

Coronavirus Risk Assessment – Squash

Issue No:	02	Issue Date:	15 June 2021	Review Date:	14 Jun 2022
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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) Face coverings should be worn inside Surfaces must be cleaned after use, and equipment inside that is touched by a user of the toilets and hallway must be cleaned before and after use
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 water fountain is not to be used The school is responsible for health and safety of the building features.
c) Someone shedding the virus has been present in the toilets and hallway	Very high risk of coronavirus transmission between users of the toilets and hallway	<ul style="list-style-type: none"> Contact tracing must be used across <i>all</i> users of the building to determine who has been affected The contact tracing system should have information about who has entered the building over the past 21 days, in accordance with NHS test and trace Keep different groups as separate as possible when using the building

		<ul style="list-style-type: none"> • The group to which the person belongs must immediately self-isolate • The building must be closed for 3 days and disinfected so that the virus does not survive on any hard or soft surfaces • Those who have been exposed must be prohibited from using the building • The building must be kept ventilated when used, and usage of indoor facilities must be kept to an absolute minimum
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. • Avoid having to use them, and minimise the number of people in the toilets at any one time • Toilet lid must be closed before flushing • Toilets, door handles, and taps, must be cleaned after use and paper towels must be put in the bin after use. • At any time, at most one person can be in the toilets. • Changing rooms will remain closed, and club members must come to training/matches in their kit
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"> • Individuals will be assigned equipment, organised by the captain • Individuals may not share equipment unless absolutely necessary • Equipment must be cleaned 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 • 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) Shielding member of the club	Very high risk of serious coronavirus, which can lead to hospitalisation or death	<ul style="list-style-type: none"> Prohibit the shielding person from visiting the court, and encourage that person to participate through other means, such as online training, and social connection
a) Airborne and surface-based virus transmission	Players are at risk of transmitting the virus between themselves during play	<ul style="list-style-type: none"> According to England Squash, a group of up to 6 people or 2 households can meet indoors, and full court squash is now permitted as of 17th May. There is a maximum of 4 players 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 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. 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 During warm-up, both players should stay on separate sides, and play the balls towards the other player. This should be done whilst maintaining social distance. During the actual match, players can move wherever they want, including breaking social distance rules. Contact tracing must be used across <i>all</i> participants to determine who has been affected The contact tracing system should have information about who has been present at the same training and matches over the past 21 days, in accordance with NHS test and trace Anyone present and in close contact with a person testing positive must immediately self-isolate

Commented [ERE1]: Shielding is not active at the moment, this should be deleted.

	Players are at risk of transmitting the virus between themselves before and after play	<ul style="list-style-type: none"> • Outside of the courts, social distance should be maintained.
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"> • Participants should remain aware of other users of public spaces • Players should not enter the building if there are still players playing on their booked court. • The online booking system to be continued to be used for facilities
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 • 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	Participants 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/chatdowns 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"> • Must be brief, kept to a minimum, and socially distanced • 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 players break the government's current rule of six	<ul style="list-style-type: none"> To follow guidelines, players are not permitted to socialise indoors in groups larger than 6 or two households before or after training sessions and matches; socialising must follow government guidelines
4. Miscellaneous		
a) Changing social situations mean that social gatherings and training that we are used to may not be possible	A lack of community might have an effect on the mental health of members of the club	<ul style="list-style-type: none"> Social events within guidelines should be encouraged and planned for with appropriate means of contact tracing 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
c) Recruitment and training of new players	Transmission risks may be increased if the existing risks are not appropriately explained to new players. Ensuring that this is handled properly can avoid outbreaks within the club	<ul style="list-style-type: none"> Transmission risks must be realistically recounted, ensuring that new players are aware that low risk is not no risk New players 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 players should be carried out with social distancing measures where possible
d) Players will be geographically relatively disparate, and potentially only all together during training or matches	Players may miss out on key communications with updates about contact tracing and restrictions	<ul style="list-style-type: none"> Relevant officer must ensure the mailing lists contain all relevant club members Captains players informed 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
e) Injury	First-Aid administration is higher-risk due to the	<ul style="list-style-type: none"> Mitigate injury risk by not expecting too much of players in the first few meetings back

	potential of coronavirus transmission	<ul style="list-style-type: none"> • First aid must be done with PPE, and PPE must be disposed of after first aid is administered • Players should be encouraged to take it easy if they are at risk of injuring themselves
g) Travelling to/from the courts	Walking/cycling in groups poses a transmission risk	<ul style="list-style-type: none"> • Car sharing should be avoided where possible, and/or comply with the government guidelines on car sharing
d) Returning to training after a player has had coronavirus	A participant 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 player's performance to return to normal after contracting coronavirus • 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