

# DEAN T&SC: COVID 19 – RULES FOR RETURN TO SQUASH

Version 1 - 01 September 2020

- The courts are available for the following activities:
  - Solo squash
  - 1 to 1 coaching with physical distancing (coach must position themselves off court at all times)
  - Unconditioned squash activity with someone from the same household
  - Unconditioned squash activity for players under 12 years old
- You must book a court in advance
- Prior to booking courts, you must check that you've provided your phone number to the club. This is to ensure we comply with Test and Protect. Please use one of these two options:
  - Log on to <https://membermojo.co.uk/thedeanclub/>, select "Your Membership" at the top, click the "View or Edit" button next to "My details" – check and update your phone number.
  - Alternatively, you can just add your phone number to the booking website whilst you are logged booking your court (steps shown below)

Once logged in click on "My Details"



Type your phone number into one of the Phone number boxes



Click "Update Member Information"



- If we are asked by public health officers to provide the names, numbers, data/time of visit of members, as part of Test & Protect, we will retrieve the info from the booking website / membermojo
- Buffer zones have been blocked out on the booking sheet to avoid people arriving / leaving the club at the same time.

## Hygiene

- Face coverings must be worn in the clubhouse before and after activity
- Use the hand sanitiser provided in the lobby when you arrive and exit the club
- Please wipe down the following surfaces after you've touched them using the disinfectant spray and wipes provided:
  - Door from court 1 viewing balcony into corridor
  - Door from corridor into court 2 viewing area
  - Doors into both courts
  - Light switches for both courts
- Avoid unnecessary touching of all surfaces, in particular, avoid wiping hands on the walls and doors of the squash courts.

## Toilet Use

- Female members should use the toilet in the female changing room. Male members may use the male toilet or the urinal in the changing room
- Disinfectant spray is provided in both the male and female toilets to be applied to the toilet seat and flush after use
- Handwashing facilities are available in both changing rooms and toilets

## General

- **The changing rooms / showers should not be entered apart from to use the toilet. Players should come ready to play and leave the club straight away after play.**
- The upstairs clubroom is closed – please do not enter
- Ensure you maintain a 2m distance between yourself and other members present. Do not attempt to pass another member along the narrow corridor between court 1 and 2 – stand aside and wait for the corridor to become clear.
- Please leave the Club without undue delay after you have finished playing
- Do not use the Club as an opportunity to socialise with other members

Scottish Squash Guidance for Players can be found here-

<https://www.scottishsquash.org/wp-content/uploads/2020/08/COVID-19-Guidance-for-Squash-Clubs-Players-Coaches-and-Competitions-in-Scotland.-Phase-3-%E2%80%93-Published-26th-August-2020-version-1.pdf>

Should you develop the symptoms of Covid-19, follow the Scottish Government's 'test and protect' guidelines - <https://www.nhsinform.scot/campaigns/test-and-protect>. **Do not attend the club** if you or a member of your household has developed symptoms or if you are self-isolating.

**These rules will be reviewed throughout the period of restrictions on activities due to the Covid-19 pandemic with particular regard to the restrictions applied by the Scottish Government and advice given by Scottish Squash**