

Coronavirus Risk Assessment – Squash

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This document has been designed to follow UK Government (England) and England Squash guidelines

Hazard	Risk	Control Measures
1. In the building		
a) Airborne and surface-based virus transmission	Users of the building pose a transmission risk while inside, especially in unventilated areas	<ul style="list-style-type: none"> Users should minimise the amount of time that is spent inside (should arrive in kit so no changing is required). Sanitise hands before and after training/matches. Surfaces must be regularly cleaned in particular high touch surfaces by the school. Keep doors/windows open and use mechanical ventilation (where possible) to maintain a supply of fresh air to spaces where there are people present.
b) Water systems left unused for long periods of time	Unused water systems are conducive to a build-up of Legionella, responsible for Legionnaire’s disease	<ul style="list-style-type: none"> The school is responsible for health and safety of the building features.
c) Someone shedding the virus has been present	Very high risk of coronavirus transmission between	<ul style="list-style-type: none"> Users should not attend if they have tested positive for COVID-19, and/or have any COVID-19 symptoms (high temperature, new continuous cough, loss or change to sense of smell or taste), and/or are self-isolating.

in the toilets and hallway	users of the toilets and hallway	<ul style="list-style-type: none"> • If a user has any COVID-19 symptoms after attending training or matches, they should immediately self-isolate, book a test, and comply with NHS Test and Tracing if the test is positive. • Keep different groups as separate as possible when using the building. • The building must be kept ventilated when used (doors/windows open where possible). • Users attending must self-assess for any COVID-19 symptoms before leaving their home to participate in the sport and must not attend if they have any symptoms. • Upon arrival at training or match, every user must confirm their lack of symptoms and that they do not need to be in self-isolation for any other reason (e.g. having been contacted by NHS Test and Trace).
d) Use of changing rooms, toilets, and kitchen facilities	High transmission risk, especially in unventilated rooms and rooms that do not use 100% fresh air ventilation	<ul style="list-style-type: none"> • Toilets will be open. • Minimise the number of people in the toilets and changing rooms at any one time. • Toilets, door handles, and taps, must be cleaned after use and paper towels must be put in the bin after use. • Users should arrive at the courts ready to play (with an exception that shoes must still be changed to indoor non-marking shoes).
2. Equipment Management and Safety		
a) Use of shared equipment	Surface-based virus transmission can occur with personal rackets and balls	<ul style="list-style-type: none"> • The shared rackets and balls can be used. • Equipment must be thoroughly cleaned with hand alcohol or alcohol wipes, before and after use, and when returned.
	Surface-based virus transmission can occur with the shared rackets and balls	<ul style="list-style-type: none"> • Equipment should be cleaned before and after use with an alcohol-based disinfectant

b) Items being left in hallway	Escalated risk of theft	<ul style="list-style-type: none"> • Minimise the number of valuables brought as liability, responsibility, and insurance remains with the owner not the school, King's College, or Clare College. • If necessary, use locker to put your belongings in. • Bags and items brought to an outing should be stored out of sight where possible
3. During play		
a) Airborne and surface-based virus transmission	Users are at risk of transmitting the virus between themselves during play	<ul style="list-style-type: none"> • According to England Squash, the game of squash is now permitted to be played with no limitations or additional health and safety measures in place. • There is no longer a maximum of users allowed on court at once. • Full court squash can include, e.g. best of five with tie-breaks, and singles and doubles (squash bubbles and modified versions not required). • During each game, when the first user reaches 6 points, both users should wipe away any excess sweat, sanitise their hands and the ball. Repeat between games. • The same user to serve/touch the ball until the first user reaches 6 points, switch servers and sanitise hands and the ball. • Unnecessary touching of the walls is prohibited. This includes but is not limited to: standing against the wall, or wiping sweat of hands using the wall. • Avoid excessive shouting and spitting. • Face coverings not obligatory during play.
	Users are at risk of transmitting the virus between themselves before and after play	<ul style="list-style-type: none"> • Outside of the courts, where groups of different users mix in close proximity, and/or where there are limited ventilation options, are encouraged to continue to ask users to wear a face covering.
b) Increased use of courts due to reduced availability of other activities	Higher airborne transmission risk than normal, difficulty distancing	<ul style="list-style-type: none"> • Users should remain aware of other users of public spaces. • Users should not enter the building if there are still users playing on their booked court. These users should wait outside until the other users have left the building. • The online booking system to be continued to be used for facilities.

		<ul style="list-style-type: none"> • Users should arrive at most 5 minutes before their booking start time, and leave as soon as the match is over (but no later than the end of their given timeslot).
c) Local restrictions may be different from national restrictions	This may result in a flouting of stricter local rules	<ul style="list-style-type: none"> • Captains must forward the information they receive about changing situations (which will likely be from league committees) to the rest of the club, so that everyone is following the rules that have been laid out. • Captains will be responsible for implementing the guidance (planning Covid-secure operations, maintaining registers, educating users about the risks and requirements, demonstrating best practice). • Any member of the club may pass their concerns through their captains, who can answer questions about the current plan, or can ask league committees or King's for clarification on certain activities and practices. • Any member of the club may pass their concerns through the undergraduate or postgraduate Sports and Societies officer, who can answer/investigate the current situation. • Captains should ensure that these rules are being followed • Alternative training should be considered if typical activities becomes prohibited.
d) Coming back to squash after ~6 months off	Users are at higher risk of injury after a long break from the sport	<ul style="list-style-type: none"> • General fitness training should be encouraged before returning to the sport. • The focus of the first few sessions must be on participation and activity.
f) Debriefs/chat downs are in groups larger than six, but still count as part of the sport	Risk of airborne virus transmission	<ul style="list-style-type: none"> • The preferred option is to provide feedback through another means, be it through a group chat, email, or spreadsheet, avoiding in-person debriefs where possible.
d) Pre- and post-play	When not playing, squash users risk spreading the virus	<ul style="list-style-type: none"> • Minimise unnecessary contact.
4. Miscellaneous		

<p>a) Changing social situations mean that social gatherings and training that we are used to may not be possible</p>	<p>A lack of community might have an effect on the mental health of members of the club</p>	<ul style="list-style-type: none"> • Social events within guidelines should be encouraged and planned for with risk assessment. • Club members have a responsibility to look out for one another • A good social atmosphere online (in group chats, social media) should be encouraged. • Alternative means of training, with a focus on community, must be planned for and incorporated.
<p>c) Recruitment and training of new players</p>	<p>Transmission risks may be increased if the existing risks are not appropriately explained to new users. Ensuring that this is handled properly can avoid outbreaks within the club</p>	<ul style="list-style-type: none"> • Transmissions risks must be realistically recounted, ensuring that new players are aware that low risk is not no risk. • New users should be encouraged to understand the risks associated with other activities that they may be doing, and how these may affect others. • Demonstrations of technique to new users should be carried out with social distancing measures where possible.
<p>d) Users will be geographically relatively disparate, and potentially only all together during training or matches</p>	<p>Users may miss out on key communications with updates about contact tracing and restrictions</p>	<ul style="list-style-type: none"> • Relevant officer must ensure the mailing lists contain all relevant club members. • Captains should inform users about changing situations via email and group chats. • Committee members have a responsibility to update others on the committee if they see something has changed- it is not a given that everyone has seen an update. • Updates should also be provided in person before/after trainings and matches as well, in case other measures do not succeed.
<p>e) Injury</p>	<p>First-Aid administration is higher-risk due to the potential of coronavirus transmission</p>	<ul style="list-style-type: none"> • Mitigate injury risk by not expecting too much of users in the first few meetings back. • First aid must be done with PPE, and PPE must be disposed of after first aid is administered. • Users should be encouraged to take it easy if they are at risk of injuring themselves.
<p>g) Travelling to/from the courts</p>	<p>Walking/cycling in groups poses a transmission risk</p>	<ul style="list-style-type: none"> • Car sharing should be avoided where possible.

d) Returning to training after a user has had COVID-19	A user may not be able to perform to the same level that they could before coronavirus	<ul style="list-style-type: none">• Coaches should take into account that it will take some time for a user's performance to return to normal after contracting COVID-19.• In case of prolonged and serious issues, a GP should be contacted.
e) Committee Meetings	Committee meetings may not be larger than 6 people or two households	<ul style="list-style-type: none">• Ideally meetings will be held over Zoom.