

## COVID-19 Plan - Squash

This plan is intended to support the safe return to play of college squash. It is the responsibility of each user to assess the risk for participating and to plan, execute, monitor and review their activities in the light of that assessment.

All users are required to read and sign this form, read the H&S policy on the booking system, the '[Back to Squash](#)' guidance for players from England Squash, the [Booking Policy](#), and the [COVID-19 Risk Assessment](#). Please email your acceptance of this plan to Minnie Cooper, UCS Squash representative, [Impc2@cam.ac.uk](mailto:Impc2@cam.ac.uk).

**Location of squash: KCS courts**

**Contact tracing:**

*General government guidance for team sports:*

- The booking system at <https://squash.kings.cam.ac.uk/login> will be used to keep track of who has access to the courts when. Bookings are automatically stored on the system.
- Users should not attend training or matches if they have tested positive for COVID-19, has any COVID-19 symptoms (high temperature, new continuous cough, loss or change to sense of smell or taste), and/or is self-isolating.
- 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.

*General guidance from NGB:*

- The Captain will be responsible for implementing the guidance (planning Covid-secure operations, maintaining registers, educating users about the risks and requirements, demonstrating best practice).

*Specific rules relevant to college sport team:*

- If a user tests positive after attending training or matches, they should also alert the Captain/other appointed COVID-19 officer directly.
- Captains should continue to communicate to users that they must not attend the club if they show the symptoms of COVID-19.

**Symptoms and attendance declarations:**

*General government guidance for team sports:*

- Users must self-assess for any COVID-19 symptoms (high temperature, new continuous cough, loss or change to sense of smell or taste) 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).

**On-pitch/court rules:**

*General government guidance for team sports:*

- Sanitise hands before and after training/matches.
- Implement the 'do not wipe your hands on the walls' rule.
- Limit the number of people using changing room facilities at one time.
- A schedule to clean common touch points regularly.
- Asking users to wash their hands and/or use hand sanitiser on entry, exit, and in between games.
- In addition to hygiene measures, keep doors/windows open and use mechanical ventilation (where possible) to maintain a supply of fresh air to spaces where there are people present.
- Continue to display an NHS Test & Trace QR code whilst the scheme is in place.

*General guidance from NGB for matches and training*

- No limits on numbers of users on court at one time.
- Full court squash can include, e.g. best of five with tie-breaks, and singles and doubles (squash bubbles and modified versions not required).
- Before playing, hands, balls and racquets should be sanitised by hand alcohol or alcohol wipes.
- 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.
- Face coverings are not obligatory during play.
- Users are not allowed to shout or raise their voices.
- During each game, when the first player/pair reaches 6 points, all 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/pair reaches 6 points, switch servers and sanitise hands and the ball.

*Specific rules relevant to college sport team*

- Shared rackets and balls can be used, as long as they are thoroughly cleaned before, during and after playing, with hand alcohol or alcohol wipes.

**Off-pitch/court rules:**

*General guidance from NGB*

- 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). Users should not enter the building if there are other users on their booked court. These users should wait outside until the other users have left the building.
- Limit the number of people using changing room facilities at one time.
- Please arrive at the courts ready to play, though changing rooms can be used.

*Specific rules relevant to college sport team*

- Organised social events should follow government and college guidelines on gatherings.
- If a user has booked a slot right after a slot booked by King's College School, please refrain from entering the building until the King's College School children and coaches have left the building.

*Once you have read this document, please email your captain with:*

*“I confirm I have read and agree to abide by these guidelines for COVID-secure college squash “*