



COVID RESTRICTIONS AND ADDITIONAL CLUB RULES REVISED 11th September 2020

To all our club members,

As we all know Covid-19 is still very much with us but as from Saturday 25th July all squash clubs around the UK were allowed to open.

As you know Penrith Squash Club opened on 1st August in the first phase.

We entered the 2nd phase from 1st September which allows for squash bubbles subject to additional hygiene requirements. The rules for these have been further amended allowing for best of 5 games.

As you will no doubt appreciate being an unmanned club still rings its own problems and issues when adhering to the guidelines but we feel that the changes we have made, and will continue to make, will ensure the safety of all our members.

Please take the time to read through the following so you are aware what you need to do when returning to the club and to avoid unnecessary contact with anyone when inside of the building.

Court time availability is still reduced and not all activities are available as yet although these are lessening as we go through the different phases.

Firstly, if you are displaying any symptoms of the virus **DO NOT** attend the club. If you do become unwell or shows COVID-19 symptoms after visiting the club you must follow the [relevant guidance](#) (NHS), declare this to us and also consult your GP immediately.

Changes to activities:

- There will be no competitions, group coaching sessions and no club nights.
- Only Courts 1 & 4 will be available at present. Courts 2 & 3 are out of bounds, so therefore no table tennis
- The balcony is out of bounds to all members except coaching staff. Spectating is not possible

Amended club rules:

- Courts **MUST** be booked in advance via the online booking system. **You should not turn up and play without a booking.**
- Guests are allowed but they must come from the same household or social bubble.
- Bookings are for 45 mins so please don't be tempted to put in more than £5. We have reduced the booking slots available to limit the number of people within the club to 4 at any one time (unless a court has only members from the same household)
- The booking system has also been altered to allow for a 45 minute break between sessions to ensure safe exit and entry.
- Arrive ready to play in kit but please bring your court shoes separately and put them on in the court. This will avoid dirt getting on the courts

- Please use the hand sanitiser by the main door key code lock and handle on arrival and on departure. There are also hand sanitisers outside each of the available courts.
- On arrival each member (and guest) should write their details on the signing in sheet (in this regard please bring your own pen) which is located at the stairs. This is mandatory and confirms your understanding of the rules and the fact that you will abide by them. This will also provide us with further information as to who has been in the club for track and tracing purposes
- Bring your own water bottle and make sure it has enough in for your game. The water machine is out of action
- The changing rooms are not to be used, but if you must use the toilet this is allowable. Please ensure that you wash your hands thoroughly or use the hand sanitiser provided before returning to the court. The showers are out of bounds.
- Please arrive promptly (ideally no more than 5 mins before your booking) and leave immediately after your 45 mins. After play, sanitise your hands and wipe down the court door handles and any light switches you may have touched. Please do not touch the hand rails on the stairs.
- Bring your own towel to wipe any sweat and please do not wipe your hands on the walls or floors. You might want to consider bringing an additional t-shirt and sweat bands
- Take all belongings onto court and leave at the front wall under the tin line. Do not leave anything in the corridor. Please be careful when drinking from water bottles not to make an spillages
- No handshakes between players and maintain social distancing at all times
- Bring your own rackets and balls. The upstairs cupboard will not be available for borrowing of equipment
- Avoid touching the walls - the court walls will not be subject to daily cleaning therefore court walls must be treated as contaminated surfaces. If you do accidentally touch a wall then stop playing and sanitise your hand immediately with your own personal sanitiser that you have taken on court with you.
- It is strongly recommended that a face covering should be worn whilst inside the club unless on court or with an underlying health condition.

Changes to play:

- Solo practice
- Those members (and guests) in the same households and support/social bubbles can play matches
- Individual coaching lessons are permitted but you will need to contact Gavin Stephenson to ask for his availability
- Two player members (and guests) from different households/bubbles can play a game of 'sides' – please see England Squash website for a video of how to play, more details also available on our website and social media platforms
- Two player members can do routines/drills but these must be socially distanced – more details of what is allowed can be found on England Squash website and our social media platforms

Squash Bubble requirements

- Only two players on court at one time.
- Play best of five games.
- 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 six points, both players should wipe away excessive sweat, and sanitise their hands and the ball. Repeat between games.
- The same player to serve / touch the ball during each half of a game, and at the halfway point, switch servers.
- Protective eyewear or visors are strongly recommended at all times.
- Don't wipe your hands on the wall.
- Players are not allowed to shout or raise their voice.

Please maintain social distancing when not on court, and continue to follow the club's hygiene and cleaning policies.

If anyone has any issues or would like to discuss any of the above please don't hesitate to contact a member of the committee (details are on our website) or email info@penrithsquash.co.uk

Please note that anyone found in breach of any of the above will be subject to disciplinary by the committee and you may have your membership withdrawn.

As I mentioned above we are an 'unmanned' (no one on site at all times) club so we are very dependent on you being responsible for your own actions and abiding by the rules as laid out above.

Thank you again for taking the time to read all of the above; we are sorry it is so lengthy but I am sure you will appreciate the reasons why.

Many thanks,

The Squash Committee