

GUIDANCE FOR PLAYING SQUASH AND RACKETBALL

UNDER COVID-19 RESTRICTIONS



**EDGBASTON
PRIORY CLUB**

Welcome

We are delighted to welcome members back to the club and onto court.

To ensure we can deliver you the best and safest experience possible, we have set out below the key information which is in place both to protect members' health and safety and ensure maximum enjoyment.

This guide to playing squash and racketball during Covid-19 is based around the Government and England Squash (National Governing Body) guidelines, and adapted to suit our members and venue. These will be updated as restrictions are lifted and new guidance is issued. Members are asked to be patient as we take the necessary time to safely implement the new guidelines.

WHO CAN PLAY?

From 25th July all eligible categories of membership can play on the courts. This includes Squash, Tennis & Squash and Racquets. The bookings will be released to members on Saturday 18th July at 7am.

However, please note the following advice:

Do not come to site if you have been in contact with anyone who is unwell with suspected or confirmed Covid-19. Don't come on to site if you feel unwell or show any Covid-19 symptoms. Any member who has recovered from a Covid-19 infection where symptoms required hospitalisation should consult their GP before returning to play.

WHAT FORMAT CAN WE PLAY?

Due to the nature of our sport (enclosed), enforcing social distancing is not possible when playing a normal game, so initially members can only use courts for 'socially distanced squash and racketball'

This includes

- solo practice
- Ball machine (squash only)
- Individual coaching
- Conditioned pairs.
- **Please note that people from the same household can play and train openly.**

PROTOCOL FOR FORMATS OF PLAY

SOLO PLAY

Members must use their own ball. Coaches have provided sessions for the members to work on (online, including worksheets and videos accessible via [EPC at home](#)). Members who have access to [squashskills.com](#) should also use this for guidance. Members should make sure they follow the safety guidelines below.

BALL MACHINE

Coach to demonstrate how this can be used if needed. Members should wear a glove on the non-playing hand throughout set up and use (provided by the club). Touching of all balls and the machine is to be done using the hand with the glove on. Dispose of the glove after use in a bin on site. This is to help reduce the risk of spreading the virus.

INDIVIDUAL COACHING

Coach will provide the ball and is the only one to touch the ball throughout the session. Coach to make the court booking and include members' name. Coach to wear a squash and racketball specific face shield unless both coach and client agree otherwise. Coach to deliver the session with 2 metre social distancing in place at all times and coach to follow all member rules and guidelines.

CONDITIONED PAIRS

Members to agree who touches the ball, and can only swap once the ball has been cleaned (we suggest after a certain amount of time, or after you have scored to 11). Players to work on the routines / conditioned games which can be found on notice boards and online through [EPC at home](#)

AT ALL TIMES THE PLAYERS ARE RESPONSIBLE FOR MAINTAINING SOCIAL DISTANCE

HOW DO I STAY SAFE?

To ensure we comply with the social distancing guidelines, please ensure you maintain safe distance at all times, observe the signage and any direction from staff. The safety of our members and staff remains paramount.

- Always leave safe distance between you and other members when you are walking to and from courts or car parks.
- The locker room and shower facilities will be open, but due to capacity and the safety of our members, we encourage members to play and go. If you are using the bar after being on court, please shower before using this part of the club.
- The court time is now 60 minutes and we would kindly ask you to do a 40 minute session, then spend 5 minutes cleaning the court (products will be provided for all courts) and leave using the route explained so there is a 15 minute down time for the air to clear between bookings.
- Members have a choice as to whether to wear a mask on court or not, if you wish to purchase an extended iMask (like the coaches have), please speak to Mike Edwards.
- Please note you are not permitted to wipe your hand on any of the walls.
- Seating outside courts 1-4 and 9+10 will be out of bounds to discourage congregation.
- We encourage all members to remain on court throughout their booking time, please take all valuables and equipment on to court with you, unless you wish to use a locker in the changing room. This is to help keep people safe.

- Hand sanitizers will be available as well as disinfectant wipes / spray with paper towel for players as required.
- Courts will be cleaned on a regular basis by staff. As a minimum, there will be a daily deep clean of each court.
- Players are advised to use a wrist band on their playing hand. Please also bring a sweat towel and a spare T Shirt.
- To reduce the risk of spread with the virus we strongly advise members to change their grip on a regular basis.
- All water fountains in the squash court area will be out of use, so bring your own fluids to stay hydrated, or fill up your water bottle from the bar.
- Posters will be positioned around the courts highlighting some of these key rules and changes.
- Travel to the club is encouraged to be by foot, bike or car.
- Each court is allowed a maximum of 2 spectators at any one time. They will need to respect the social distancing rules and be standing whilst watching.
- We are utilising a one-way system with separate entry and exit points.
- Where possible, internal clubhouse doors will be left open to help ventilation.

WHAT TIME ARE THE COURTS OPEN?

Monday – Friday: Courts 1, 3, 5, 7 and 9 will be open from 9.30am until 8.30pm and courts 2, 4, 6, 8 and 10 will be open from 9am until 9pm.

Weekend: Courts 1, 3, 5, 7 and 9 will be open from 9.30am until 6.30pm and courts 2, 4, 6, 8 and 10 will be open from 9am until 7pm.

The reason behind this is to stagger the number of people coming in to play on the courts at one time.

WHAT'S THE PROCESS FOR ACCESSING THE CLUB AND COURTS?

- Ensure you wash your hands with soap and water for at least 20 seconds before leaving home to come to the club.
- Only come to the club if you have booked a court, and no more than 10 minutes prior to your start time.
- Please maintain social distancing when walking to and from your court.
- Please enter the main club house and turn right to access the courts. When you have finished your booking we will kindly ask you to exit using the fire exit by court number 4 where you can then use the stairs and squash balcony to walk towards the bar. Alternatively, if you plan to play and go, please use the fire exit to go directly out of the building to your car.

WHAT ARE THE BOOKING RULES AND PROCEDURES?

To ensure fair access for all our members, the booking rules and procedures are as follows:

- All courts must be booked in advance via MyCourts. Please include your partner / opponent on the booking to help with track and trace, unless you are doing a solo session, then select 'solo play'.

- The court time is now 60 minutes and we would kindly ask you to do a 40 minute session, then spend 5 minutes cleaning the court (products will be provided for all courts) and leave using the route explained so there is a 15 minute down time for the air to clear between bookings.
- Advance bookings can be made daily, up to 7 days in advance.
- Based on projected high demand and to give all members a fair opportunity, members may only make one advance booking a day. If there are available courts on the day these may be booked in addition to an existing booking.
- Members must cancel their court as far in advance as possible if they are unable to make their reserved time. If any member is seen to be consistently booking and not turning up, or cancelling, they risk having their booking access revoked for up to 7 days.
- Some courts will get allocated in advance by The Head of Squash and Racketball. These will be pre-booked and visible on MyCourts.

WHAT HAPPENS TO MEMBERS WHO DO NOT COMPLY WITH THE BOOKING RULES, PROCEDURES AND GUIDELINES?

The current rules are designed to give fair access to all and enable us to track usage from a safety and capacity viewpoint.

We ask that you think of fellow members and comply by all the safety rules and booking procedures. If members are found to be breaking the rules set out, they will be informed by email and may have their booking access revoked for up to 7 days.

HOW DO I BOOK A COURT AND CHECK IN?

Bookings are made through the MyCourts system. We advise all members to use their own device when booking a court. All courts must be booked prior to playing - turn up and play is not permitted.

Once on site, please do remember to check in for your booking using the kiosks.

If you have any difficulty with using MyCourts please contact Sue Harris (sue.harris@edgbastonpriory.com)

HOW TO BOOK INDIVIDUAL COACHING.

If you are interested in booking one-to-one coaching please contact mike.edwards@edgbastonpriory.com and he will be able to put you in touch with a coach.

WHAT ABOUT EQUIPMENT?

Please note we will not be offering any equipment for hire during this period, please purchase what you need directly from reception or speak to Mike Edwards.

DRESS CODE

Only clothing specifically designed for fitness and squash or racketball is permitted. Please also wear shoes which are non-marking.

WHAT ABOUT RE-STRINGING?

We are still offering a re-stringing service, please liaise with reception directly or speak to Mike Edwards.

USEFUL CONTACT DETAILS

If you have any issues booking courts please contact Sue Harris on sue.harris@edgbastonpriory.com

For any other queries contact Mike Edwards on mike.edwards@edgbastonpriory.com

We look forward to welcoming you onto court.

The EPC Team