

Dear Member

Further to a recent email from the Club Chairman, we are delighted to confirm that the indoor courts will be re-open from 1 August 2020.

The board hold the safety and welfare of the club members as the most important factor in opening the club up to further activity and we are grateful for your patience. Some of the new procedures will be different and restrictive but we are obliged to adhere to Government guidelines. The standard Covid 19 guidelines are:

- if you are ill at all do not come to the club
- if you have a temperature or any symptoms do not attend
- overall be responsible.

The clubhouse will be open from 6.30am – 9.00 pm and indoor courts will be open from 9.00am to 9.00pm 7 days a week. These timings are subject to constant review and may have to alter if circumstances change. The bar opening hours will vary to the above.

The general club entry rules will apply before entering the indoor courts. Currently, hand sanitising stations are placed in the entrance to the clubhouse for use, entry is via your fob to enable contact tracing and social distancing is in place in the seating areas and whilst queueing at the bar. The entrance to access the indoor courts will be down the stairs passed the doors to the changing rooms. To exit the indoor courts, follow the arrows to Court 5 and up the stairs next to the viewing gallery.

All toilets will be available, with paper towels instead of hand dryers to reduce spread of droplet infection. No changing rooms will be open at this time and the sauna is closed until further notice. The water fountains will be turned off, so you will need to bring your own water bottle. Also, the air conditioning systems will all be switched off to prevent the spread of droplets.

A few committee members had a walk-through the indoor courts on Saturday 11 July and by adhering to Government guidelines the Board will be able to open the indoor courts as follows: -

- Entry to the club is by fob.
- Follow the markings on the floor to access the courts.
- There will be hand sanitising stations outside the court doors, one per two courts.
- Arrive promptly (no more than 5 minutes ahead of time) and ready to play. The changing rooms will be closed.
- We will have to limit the numbers via the booking system. The 'stand and wait' will not operate. All courts will need to be booked before play. See booking instructions below.
- No handshaking/physical contact and always maintain social distancing.
- Bring your own water bottles already full.
- Bring your own towel to wipe away sweat.
- Do not wipe hands on the court walls.
- Bring your own balls and racket.
- Bring a change of shirt if you are prone to sweat a lot.
- Take all your belongings on court and place at the front.
- Showers should be taken at home.

- No spectators will be allowed on the balconies.
- The benches should not be used, all kit should be carried onto the court.
- Only one person to touch the door handles.
- Use your court key to turn on the lighting. Do not touch an opponent's key.
- You should remain on court until you have finished playing.
- The bag room is open for bag storage if required.
- There will be cleaning equipment available. Please follow instructions on the posters outside the court to:
 - Hand sanitise before and after play.
 - Clean the door handles with the antibacterial wipes provided.
 - A spray containing water and disinfectant will be provided to spot clean the walls where you may have touched by mistake or for sweat droplets on the floor. Please wipe dry immediately with the paper towels provided.
 - Closed bins will be provided to dispose of the used materials.
- The court times will alter to allow time for cleaning at the end of each session and to incorporate staggered session times for social distancing when entering and leaving the courts. We have to allow 5 minutes after play for members to clean and then 15 minutes to allow for air circulation.
- The heating controls will be taped off and therefore, out of use.
- Extractor fans will be on constantly and exit doors at the back of courts 4 and 6 will be propped open to allow maximum air circulation.
- You should avoid touching the walls if at all possible.
- Face coverings are not recommended on court as this may restrict breathing.
- All squash/racketball leagues will be closed until further notice.

BOOKING INDOOR COURTS:

- Courts can be booked from 8.00am and 14 days prior to play (this will bring booking in line with the tennis courts and the gym).
- There is no limit to how many times you can play in a week but please do not book consecutive courts.
- There will be no need to 'check-in' on the My Courts system as this will avoid congestion in reception. Using your fob on entry to the Clubhouse will register your arrival and provide evidence for Track and Trace (as per Government requirements).
- The allocated slots per court will be for 1 hour (40 minutes play + 5 minutes cleaning + 15 minutes for air circulation with an empty court). Please leave court doors wide open when you leave.
- Each court will be staggered by 10 mins to reduce numbers entering the Clubhouse and all play will be finished by 9.00pm.
- Each court will be closed between 2.00 and 3.00 pm for routine cleaning.

WAYS TO PLAY:

- Members from the same household or support bubble can match play/full squash/racketball game or participate in a coach led/supervised activity.
- Individuals can single play (solo) practice.
- Two members from different households (not in a support bubble) can play a modified version of squash/racketball called 'sides'. See below.
- Up to 5 members from different households can participate in Coach/supervised activities.

HOW TO PLAY SIDES – A modified version of Squash/Racketball

An adapted version of the game for two players from different households. This cross-court version of squash/racketball is designed to comply with social distancing measures, with each player remaining in their own half of the court at all times. During the game, only one player should touch the ball and the court door, and **players must not touch court walls**. All equipment and touch points should be cleaned and players must wash their hands, before and after play – NOTE: please follow standard practice for court care.

The rules:

- Only two players permitted
- The aim is to hit a winner or force an error from your opponent as in regular squash/racketball
- Only one player serves during the match, the opponent cannot handle the ball. Perhaps this can be decided by the toss of a coin.
- Both players must keep to their side of the court throughout each rally, using the full length of the court whilst maintaining safe social distancing throughout
- If a player crosses into the opponent's side of the court, they immediately forfeit the rally
- If there is a danger of players breaching a safe social distance, they must call a let and replay the rally
- Once a rally is complete, players switch sides of the court (maintaining a safe social distance) and the server restarts play

SOCIALLY DISTANCED PRACTICES:

Recommended practices for more advanced players from two different households to play, designed to comply with social distancing measures. If in danger of breaching a safe social distance or hitting your opponent with the ball, players must stop immediately and restart play.

Throughout all practices, only one player should touch the ball and the court door, and players must not touch court walls. As with 'Sides', all equipment and touch points should be cleaned and players must wash their hands, before and after play.

a) Cross court volleys:

Both players volley the ball cross court to each other from behind the service box. Switch sides. To make it easier, move closer to the front wall. To make it harder, move further away from the front wall. Make it cooperative: Aim for as many volleys in a row as possible. Switch sides and see if you can beat your previous total.

b) Straight to self then cross court volley:

Stood behind the service box, both players play two shots, volley straight to self then cross court to your opponent. Switch sides.

c) Straight lob vs straight volley drop:

Front player plays straight lobs and back player plays straight volley drops. Alternate and switch sides.

d) Boast vs straight drive:

Front player plays straight drives. Back player boasts. Alternate. Make it competitive: Front player can play straight or cross court, back player must always boast. First to reach 7 points wins.

e) Drive or cross court drive vs boast or drop:

Front player can play a straight or cross court drive. Back player can play a straight drop or boast. Alternate.

f) Straight drop then straight drive vs straight to self then boast:

Front player plays two shots, a straight drop followed by a straight drive. Back player plays two shots, a straight drive followed by a boast. Alternate.

g) Straight drop then cross court deep vs straight to self then boast:

Front player plays two shots, a straight drop followed by any shot cross court deep. Back player plays two shots, a straight drive followed by a boast. Alternate and switch sides.

h) Front vs back on one side:

Front player can play any straight shot deep. Back player can play a straight shot short. Alternate and switch sides.

i) Front vs back on both sides:

Front player can play straight or cross court. Back player must always play straight shot short. Alternate. Make it competitive: Front player can play straight or cross court deep, the back player must always play straight short. First to reach 7 points wins.

Lastly, The Board realise that there are a lot of rules and regulations in place but unfortunately, this is the only way we can operate at the moment. We will relax measures as soon as the Government/England Squash recommend that we can do so. We know that you are keen to get back on court and we hope that you will be able to enjoy some court time with friends and hopefully socialise in the bar afterwards. Perhaps good advice would be to only play with a few selected friends for the time being to limit contact. Please do not hesitate to contact either of us if you have any queries or concerns with any of the above.

Stay safe and keep healthy.

Regards

Philippa Pegg
Chair of Racketball

Jake Eden
Chair of Squash