avoided where possible, although these <i>must</i> be available for hand washing, and participants with disabilities or special needs.</li> </ul>		
	<p>Ensure the toilets, courts and communal areas have a strict cleaning schedule and are cleaned regularly, in line with <a href="#">the relevant guidance</a> (for non-medical settings) – NOTE: please follow standard practice for court care – i.e. walls should not be cleaned with disinfectant to avoid damage to the plaster.</p>		
	<p>Review provision of bar area/catering facilities in line with <a href="#">the relevant guidance</a>.</p>		
	<p>Review provision of retail/merchandise facilities in line with <a href="#">the relevant guidance</a>.</p>		
	<p>Use posters and signage at key points in the club, to remind members of new protocols, expectations and everyone's responsibilities.</p>		
	<p>Avoid sharing/borrowing or hiring of squash equipment/kit from the club or fellow members, but where it is necessary implement an enhanced cleaning regime between each use.</p>		

	Have clearly designated positions from which coaches/volunteers leading activity can provide advice or assistance to players whilst maintaining social distancing.		
<b>Court Bookings</b>	Implement a court booking system to act as a log of who has been in the club, eliminate overcrowding and aid contact tracing. This is also necessary for the management of squash bubbles. Using an online system is recommended, where possible.		
	Implement a policy of <i>no play permitted without prior booking</i> , to manage attendance levels.		
	England Squash currently strongly recommends a maximum of two players per court.		
	Adapt/stagger the start time of each court booking to minimise contact between members.		
	Leave a reasonable and practical time between court bookings to allow for cleaning e.g. court booking for 35 mins, leaving 5 mins for cleaning touch points and then 15-20 mins for air circulation where possible.		
<b>Members &amp; Visitors</b>	<p>Request members/visitors to declare that they are healthy and symptom free before they are allowed into the facility (parents should do this on behalf of children/minors). Prepare a clear statement, and ensure that all have read and agree, to include:</p> <ul style="list-style-type: none"> <li>Any member who has recovered from a COVID-19 infection where symptoms required hospitalisation should consult their GP before returning to play.</li> <li>Members/visitors and staff are not permitted onsite if they have been in contact with anyone who has been unwell with suspected or confirmed COVID-19 during in the two weeks prior.</li> <li>Members/visitors and staff are not allowed onsite if they feel unwell or show any <u>COVID-19 symptoms</u>.</li> </ul>		



	<ul style="list-style-type: none"> <li>Any member/visitor who becomes unwell or shows COVID-19 symptoms after visiting the club must follow <a href="#">the relevant guidance</a> (NHS), declare this to the club, and also consult their GP immediately.</li> </ul>		
	<p>Create a daily register recording who has entered and exited the club, and at what time, for the purposes of taking part in the Test and Trace scheme, which is now <b>mandatory</b> for all sport and leisure venues:</p> <ul style="list-style-type: none"> <li>Collect only name and time of entry/exit to avoid data protection issues – your club membership database should already contain other information required for Test and Trace purposes. (Please also refer to Squash bubble guidance in section 5.)</li> <li>This should be completed by workforce/staff, to avoid contact with pen/paper/surfaces.</li> <li>Ensure that your club's privacy policy and data collection procedures reflect changes to your processing of data, are in line with GDPR legislation and follow <a href="#">advice from the ICO</a>. This includes allowing members to opt out of Test and Trace. Further, detailed advice and templates are available on <a href="#">englandsquash.com</a>.</li> <li>You may also wish to <a href="#">display an NHS QR code</a>, to allow visitors to check-in directly using the official NHS Test and Trace app.</li> </ul>		
	<p>Review club policy for members, including:</p> <ul style="list-style-type: none"> <li>Arrive promptly (no more than 5 mins ahead of playing) and leave immediately after playing.</li> <li>Use hand sanitiser on arrival and departure.</li> <li>No handshaking/physical contact and always maintain social distancing.</li> <li>Bring own water bottle and arrive at the club with it full.</li> <li>Bring own towel to wipe away sweat.</li> </ul>		

	<ul style="list-style-type: none"> <li>• <b>Do not wipe hands on court walls.</b></li> <li>• Bring your own balls and racket.</li> <li>• Bring a change of shirt if you are prone to sweat a lot.</li> <li>• Take your kit bag and water bottle on court.</li> <li>• Bring a small first aid kit for minor injuries.</li> <li>• Players to arrive at the club in kit, ready to play and they should shower at home after play, where possible.</li> </ul> <p>(Please add to these depending on your own club environment/situation.)</p>		
	<p>Review club policy for visitors attending with members, including:</p> <ul style="list-style-type: none"> <li>• Limiting or not admitting non-playing/non-member visitors accompanying players where club capacity and/or social distancing cannot be maintained.</li> <li>• Parents/guardians acting in a supervisory capacity may be allowed to spectate whilst their children are participating in a coach-led activity however, social distancing guidelines must be maintained. It is recommended that only one parent per household is admitted.</li> <li>• Provide clear direction to where non-playing/non-member visitors must wait to ensure social distancing and to limit the risk of people coming into contact (e.g. bar areas/outside spaces if available).</li> <li>• Having a separate entry/exit register for visitors to capture information that you may not hold elsewhere, for tracking and tracing purposes.</li> <li>• Consider your policies for any contractors working at or delivering to your facility.</li> </ul>		
	<p>Inform all members of the protocols at the club (request that they share with any visitors they plan on attending with), and any changes to these as and when they are changed or updated.</p>		

	<ul style="list-style-type: none"> <li>Consider recording that they have read and understood your new protocols/measures and will adhere to them.</li> <li>Clearly communicate the responsibility that each member has in keeping the club safe.</li> </ul>		
	Inform members of club <a href="#">COVID-19 First Aid</a> protocols on arrival.		
	Encourage members to bring essential supplies to treat minor injuries and take a phone in case of emergency.		
	Review Government guidelines regarding contact with vulnerable/shielding individuals, create a policy for these staff/members and communicate to individuals (this may include not allowing these members to return to the club at this stage).		
	Review the club's policy on use of face coverings in the club environment (including members/visitors/coaches/staff). England Squash strongly recommends use of face coverings whilst not playing/on court.		
	NOTE, face coverings are not recommended whilst playing squash, as per the following Government advice: <i>'All forms of face coverings may restrict breathing efficiency and should not be used during exercise except on specific advice from a physician.'</i> However, this does not include protective eyewear, which England Squash strongly recommends is to be worn during play.		

---

### 3. Guidelines for conducting a COVID-19 risk assessment

We have provided a template COVID-19 risk assessment which can be downloaded [here](#). You should review and update this template in line with the specific situation and circumstances of your club. This may mean adding or removing items from this risk assessment – ultimately it is your responsibility to ensure that this is comprehensive and correct for your club.

You can complete the risk assessment yourself, though it is recommended that you get appropriately qualified health and safety (H&S) support or advice to help you (e.g. IOSH or NEBOSH qualified). It is strongly recommended that all squash clubs/venues complete a written risk assessment, regardless of situation/scale.

It is strongly advised that you consult with your workforce/staff during the risk assessment process, and that they are kept informed of the results and any resulting actions required. Employers and facility operators have a duty to reduce workplace risk to the lowest reasonably practicable level.

A risk assessment should follow a recognised and standard methodology, in that it must:

- Identify significant risks
- Identify controls required to comply with legislation
- Remain appropriate and valid over a reasonable period of time

With regard to COVID-19 – this is an additional risk to your typical club risk assessment process; therefore you must define controls for this additional risk. As UK Government information and advice changes, risk assessment(s) should be reviewed and updated accordingly.

This means the reasonable period of time may be short for each re-assessment.

The standard methodology for this risk assessment is to:

1. Recognise that the hazard is Covid-19
2. Assess the persons potentially exposed to the hazard
3. Identify Risk Points i.e. where the hazard and people meet
4. Put in place Risk Controls recognising a hierarchy based on: -
  - a. Elimination of the Hazard (which is not possible for COVID-19)
  - b. Substitution (which is not applicable)
  - c. Engineered Controls i.e. built in safeguards like barriers and signs
  - d. Administrative Controls i.e. change the way things are managed
  - e. PPE Protection

The COVID-19 risk assessment should recognise that:

- The virus is spread in minute water droplets that are expelled from the body through sneezing, coughing, talking and breathing.
- The virus can be transferred to the hands and from there to any contacted surfaces.
- It can survive on surfaces for a period after transfer (depending on such things as the surface type, its moisture content and ambient temperature).

If the virus is passed from one person to another, while many survive infection, some may become ill or even die from the disease. It is therefore regarded as a **HIGH HAZARD**.

---

Taking account of the types and variety of people participating in squash - the following persons have been identified as being potentially exposed to the virus:

- Instructors, Coaches and Officials
- Training Members – Over and under 18 years
- Special categories such as Disabled, Vulnerable People or Pregnant Women
- Spectators, visitors and third parties (including parents/guardians of children)

Each category is affected equally by the virus through human transfer and surface transfer.

---

## 4. Poster kit

We have developed a series of posters for you to print yourselves and display at your club, which are designed to support and/or supplement your own COVID-19 awareness signage. The aim of the posters is to provide you with a clear, standardised set of messages for your members and customers. We recommend you use them liberally so that your members can see them wherever they are. You may also wish to share these on your website or social media channels. The posters include:

1. **Player guidelines for return to your club** – general guidelines on attending the club
2. **Player guidelines for safe return to play** – recommendations for a safe return to playing on court
3. **Is it safe to play?** – Reminder of safe practices for anyone playing at the club
4. **Don't touch the walls** – a reminder for players not to touch the court walls
5. **Socially distanced games and practices poster** – show your players what games and practices they can play
6. **Creating a Squash Bubble poster** – explaining how to create and switch a squash bubble
7. **Playing in a Squash Bubble poster** – explaining how to play safely in a Squash Bubble
8. **Safe club commitment poster** – showing your members that you have taken the appropriate steps for their safety

[Download the posters here.](#)

For posters specifically relating to safety in the workplace, you can find these additional resources on the [HSE website](#).



---

## 5. Squash bubbles

From Tuesday 1 September 2020 squash clubs and venues may allow players to form 'squash bubbles' and play full-court matches if the COVID Alert Tier the club is in allows it (see section 6), although modifications and additional hygiene measures will be required.

### What is a 'squash bubble'?

- Squash bubbles consist of a maximum of six players from different households.
- Players within a 'squash bubble' are permitted to play full-court matches with enhanced hygiene protocols (see section 6).

**Note: A squash bubble is different to a 'support bubble', as laid out in the Definitions.**

### How to introduce squash bubbles at your club

- We strongly recommend that you review the risk assessment that you undertook when re-opening your club, and update it in line with any changes of circumstances and the introduction of squash bubbles.
- The club's COVID-19 officer must take responsibility for managing squash bubbles.
- Establish and communicate the process for players to sign up to, or be allocated to, a bubble.
- Maintain an up-to-date list of players (including relevant contact details) in each bubble and ensure players are only part of one bubble at a time (i.e. they cannot play across multiple bubbles). (Please refer to section 2 for information regarding the management of member data.)
- Ensure you have express permission from the parent/guardian of any minor before they can join a squash bubble.
- Ensure you get players' written agreement confirming that they will follow the England Squash bubble guidance.
- If a player wishes to switch bubbles, they must take a 7-day break from playing the full version of the game before joining a different bubble. 'Sides' or socially distanced practices can be played during this 7-day break.

### Who is exempt from having to play in a squash bubble?

- Players who are children, or who have disabilities, do not have to form a bubble in order to play the modified version of full-court squash during coach-led/supervised activity (see section 6).
- Players within educational teams playing organised squash (they may only play the modified version of full-court squash, sides or socially distanced practices (see section 6)).
- Note: as per Government guidelines, players who are part of one of these groups, who wish to play squash with an adult who is not exempt, must follow the guidelines for non-exempt players (for example, if you have one or more adults plus children in your squash bubble, the whole group should be treated as an adult group and follow the relevant guidelines).

## 6. Ways to play

There are several ways members can play. The following table outlines the different ways to play that should be adhered to and are relevant for all levels of ability. Remember that the Government guidelines that have permitted indoor courts to open currently include instructions that activities must be modified in such a way that social distancing can be maintained throughout the activity wherever possible.

### Considerations during any type of squash activity (including coaching):

- There should be **no more than two players** on court at one time unless within Tier 1 (Medium) where up to four players are allowed on court.
- Hand, ball, and touch point hygiene should be maintained before, during and after playing.
- Implement a regime of sanitising balls regularly
- Only one player/coach to touch the court door.
- Players must not touch the court walls.
- Social distancing between players off court, and where possible on court.
- Social distancing between coach and members at all times.
- England Squash strongly recommends wearing protective eyewear at all times during play.
- You must follow Government guidelines on travelling between tiers, for specific guidance please refer to the [specific guidance](#).

Players are not allowed to shout or raise their voice.

Permitted Activity	Local COVID Alert Level		
	Tier 1 (Medium)	Tier 2 (High)	Tier 3 (Very High)
<b>Single player</b> (solo) practices All groups	✓	✓	✓
<b>MATCH PLAY/FULL SQUASH GAME</b>			
<b>Same household</b> (including support bubble*)	✓	✓	✓
All other groups	✗	✗	✗
<b>MODIFIED VERSION OF FULL-COURT SQUASH</b> (see below) or <b>DOUBLES</b>			
Players in a <b>squash bubble</b>	✓	✗	✗
<b>School, college or university groups**</b> or players with disabilities	✓	✓	✓
<b>SIDES or SOCIALLY DISTANCED PRACTICES</b>			
<b>Players from different households</b> not in a squash bubble	✓	✗	✗
<b>Players from different households</b> in a squash bubble	✓	✓	✗

<b>One-to-one coaching with adults</b> using socially distanced practices	✓	✓	<b>TBC</b>
<b>Coaching up to 6 adults</b> from different households – coach-led/supervised activity	✓	✗	✗
<b>Coaching up to 15 children</b> from different households (at OOSS clubs/venues) – coach-led/supervised activity	✓	✓	✓

**\*Note:** Support bubbles are different from squash bubbles, please see Definitions and section 5 for further details.

**\*\*Note:** School, college or university groups who are engaged in curriculum-based, coach-led/supervised activity only. Players from these groups who are not engaged in curriculum-based activity must be treated as players from different households.

### Modified version of full-court squash

An adaptation of the full squash game, allowing two players from the same squash bubble play full-court matches. This version of the game is designed to reduce the risk of transmission of COVID-19 by limiting contact time and introducing enhanced hygiene protocols.

- Only two players on court at one time.
- Play best of five games (and play Sides for the remainder of your court booking).
- Play first to 11 points, sudden-death at 10-all.
- Use 'Sides' to maintain social distancing throughout the warm-up.
- During each game, when the first player reaches 6 points, both players should wipe away any excess sweat, sanitise their hands and the ball. Repeat between games.
- The same player to serve/touch the ball until the first player reaches 6 points, switch servers and sanitise hands and the ball.

### Modified version of squash – 'Sides'

An adapted version of the game for two players from different households. This cross-court version of squash is designed to comply with social distancing measures, with each player remaining in their own half of the court at all times. During the game, only one player should touch the ball and the court door, and **players must not touch court walls**. All equipment and touch points should be cleaned and players must wash their hands, before and after play – NOTE: please follow standard practice for court care – i.e. walls should not be cleaned with disinfectant to avoid damage to the plaster.

The rules:

- Only two players permitted on court unless within a coach led/supervised session, where up to four players are allowed on court.
- The aim is to hit a winner or force an error from your opponent as in regular squash.
- Only one player serves during the match, the opponent cannot handle the ball.
- 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 opponent's 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.

For full details of how to play 'Sides', see the video [here](#).

### Socially distanced practices

Recommended practices for more advanced players from two different households to play, designed to comply with social distancing measures. If in danger of breaching a safe social distance or hitting your opponent with the ball, players must stop immediately and restart play. Throughout all practices, **only one player should touch the ball and the court door**, and players must not touch court walls. As with 'Sides', all equipment and touch points should be cleaned and players must wash their hands, before and after play.

- Cross court volleys**  
Both players volley the ball cross court to each other from behind the service box. Switch sides. To make it easier, move closer to the front wall. To make it harder, move further away from the front wall.  
*Make it cooperative: Aim for as many volleys in a row as possible. Switch sides and see if you can beat your previous total.*
- Straight to self then cross court volley**  
Stood behind the service box, both players play two shots, volley straight to self then cross court to your opponent. Switch sides.
- Straight lob vs straight volley drop**  
Front player plays straight lobs and back player plays straight volley drops. Alternate and switch sides.
- Boast vs straight drive**  
Front player plays straight drives. Back player boasts. Alternate.  
*Make it competitive: Front player can play straight or cross court, back player must always boast. First to reach 7 points wins.*
- Drive or cross court drive vs boast or drop**  
Front player can play a straight or cross court drive. Back player can play a straight drop or boast. Alternate.
- Straight drop then straight drive vs straight to self then boast**  
Front player plays two shots, a straight drop followed by a straight drive. Back player plays two shots, a straight drive followed by a boast. Alternate.
- Straight drop then cross court deep vs straight to self then boast**  
Front player plays two shots, a straight drop followed by any shot cross court deep. Back player plays two shots, a straight drive followed by a boast. Alternate and switch sides.
- Front vs back on one side**  
Front player can play any straight shot deep. Back player can play a straight shot short. Alternate and switch sides.
- Front vs back on both sides**  
Front player can play straight or cross court. Back player must always play straight

---

shot short. Alternate.

*Make it competitive: Front player can play straight or cross court deep, the back player must always play straight short. First to reach 7 points wins.*

For further details on some of our 'Socially distanced practices', see the video [here](#).

### **Coach led / supervised activity**

A range of activities and practices are feasible, if led by a qualified and experienced coach who ensures that social distancing is always in place, including by having clearly designated positions from which the coach can provide advice or lead the activity. See section 8 for further information.

---

## 7. Court cleaning recommendations

Squash courts are a unique sports facility, which require specific care and maintenance to keep them in optimum playing condition. This also means that they present a challenge to reducing the risk of transmitting COVID-19. The aim of this guide is to provide practical advice and supporting measures to help courts/venues keep their members and workforce as safe as possible. England Squash has worked with approved contractors to develop the following guidance. The following guidance is strongly recommended and should be followed where practical to do so however you must adapt it to your club's circumstances, whilst keeping your workforce and members safe.

### Prevention first

The primary and most effective step to reducing risk of transmission for squash clubs/venues is to promote personal hygiene to the individuals participating. This means introducing and enforcing a range of actions for your members, including:

- **Hand hygiene** – members must wash hands for at least 20 seconds and use hand sanitizer before entering the court. Hand sanitizer and alcohol-based wipes should be made available at key points in the club e.g. entry and exit points, court doors.
- **Do not touch the walls or court floor** – we strongly recommend this rule is strictly imposed across all clubs. If a player accidentally touches a wall or court floor they should stop and immediately sanitize their hand.
- **Only one person to open/close the court door** – only one player going on court should touch the door.
- **Only one person to touch the ball** – only one player should touch the ball throughout the duration of play, unless playing within a squash bubble – where the ball must be sanitized mid-way through and at the end of each game.

### Cleaning common surfaces and contact-points

Clubs/venues must take responsibility to clean commonly touched surfaces and contact-points in between each court booking as part of the COVID-19 secure plan. Points to consider include:

- Identify the common contact points in your club as part of your risk assessment e.g. door handles, light switches, taps etc.
- Provide suitable cleaning materials for members to clean these surfaces, including spray disinfectant and alcohol-based wipes made available at key points in the club e.g. entry and exit points, court doors. This must be in addition to a thorough cleaning schedule undertaken by a responsible member of the workforce/staff.
- Allow for more time in between bookings than usual for cleaning to take place.

### Cleaning court walls and floors

Squash court walls and floors are particularly sensitive to disinfectant and/or constant soaking and therefore cannot be 'deep cleaned' on a regular basis without potentially damaging them. This means that there is an increased likelihood of there being traces of



---

the COVID-19 virus on court surfaces. However, there are some measures in addition to those outlined above which can be implemented, with the aim of reducing the risk, including:

- **Spot cleaning** – where a member knowingly touches the floor wall, or drops sweat or bodily fluids, they should use an alcohol-based cleaning wipe to clean that area immediately (do not use a member's towel). Any liquid should be dried off immediately with a separate dry cloth (i.e. paper towel).
- **Dry mop** – use a dry mop at the start and end of every day (where the court has been used) on the floors and walls. Disinfect the mop(s) overnight and rotate multiple mops if possible.
- **Close courts** – only where absolutely necessary and practical to do so for the continuing operation of your club, rotate the courts that you use, allowing for a court to be closed for periods of 72 hours. (This is only likely to be practical for a minority of larger clubs/venues.)
- **Keep to your usual maintenance routines** – supplement your usual court maintenance routines with the recommendations made here. You know your courts best, including how they have been treated in the past.
- **Ask for advice** – If you are unsure of the best way to maintain your courts, contact one of our approved court care contractors, for any specific advice.

(Note: these measures are not guaranteed to kill/remove the COVID-19 virus fully)

### **Additional considerations**

Inform your members what you expect from them and what they can expect from you. It is important that individuals also take responsibility for themselves and others, only by communicating this widely can you expect people to do so.

- Don't cut corners! The safety of your workforce/staff and members is paramount.
- If you continue to have concerns about the safety of your workforce/staff and members, you must be prepared to keep your club closed until you are able to put mitigating safety measures in place.

Please refer to additional information available from UK Government sources:

- UK Government Guidelines - <https://www.gov.uk/guidance/working-safely-during-coronavirus-covid-19/providers-of-grassroots-sport-and-gym-leisure-facilities>
- Public Health England Advice - <https://www.gov.uk/government/organisations/public-health-england>
- HSE Guidelines - <https://www.hse.gov.uk/news/coronavirus.htm>

A list of the **England Squash Approved Contractors** can be found on [englandsquash.com](https://englandsquash.com)

England Squash are sharing the information here for guidance only and have not evaluated the content or carried out tests relating to either COVID-19 transmission or potential damage to court surfaces. England Squash does not guarantee the accuracy of the information and accept no responsibility or liability for any consequences arising from the use of this information. If you are unsure on how to clean your courts, please contact an appropriate court specialist or hygiene expert.

---

## 8. Delivering COVID-19 Secure Squash (for coaches)

How to deliver organised activities and coaching sessions in a safe and practical way:

### a. Pre-session

- Members must be advised of COVID-19 safety protocols and processes before they arrive, remind members that whilst the club is doing everything possible to minimise the likelihood of infection, they are attending at their own risk
- Session times and sizes should be adjusted to meet social distancing requirements (based on current Government social distancing measures and including delaying/staggering start times)
- Door handles and contact surfaces should be cleaned with disinfectant (1,000ppm Chlorine) – NOTE: please follow standard practice for court care – see section 6 of this document for further information/advice
- Equipment (balls) should be cleaned with >60% alcohol wipes
- Signage displayed where required
- Warning tape laid if required on court/shared space

### b. On arrival

- Members arrive on time at the pre-agreed session time
- Members should sign or check-in on arrival as part of the NHS Test and Trace scheme. You may need to provide members with updated information about how you are handling their data – refer to our [COVID-19 Data Protection Guidance](#) for more details.
- No booking = no play = no exceptions
- Members come ready dressed for the session
- Members are strongly advised to bring all their own kit
  - Where kit is not owned by the individual (for example when coaching large groups of school children), the club may decide to allow the borrowing of kit, but these items must have a strict cleaning regime in place after each use.
- Members to bring their own labelled water bottle
- Members to bring their own first aid kit if possible
- Members always keep socially distanced from all other members
- Members wash their hands thoroughly with soap and water for 20 seconds before entering the court/training room (where facilities allow)
- Members clean their hands with sanitiser on entering the court/training room
- Doors/windows are kept open (where possible) to maintain ventilation and stop/reduce further touch points
- Payments are contactless (or delivered in sealed and labelled envelopes)
- Spectators are only allowed if they are able to maintain social distancing
- Members may wear a face covering and/or gloves if they wish whilst in the club's common areas
- Coaches are strongly recommended to wear a face covering when inside the club, unless undertaking strenuous physical activity.

### c. Training

- Class sizes should be adjusted to allow for social distancing for all members

- 
- Members from the same household or support bubble do not need to social distance (refer to latest Government guidelines)
  - Session activity continues to follow the risk assessment for the specific activity
    - Follow current Government guidelines on contact with people not from the same household
    - Follow current Government guidelines on minimum social distancing
  - Equipment is cleaned after each use by a person or group
  - Any spillages are cleaned Immediately
  - Use of toilets allowed in accordance with venue instructions/Government guidelines
  - Members to minimise contact with all surfaces as much as possible and use wipes to clean

#### **d. On Leaving**

- Members must take all their possessions with them
- Members clean their hands with sanitiser on leaving the court/venue
- Members leave the venue immediately
- Members under 18 who are being collected by a parent/guardian must wait with the coach until collected

#### **e. Post-Session**

- Floors/walls/doors are cleaned
- Equipment is sanitised fully
- Session is reviewed and any modifications for next session advised to members

### **Delivering group coaching of up to 15 children**

Note: For coaches wishing to teach groups of up to 15 children under the OOSS guidelines, first please establish whether your club meets the [UK Government](#) criteria.

Coaches who provide holiday, after-school and other OOSS activities may be able to coach groups of up to 15 children, following the [relevant guidance](#).

Coaches must:

- Discuss and agree any coaching activity with the club's COVID-19 Officer.
- Develop and complete a risk assessment for any activity before it takes place.
- Determine the maximum group size you can safely accommodate and manage taking into consideration;
  - current Government guidance on social distancing (noting any variation if players are within a squash bubble)
  - the ability of the children in attendance to maintain social distancing
  - the age of the children in attendance
  - the nature of your planned activities and the whether you can adhere to the England Squash guidance
  - the size or layout of your club, combining on and off-court activity.
- Keep children in small, consistent groups. Do not mix groups or allow children to change groups unless absolutely necessary.
- Where it is possible to do so, keep children in a group with other children from the same bubble they are in during the school day.

- 
- Keep up-to-date records of the children attending for at least 21 days for Test and Trace purposes, to help you review your groups and to limit mixing between groups.
  - Multiple groups of 15 children plus staff can use the same club, if that is necessary, with social distancing between the groups and staggered start times.
  - Ensure social distancing with others members/players in the club.
  - Implement a regime of frequent hand washing/sanitising for all of the participants in the group (including the coach).

---

## 9. Where to find additional support and resources

- England Squash – <https://www.englandsquash.com/covid-19>
- Sport England – <https://www.sportengland.org/how-we-can-help/coronavirus>
- Club Matters – <https://learn.sportenglandclubmatters.com/course/view.php?id=71>
- UK Government Guidelines for employers and businesses - <https://www.gov.uk/government/publications/guidance-to-employers-and-businesses-about-covid-19>
- Public Health England Advice – <https://www.gov.uk/government/organisations/public-health-england>
- HSE Guidelines – <https://www.hse.gov.uk/news/coronavirus.htm>
- Safeguarding guidance – <https://thecpsu.org.uk/>
- Guidance for the public on the mental health and wellbeing aspects of coronavirus – <https://www.gov.uk/government/publications/covid-19-guidance-for-the-public-on-mental-health-and-wellbeing/guidance-for-the-public-on-the-mental-health-and-wellbeing-aspects-of-coronavirus-covid-19>

England Squash has a nominated COVID-19 Officer, who you can email at [enquiries@englandsquash.com](mailto:enquiries@englandsquash.com) – they will endeavour to answer your questions or concerns or provide you with further contact details to find more information.