



## Playing Squash Safely

### COVID-19 Roadmap to Full Club Play

This document gives US Squash's recommendations regarding how Squash clubs (singles and doubles), once reopened, can progress their play, as safely as possible, to full club play.

These recommendations should be used to guide decisions regarding the opening of courts and progression of play and can only be used after local, or state governments have authorized squash clubs to open.

The reopening process is likely to be gradual and on a state by state basis. Each state may have additional requirements which clubs should also make sure to follow. Therefore, the opening of individual clubs, and the progression to full club play may be on different timelines based on the situation in each club's community.

For all people, the advice remains that anyone who feels unwell should stay at home. All vulnerable individuals are advised to continue to shelter in place. Vulnerable individuals are defined as elderly individuals or anyone with underlying health conditions, including but not limited to, high blood pressure, chronic lung disease, diabetes, obesity, asthma or other autoimmune disorders, and those whose immune system is compromised by chemotherapy or immunotherapy. Furthermore, those persons who live with a vulnerable individual should be equally cautious to prevent introducing an illness into the home inadvertently.

While every precaution should be taken to ensure the health and safety of players, it should also be clear that any person entering the squash court area does so at their own risk.

By following these guidelines as well as those of local governments and health agencies, facilities and players should be able to make informed decisions as to when and how play can progress in their facility.

***The information in this document is not intended or implied to be a substitute for professional medical advice, diagnosis, or treatment. All content, including text, graphics, images and information, are provided for general informational purposes only. The knowledge and circumstances around COVID-19 are changing constantly and, as such, US Squash makes no representation and assumes no responsibility for the accuracy or completeness of this information. Further, you should seek advice from medical professionals and/or public health officials if you have specific questions about the return to squash play at your club.***



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## COVID-19 Roadmap to Full Club Play

### Club Play Roadmap

The road to club play is likely to be a phased process starting from solo play to gradually increasing the circle of trusted players until full club play is reached. At this time clubs may limit play to members only, although this will likely be a local decision.

How and when the decision to progress through the phases will be made will be a local decision and will likely depend on the tolerance of the members and the health of the players.



- Phase 1:** **Minimize contact with other players at the club**  
Players: Solo practice, same household  
Coaches: Technique lessons, one person per ct clinics -targets/challenges, Evaluation packages, video analysis  
Org Play: Create club leaderboards for skill challenges, fitness competitions, goal setting
- Phase 2:** **2 Trusted households, limit time in club i.e. arrive-play-leave**  
Players: Two per court, match play, Doubles with household  
Coaches: Private lessons, clinics with 2 players per ct, same household, coaches and players grouped together, no cross over  
Org Play: Limited, clinics
- Phase 3:** **Extend to trusted groups, limit time in club i.e. arrive-play-leave**  
Players: Singles and doubles within trusted groups  
Coaches: Group lessons (2 per court), member clinics, limited camps  
Org Play: Limited, clinics, Box leagues, ladders, self-scheduled tournaments coaches and players grouped together, no cross over



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**Phase 4: Full Club play (reduced occupancy in club)**

- Players: Full member play  
Coaches: Group lessons, member clinics, camps  
Org Play: Add In club leagues, Round Robins, Fun tournaments.

#### Facility

- Club owners should check liability insurance to understand their situation with respect to communicable diseases.
- All staff working within the squash area should be aware of Centers for Disease Control and Prevention (CDC), Local, State, and Federal guidelines for social distancing for reopening all facilities and these should be checked daily as they may change.
- Any Standard Operating Procedures should be updated with respect to COVID-19. Staff should be made aware of how different situations should be managed and they should be aware of the role they take within the squash area to ensure player/member compliance.
- All staff should be screened for temperature every day. They should wear facemasks at all times.
- A member of staff should be appointed as the COVID-19 point of contact to address member/player concerns.
- Members should be notified of any actions taken regarding COVID-19 within the squash area.
- Signage regarding required member/player protocol expectations should be posted around the facility

#### Ventilation

- Facilities are recommended to check their HVAC system and ensure that filters are to MERV 13 standard or better.
- Air flow and exchange is proven to be very important to disperse viral load in an area. Facilities should therefore check the air exchange. HVAC should be on 24 hours and air from outside should be pumped through the system.
- If necessary portable HEPA filters (or similar) should be used to increase filtration and improve air flow.
- Windows and doors should also remain open where possible to help air flow.

Please refer to the following for more detailed information.

[https://www.ashrae.org/file%20library/about/position%20documents/pd\\_infectiousaerosols\\_2020.pdf](https://www.ashrae.org/file%20library/about/position%20documents/pd_infectiousaerosols_2020.pdf)



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### COVID-19 Roadmap to Full Club Play

#### Entry/Occupancy

- Currently, there are no testing requirements issued by the Federal Government. However, clubs should make sure they adhere to any State or local guidelines if there are any.
- People who enter the buildings should have their temperature read using a Non-contact infrared thermometer. Anyone reading 100.5° or higher should not be permitted into facility.  
<https://focusvipstore.com/products/forehead-thermometer-non-contact-thermometer?variant=31697713528919&currency=USD>
- To conform to social distancing requirements clubs should consider restricting entry. Members and players only should be allowed on to the courts. No extra guests or other family members should be admitted.
- Every person in the facility should always wear a facemask. Players on court are highly recommended to wear masks on court and must do so if participating in accredited play or if required by the State or local authority.
- Facilities should make sure they adhere to any local guidelines regarding the maximum number of people allowed to gather at any time.
- A daily log should be maintained by a designated staff member that lists all players/staff that attended the facility at what time to help with potential contact tracing.
- Clubs should consider increasing court intervals to allow players to finish and leave the area before the next set of players arrive and to allow for a 15-minute court cleaning interval after each court booking.
- Players should not linger outside the court before or after a match or practice session.
- Furniture should be removed from lounge areas to discourage individuals from lounging in the facility.
- Water Coolers and cups/cup holders should be removed from the facility.
- Players should not shower at the facility. They should come prepared to play and then leave. On arrival at home they should immediately put their athletic clothes in to wash and take their shower. Bathrooms however should remain available for handwashing before and after play and toilet access with concomitant handwashing.
- Clubs should consider erecting a plastic or perspex screen at the reception desk or pro shop to protect administrative staff if applicable.

#### Sanitization

- Hand sanitizer should be available behind each court.
- Players should sanitize their hands on entry to the squash area and after they play.



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### COVID-19 Roadmap to Full Club Play

- Back glass, side walls, doorknobs, flat surfaces, permanent fixtures including water fountains, reception desks etc. should be cleaned with [EPA-registered disinfectants for use against SARS-CoV-2](#) between sessions by designated staff.
- A touch point audit should be created to log when the last cleaning took place.
- Towels should not be made available. Players should bring their own if necessary.
- Cleaning staff should always wear gloves and facemasks.

#### Types of Play

Throughout the transition to Full Club play the following protocols should be observed

- All court reservations should be made by email or online. No in-person bookings should be allowed.
- An area for players bags should be designated and all players should keep all their items in their bags. This area should be sanitized between sessions by a designated staff member.
- Practice with a ball machine is allowed.
- Players should wear a facemask at all times. Players on court are highly recommended to wear masks on court and must do so if participating in accredited play or if required by the State or local authority.

*The CDC cautions that people engaged in high intensity activities may not be able to wear a mask if it causes difficulty breathing. If unable to tolerate a mask people may not be able to return to play safely at this time. If you exhibit any unusual symptoms such as feeling lightheaded, dizzy, or developing shortness of breath you should stop immediately. Any player with an underlying cardiac or respiratory condition should discuss returning to play with their primary care provider. Any player who has anyone in the home with underlying health problems is cautioned against playing at this time.*

- Players working out individually should bring their own ball and leave with it.
- Players should bring extra shirts if they tend to perspire during squash play and should change shirts periodically during a hitting session to avoid excess perspiration on the court
- Players should avoid touching their face and eyes during the session. If glasses need to be cleaned, then a clean towel brought by the player should be used and kept off court to wipe them off.

#### Pro Shop/Equipment

- No demo rackets or used squash balls should be made available.
- No person should be allowed in the pro shop area to prevent them from touching any items.



## **Playing Squash Safely**

### **COVID-19 Roadmap to Full Club Play**

- Any pro shop items should be removed from the squash area and remain in a designated pro shop area.



## **Playing Squash Safely**

### **COVID-19 Roadmap to Full Club Play**

#### **Process for cases of infection**

The recommended course of action in the case of an infection is based on CDC guidelines and current best available data whilst adhering to local health guidelines is:

1. Facility should close and local or state health officials should be notified
2. Facility should be deep cleaned
3. Any staff, players, coaches etc. who had direct contact with the infected player should be notified in order to quarantine
4. Any direct contacts who remain without symptoms 14 days after contact may return to play.
5. Any direct contacts who develop symptoms should notify their primary care doctor and should be tested.
6. Facilities should follow local health guidelines regarding re-opening

#### **When can an infected person come back to play?**

Based on the American College of Cardiology Sports and Exercise Council, the current recommendation is that players who are diagnosed and/or treated for COVID should remain asymptomatic (no symptoms, no fevers) for 2 weeks before returning to play and undergo a physical examination by their primary care provider to assess for cardiac conditions such as myositis.