



Protocol for Members Playing Squash in WLTC

4th September 2020

This protocol is aimed at keeping members and staff as safe as possible during the Covid-19 pandemic. Squash is viewed as a high-risk sport for the contraction of Covid-19. Therefore, all playing members are required to commit to adherence to this protocol.

At Windsor, both solo squash and match play are available from the 7th September 2020. In line with Squash Ireland/Ulster Squash guidance, Windsor is introducing the concept of a “squash pod”.

Squash Pod

A Squash Pod represents a small group of members who wish to play/train together on a regular basis. These Pods will be managed by Simon McFarland at simon@windsortennis.co.uk. You need to email/text Simon to let him know if you wish to join a Pod.

Each Pod comprises;-

- 2-6 club members who have each signed up, via Simon, *and have submitted the Squash Declaration Form (see appendix 1), by email, to simon@windsortennis.co.uk.*
- Within the Pod, players may choose to train or play matches;
- Each pod has a “shelf life” of 8 weeks before members may be changed;
- Two people from the same household are counted as two individuals;

- Only two Pod members, who have booked a court, are allowed into the squash court - no visitors or spectators are allowed.

Booking a Court

- The squash opening times are:
 - 1-9pm Monday to Thursday
 - 10am-6pm Saturday
 - 10am-7pm Sunday
- The glass-backed court is the only court in use, at present;
- Players names need to be entered on the electronic court booking system; booking includes a declaration that the player(s) takes responsibility for adhering to this protocol;
- All bookings will be made by a person aged 16 or over;
- All members will be expected to read and adhere to Government/public health advice, e.g. regarding social distancing, good hygiene, and respiratory etiquette; and
- If you cannot play, you must cancel the booking on courtbooker, this will be important for “track and trace” purposes and for the other members of your pod.

Access to the Squash Court for the purposes of play

- Travel to the Club on your own or with a member of your own household;
- It is recommended that you use your own toilet facilities before you travel to the club; however, in exceptional circumstances, the supervisor on duty will let you use the Disability Bathroom;
- Arrive no more than 5 minutes before court time, and **be Squash Ready** - note that there are no changing rooms available;

- Bring your own equipment, water and towel with you;
- Access to the squash court is via the side gate of the club; there is **NO** access to the rest of Clubhouse (unless in exceptional circumstances);
- Sanitise your hands before you enter the back entrance;
- A Supervisor will be on duty - Simon, Michael, Ray, Aidan, Gabriella or Maxine. **You must make yourself known to the supervisor, when you arrive at the side entrance;**
- **The supervisor will open the doors into the squash court, open the emergency door to increase ventilation on the squash court, and turn on the extractor fans and lights;**
- All of the above should be left open/on during, and after, you finish playing.

Conditions of Access to the Court by players

- You must:; -
 - Be a current member and have a court booked online;
 - Be feeling well, and have no Covid 19 symptoms;
 - Comply with the UK Borders Guidance on quarantine restrictions. At present, these require you to self-isolate for 14 days if you return to NI from a country outside of the “Common Travel Area”;
 - Not have been around someone with symptoms of Covid19 in the last 14 days; and
 - Not be in a period of self-isolation or be required to shield, as advised by a health professional;

- Frontline workers can play but should personally assess the risk of passing on the infection and follow the recommendations of HSC/ public health guidelines.

Playing on Court

- Play with your own racquet and ball, and practice social distancing, as appropriate, and use good respiratory etiquette;
- Consider use of wrist/head sweatbands, when playing, to reduce the need to touch your face;
- Hand sanitiser will also be available at the squash court (also alcohol wipes, antiviral spray and blue paper towelling - see below);
- Use your own water and towel, if needed;
- **Do not wipe down your hands on the side walls; sweat that falls on the floor/walls/glassback must be cleaned off immediately with alcohol wipes and dried with blue paper towelling;**
- **You must finish play when your allocated slot has finished, this is important for cleaning and ventilation purposes; and**
- In case of emergency seek help from the supervisor; a First Aid/ defibrillator table is available inside the backdoor of the Club.

Before you leave the Court

- You **must** clean touch points using antiviral spray and paper towelling - this includes the glass back, court door and handles, and glass fins;
- Take all rubbish with you;
- Dispose of blue towelling into the bin which is in the back hall;

- Use the hand sanitiser on completion of the cleaning tasks;
- Leave all doors open, fans on and lights. The court needs to be ventilated for at least 20 minutes before the next player(s) comes in. The supervisor will be responsible for doors/lights/fans.

Getting Home Safely

- Inform the supervisor when your play has finished;
- Alcohol gel is available on exit of the Club;
- If a player becomes unwell during/after playing, they should contact their own GP in the first instance or 999 in an emergency;
- The Club needs to be informed if a player, or member of the same household (or your Pod) becomes ill by emailing covid@windsortennis.co.uk.

Returning to Play post-illness

- You must inform the club if you have had a Covid related illness before you can return to play; contact covid@windsortennis.co.uk;
- You must observe the public health advice on social isolation and follow any medical advice given to you.

Coaching

- Formal coaching sessions are not permitted now.

Disciplinary Procedures

- You must comply with any action that the supervisor requires of you (the supervisor's role is primarily a safety role for the health and welfare of all our members and staff);

- If, for example, you fail to clean the squash court, as directed above, this will be a disciplinary matter and will, in the first instance, be dealt with by Simon McFarland. Repeated offences may lead to withdrawal of booking rights.

Covid 19 Officer – Maura Briscoe - available on covid@windsortennis.co.uk

Other Resources

www.irishsquash.com

www.health-ni.gov.uk

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|-------------------------------|-----|----|
| • Fever | YES | NO |
| • Shortness of Breath | YES | NO |
| • Excessive fatigue/tiredness | YES | NO |
| • Sore throat | YES | NO |
| • Loss of smell/taste | YES | NO |

4. Do you accept the responsibility to comply with the cleaning and disinfecting arrangements of the squash court, as specified in the Squash Protocol*?

YES NO

*I, the undersigned, accept and support the measures taken by Windsor LTC as a means of trying to prevent the spread of Covid-19 amongst players and staff.

I have completed this form truthfully and accept willingly that as a result of my responses above that Windsor LTC, in accordance with its current procedures, may deny me entry for a period of time.

Signature _____

Date of Completion of Form _____

Note:- Further to the outbreak of Covid-19, Windsor LTC is adhering to the guidance of the NI Executive, Sport NI, Ulster Squash, and Squash Ireland in an effort to contain the spread of Covid-19, and to promote a safe environment for members and staff. This screening procedure is one of our measures to identify any potential cases at the earliest opportunity.