

COVID-19 Plan - Squash

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

All individual participants are required to read and sign this form. Please email your acceptance of this plan to wev21@cam.ac.uk and cc in sportsandsoc@kcgs.org.uk.

Location of squash: KCS courts

Contact tracing:

General government guidance for team sports:

- The captain will keep a record of attendance of participants at each training session. These records must be kept for 21 days to allow NHS Test and Trace to contact all participants if a player becomes ill with COVID-19. After 21 days the records will be deleted.
- The booking system at <https://kingscollege.clubsolution.co.uk/default.asp> will be used to keep track of who has access to the courts when. Booking must be made by one of the two players, however the name of the other player should be included in the booking. Bookings are automatically stored on the system indefinitely.
- If a participant has any COVID-19 symptoms (high temperature, new continuous cough, loss or change to sense of smell or taste) 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 participants about the risks and requirements, demonstrating best practice).

Specific rules relevant to college sport team:

- The captain will be responsible for providing information about close contacts to Test and Trace if a participant tests positive.
- If a participant tests positive after attending training or matches, they should also alert the captain/other appointed covid officer directly, who should advise all who have attended the same training sessions or matches and been in close contact (within 1m either for a prolonged period or repeatedly, or in a poorly ventilated room for a prolonged period) to immediately voluntarily self-isolate (while keeping identities anonymous) until there are clear instructions from NHS Test and Trace. This is a precaution in case of delays in NHS Test and Trace.

Symptoms and attendance declarations:

General government guidance for team sports:

- Everyone attending 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 participant 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.

General guidance from NGB for matches and training

- At most 4 people are allowed on the court at any 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.
- On entering the court, only one player should handle the door.
- 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.
- 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 masks are not obligatory during play.
- Players are not allowed to shout or raise their voice.
- 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.

Specific rules relevant to college sport team

- The 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 government guidance for team sports:

- Spectators are not allowed at the KCS courts.

General guidance from NGB

- Social distancing is obligatory off-court, and where possible on court.
- Students 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 time-slot). Players should not enter the building if there are other players on their booked court. These players should wait outside until the other players have left the building.
- The water fountain and showers are not to be used. The toilets are available for use, but it is advised that students do not use it if possible.
- Please arrive at the courts ready to play (with an exception that shoes can still be changed).

Specific rules relevant to college sport team

- Organised social events should follow government and college guidelines on gatherings, with a risk assessment conducted prior to the event.
- If a player has booked a slot right after a slot booked by Kings' College School, please refrain from entering the building until the Kings' College School children and coaches have left the building.

Once you have read this document, please email your captain AND CC THE KCGS SPORTS AND SOCIETIES EMAIL (sportsandsoc@kcgs.org.uk) with:

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