



COVID-19 Guidance for Squash Clubs, Players, Coaches and Competitions in Scotland

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TOGETHER FOR SQUASH IN SCOTLAND

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TOGETHER FOR SQUASH IN SCOTLAND

1.0 Introduction

Scottish Squash continues to fully support and follow Scottish Government guidelines relating to COVID-19, including ensuring the safety and wellbeing of all members of Scottish Squash. Working in partnership with The Scottish Government, **sportscotland** and our members, we have produced guidance for clubs, players, coaches and competitions in line with Scottish Government guidance on sport and physical activity.

Indoor sport and leisure facilities are able to open if Scottish Government [Coronavirus \(COVID-19\): Guidance for the opening of indoor and outdoor sport and leisure facilities](#) is fully implemented.

You will also need to make sure that your club and players are made aware and can adapt to changes in guidance at short notice. Information on Scottish Governments approach to managing COVID-19 is available at [Scottish Government: Coronavirus in Scotland](#).

People who are symptomatic should self-isolate for 10 days; household members for 14 days as per info on NHS guidance. No one who is self-isolating should attend a sports facility/activity.

To manage a safe return to squash, it is a mandatory requirement that all clubs, facility operators and deliverers put in place comprehensive Test & Protect procedures to help break chains of transmission of Coronavirus (COVID-19). Further information is available within this guidance and at [Scottish Government: Test & Protect](#).

Scottish Government has introduced a new [strategic framework document](#) for managing COVID-19 which will become effective from 2 November 2020. This provides a 5-Level approach to restrictions with each local authority area (or sub-area) placed in a relevant protection level depending upon its COVID-19 status which will be reviewed weekly.

Clubs, coaches and players should be aware of their local area protection level and associated restrictions which may be in place and should consider this as part of risk assessment planning.

Further information on protection levels that will apply in each local authority area are available at [Coronavirus \(COVID-19\): allocation of protection levels to local authorities](#).



2.0 General Guidance

This guidance is not a 'one size fits all' approach as we appreciate squash clubs and facilities vary across Scotland and as such individual squash clubs should risk assess appropriately to ensure these procedures can be implemented. Please continue to err on the side of caution; clubs should not open unless all the necessary measures to ensure the safety of players and volunteers can be implemented. Players should only play if they feel fit, well and can adhere to the guidance put in place by their club. Also, given the length of time squash activity has been suspended, it is advised that anyone returning to court eases themselves back in to play gently.

There is absolutely no urgency or pressure to return to the court, however, if clubs and players feel ready and the following guidance is adhered to, squash activity can resume under the stated conditions. Where clubs choose to remain closed, please respect this decision.

This guidance is split into four sections and will be subject to review once The Scottish Government issues further advice and guidance:

Section 3 – Guidance for Clubs;

Section 4 – Guidance for Players;

Section 5 – Guidance for Coaches; and

Section 6 – Guidance for Competitions.



3.0 Guidance for Clubs

3.1 Club Management

- 3.1.1 This guidance should be read and implemented alongside the **sportscotland** '[Getting Your Facilities Fit for Sport](#)' guidance.
- 3.1.2 Clubs **MUST** appoint a [COVID-19 Officer](#) to ensure all appropriate management processes are in place and so that they can effectively oversee and maintain the implementation of measures outlined herein. An e-learning module for COVID Officers is available at:
https://rise.articulate.com/share/LIEWUj-o23H_4gC1AF002jdxdrCucQC0#/
- 3.1.3 Clubs **MUST** notify Scottish Squash of the personal details of the appointed COVID-19 Officer by completing the online form [here](#).
- 3.1.4 Clubs should check with their insurance company that the correct and full cover is in place before any play can take place.
- 3.1.5 Clubs should check with their landlord or facility operator that they have permission to re-open.
- 3.1.6 Guidelines will be updated as we progress through the different phases of Scottish Government measures – Scottish Squash remains in discussions with **sportscotland** and The Scottish Government and so we recommend that you check the official Scottish Squash position at <https://www.scottishsquash.org/covid-guidance/> on a regular basis to stay abreast of the latest recommendations.
- 3.1.7 It is the responsibility of each club to undertake documented risk assessments, based on their local circumstances, prior to activity taking place. Consider safety first, particularly focusing on minimising the risk of infection/transmission. Appropriate measures must be put in place to ensure participants, staff and volunteers are always protected.
- 3.1.7.1 Working from home and working flexibly, where possible, remain the default. The [Scottish Government's Route map](#) states that the date that non-essential offices and call centres can re-open is still under review. Although we appreciate clubs and leisure facilities are able to reopen on 31 August 2020, we would encourage clubs to consider whether internal meetings and training must be completed in person. Or whether these can be completed online or via telephone. If it is essential that meetings and

training takes place in person, [Scottish Government guidance for general workplaces](#) must be followed and a risk assessment should be completed.

3.2 Club & Court Access

3.2.1 Changing rooms, showers, and toilets:

- 3.2.1.1 Use of changing rooms and showering facilities should be avoided where possible, although they must be made available for participants who require additional support such as disabled people or those with special needs.
- 3.2.1.2 Sports facility operators may open toilets for public use if they follow the guidelines outlined on The Scottish Government website: [Opening Public Toilets Guidelines](#).
- 3.2.1.3 [Where changing rooms and showering facilities are to be used specific guidance relating to use of 'Changing and Showers' is available at Getting Your Facilities Fit for Sport.](#)

3.2.2 Locker rooms:

- 3.2.2.1 Access to indoor locker rooms and storage areas is permitted for the dropping off and collection of sports equipment or clothing. The sports facility operator should ensure mitigating actions are put in place to minimise the risk of virus transmission including physical distancing, hygiene and cleaning measures.

3.2.3 Physical distancing and participation numbers:

- 3.2.3.1 Children aged 11 years and younger are not required to physically distance at any time, as set out in Scottish Government guidance.
- 3.2.3.2 For those 18 years of age and over taking part in sport or leisure activity, normal Scottish Government physical distancing and household number guidelines should be followed.
- 3.2.3.3 Consider different entry and exit routes to the clubs/courts where possible, and ensure this is clearly marked. Where safe and appropriate, clubhouse doors (excluding court doors) should be left open during opening hours. Consider marking two metre distances at appropriate points, such as within clubhouse corridors.



3.2.3.4 Further information on physical distancing guidance is available as set out in The Scottish Government: [Staying Safe and Protecting Others](#).

3.2.4 Spectators:

3.2.4.1 No spectating should take place other than where a parent/carer is supervising a child or vulnerable adult. In all cases physical distancing should always be followed.

3.3 Health, Safety & Hygiene

3.3.1 Scottish Government has produced the [Coronavirus \(COVID-19\): FACTS poster including translations and accessible formats](#). Where possible operators should use this document to reinforce messages. FACTS stands for: **F**ace Coverings, **A**void crowded places, **C**lean your hands regularly, **T**wo metre distance and **S**elf isolate and book a test if you have symptoms.

3.3.2 Risk assessments should be carried out and documented for all activities and facilities. Consider safety first, particularly minimising the risk of infection/transmission. Appropriate measures must be put in place to ensure participants, staff and volunteers are protected.

3.3.3 Clubs and venue operators must ensure that relevant workplace guidance is followed for contractors and staff and ensure existing health and safety advice is maintained and aligned. This should be detailed in the risk assessment.

3.3.4 Cleaning of equipment, hand and respiratory hygiene are core measures to be implemented and provision should be made for these.

3.3.5 Clear guidance and plans are needed for cleaning of facilities and equipment, and waste disposal. For instance, common touchpoint surfaces (gates, door handles, handrails etc) should where possible be left open but if not possible, regular cleaning with disposable gloves should be undertaken.

3.3.6 A checklist for health, hygiene and cleaning considerations and actions is available here: [Getting your Facilities Fit for Sport](#).

3.3.7 Ensure usual access to first aid and emergency equipment is maintained.

3.3.8 Ensure the first aid equipment has been updated appropriately for the COVID-19 pandemic and first aiders have undertaken appropriate additional training.

3.3.9 In the event of first aid treatment being required, it is recognised that a suitably qualified person, coach, or supervising adult may require to attend to



the injured participant. The 'COVID-19 Officer' should consider processes for managing this as part of their risk assessment. This could include but not be limited to;

- provision of suitable personal protective equipment (PPE);
- training of coaches/supervising adults; and
- presence of one parent/carer being required at the activity for children/vulnerable adults.

3.3.10 Make hand sanitizers or wipes available for use at entrance/exit to clubs/courts where possible. Hand sanitiser should be at least 60% alcohol based and detergent wipes appropriate for the surface they are being used on. Cleaning products should conform to EN14476 standards.

3.3.11 Be aware that disabled people may face greater challenges implementing regular handwashing because of additional support needs. Some disabled people may need to use touch to help them get information from their environment and physical support. It is important they are not prevented from doing this, but operators should be aware that this increases the likelihood of virus transmission.

3.3.12 Face coverings:

3.3.12.1 Sports facility operators should ensure participants and visitors wear face coverings, if indoors, before and after activity or when in non-playing areas of the facility e.g. reception, locker rooms and storage areas. This is a mandatory requirement except where an exemption applies, or where there is a 'reasonable excuse' not to wear a face covering. For example, if you have a health condition or you are disabled, including hidden disabilities such as autism, dementia or a learning disability.

3.3.12.2 Be aware that face coverings discriminate against some deaf people who need to look at lips to help communicate. Staff in facilities should be made aware that it is okay to remove their face coverings to communicate with someone who relies on lip reading and facial expressions.

3.3.12.3 Face coverings may not be required when using hospitality services such as café's, bars and restaurants. For further information refer to Scottish Government [Coronavirus \(COVID-19\): tourism and hospitality sector guidance](#).



3.3.12.4 The [Coronavirus \(COVID-19\) Phase 3: staying safe and protecting others, face coverings](#) provides guidance on general use and exemptions.

3.3.13 Players should be discouraged from wiping their hands on the walls and doors of the squash court, and to avoid any unnecessary touching of these surfaces.

3.3.14 Further health, safety and hygiene guidance is available at:

- [Health Protection Scotland: General guidance for non-healthcare settings](#)
- [Health Protection Scotland: Cleaning in a non-healthcare setting](#)
- [Health Protection Scotland: Hand hygiene techniques](#)
- [St. John's Ambulance: Covid-19 advice for first aiders](#)
- [HSE: First Aid during the coronavirus](#)

3.4 Test & Protect

3.4.1 [Test and Protect](#), is Scotland's way of putting into practice NHS Scotland's test, trace, isolate and support strategy.

3.4.2 Containing outbreaks early is crucial to reduce the spread of COVID-19, protect the NHS and save lives, and avoid the reintroduction of social and economic lockdown. This will support the country to return to, and maintain, a more normal way of life.

3.4.3 Maintaining customer records:

3.4.3.1 It is a mandatory requirement that sport facility operators collect the name, contact number, date of visit, time of arrival, and where possible the departure time of all those attending facilities or activities.

3.4.3.2 The contact details for one member – a 'lead member' – will be sufficient.

3.4.3.3 Sports facility operators should store information for 21 days and share it when requested to do so by public health officers.

3.4.4 A leaflet providing information on the Test and Protect service from NHS Scotland is also available here: <https://www.gov.scot/publications/coronavirus-covid-19-test-and-protect-coronavirus-service/>

3.4.5 Registration with the Information Commissioner's Office:



- 3.4.5.1** In order to gather and store customer information securely, sports facility operators may need to be registered with the Information Commissioner's Office (ICO). This will be the case if you are using an electronic system to gather and store data.
- 3.4.5.2** If you are unsure whether you need to register, please contact the ICO via their helpline on 0303 123 1113, or visit www.ico.org.uk.
- 3.4.6** Protect Scotland App:
- 3.4.6.1** NHS Scotland has launched a free mobile app designed to help with contact tracing efforts and slow the spread of COVID-19. The app will alert users if they have been in close contact with another app user who tests positive for coronavirus.
- 3.4.6.2** Supported by a dedicated Protect Scotland website, the app is an extra tool complementing existing person-to-person contact tracing which remains the main component of NHS Scotland's Test and Protect system.
- 3.4.6.3** Further information on the Protect Scotland app is available at www.protect.scot.
- 3.4.7** What should someone do if they have coronavirus symptoms?
- 3.4.7.1** If a person has a continuous cough, high temperature, or loss or change in taste or smell, they should self-isolate and request a coronavirus test right away. Further information is available at www.NHSinform.scot/test-and-protect or by calling **0800 028 2816** if they cannot get online.
- 3.4.7.2** The [Coronavirus \(COVID-19\): Test and Protect information leaflet](#) provides information on the Test and Protect service from NHS Scotland.
- 3.4.8** Local outbreaks or clusters or coronavirus cases:
- 3.4.8.1** Scottish Government travel advice and guidance relating to local outbreaks or clusters of coronavirus cases is available at [Coronavirus \(COVID-19\): local advice and measures](#).
- 3.4.8.2** Where a local outbreak has been reported, sports facility operators and deliverers within this locality should review Scottish Government 'local measures' guidance, their facility/operational risk assessment and consider if additional mitigating actions should be put in place to reduce risk. This may, for example, include; suspending activity, enhancing

hygiene and physical distancing measures or introducing additional activity restrictions.

3.5 Squash Activity

3.5.1 Squash activity for **CHILDREN/YOUNG PEOPLE UNDER 18 YEARS OLD** is permitted at the club/facility under the following conditions:

Returning to Play – Children/Young People (Under 18 Years Old)			
Level	Condition	What Does This Mean?	Further Details
0/1/2/3	Unconditioned/Regular squash	Children under 18 years old can resume regular and unconditioned squash activity/play with other children under 18 years old from another household.	Children under 18 years old can resume regular unconditioned squash activity ONLY if all other guidance in this document and all relevant Safeguarding Children guidance is adhered to.
4	Squash not permitted Indoor sport & PA prohibited: leisure centres, gyms and other indoor sports facilities closed		

3.5.2 Squash activity for **ADULTS AGED 18 & ABOVE** is permitted at the club/facility **ONLY** under the following conditions:

Returning to Play – Adults (Age 18 Years Old & Above)			
Level	Condition	What Does This Mean?	Further Details
0	Unconditioned/Regular squash	Adults (aged 18 years and above) can resume regular and unconditioned squash activity/play.	Adults (aged 18 years and above) can resume regular unconditioned squash activity ONLY if all other guidance in this document and all relevant.
1/2/3	Solo squash	<p>This allows one person to use the squash court at any one time, exclusively for the duration of their booking.</p> <p>The court booking is exclusive to the person who made the booking i.e. a group cannot book the court and take turns to use the court one at a time.</p>	Solo squash can resume ONLY if all other guidance in this document and any relevant Safeguarding Children guidance is adhered to.
1/2/3	Household (including extended households*) squash	Household squash allows unconditioned squash/play to resume when players are from the same household	Household squash can resume ONLY if all other guidance in this document and any relevant Safeguarding Children guidance is adhered to.
4	<p>Squash not permitted</p> <p>Indoor sport & PA prohibited: leisure centres, gyms and other indoor sports facilities closed</p>		

***Please see The Scottish Government definition of an extended household at:**

<https://www.gov.scot/publications/coronavirus-covid-19-phase-3-staying-safe-and-protecting-others/pages/seeing-friends-and-family/#Extended%20households>

3.5.3 Where a participant with a disability requires functional support to enable their participation in physical activity and sport this can be provided without maintaining physical distancing. This support can be provided by a coach or other individual. In such circumstance the responsible 'COVID-19 Officer' should consider appropriate mitigating actions as part of the risk assessment. For instance, providing appropriate PPE, limiting the number of participants an individual provides functional support to, limiting the duration spent in close proximity, or a combination of actions.

3.6 Equipment

3.6.1 Sports facility operators should, where possible, remove equipment including benches, scoreboards, tables and any other objects that are not essential for participation purposes.

3.6.2 Where the above is not possible appropriate cleaning measures, including provision of sanitiser and disposable gloves, should be put in place to reduce the risk of contamination.

3.6.3 Bins may be provided but should be regularly checked, cleaned/sanitised, emptied and disposed of using appropriate PPE.

3.6.4 All fixed equipment should be checked prior to use to avoid participants having to adjust or touch it.

3.6.5 Where shared equipment is necessary for an activity appropriate hygiene measures must be put in place to ensure the equipment is thoroughly cleaned before, during and after use.

3.6.6 Where balls are used in sports areas, courts and pitches a risk assessment should be undertaken to ensure measures are put in place to minimise uncovered body contact. Appropriate hygiene protocols should be undertaken including hand hygiene and regular cleaning of balls before, during and after exercise.

3.7 Bookings & Payments

3.7.1 Clubs should organise a system for booking and allocation of court times that ensure the safety of all players.



- 3.7.2** Encourage people to make bookings online where possible (SportyHQ's online booking system is free for all Scottish Squash member clubs, please contact ross.cairns@scottishsquash.org for support with set-up or further information). However, be aware that a proportion of disabled people, people from low income households and older adults do not have access to the internet. Ensure you have alternative measures in place. For example, telephone bookings.
- 3.7.3** Implement a buffer period between court/session booking slots to allow time for court cleaning and for players to leave before the next players arrive.
- 3.7.4** Consider staggering the start time of court bookings so that players do not all arrive/leave at the same time.
- 3.7.5** Where possible, use online or contactless payment options and avoid handling cash. Where people do not have bank accounts, it is okay to accept cash payments.

3.8 Communication

- 3.8.1** Clubs and operators should communicate clearly and regularly with members and participants setting out what they are doing to manage risk, and what advice they are giving to individuals before, during and after visits to the club/activity.
- 3.8.2** Clubs should advise their members if and when their squash club is open and ready for play and what procedures must be followed for those planning to play.
- 3.8.3** Ensure signage on guidelines for playing squash safely and promoting hygiene measures is clearly displayed (& ensure these remain up to date as restrictions change).
- 3.8.4** Make them aware in advance of measures you are putting in place at your club, and guidelines they are asked to follow.
- 3.8.5** Ideally sports facility operators should publish an action plan detailing their plans to re-open safely.
- 3.8.6** Communicate clearly opening times and how people can safely access a facility, if relevant, for example through a booking or queuing system.



3.8.7 It is more important than ever to consider inclusive guidance for people who need support to be active and sports facility operators should consider this as part of their work to encourage people to return.

3.9 Equality & Inclusion

3.9.1 COVID-19 is affecting everyone. But the impact of the pandemic is not being felt equally. Before the pandemic, certain groups were less likely to participate in sport and physical activity. These groups are also the most at risk of worsening inequalities due to Covid-19:

- Older people
- Disabled people
- Ethnic minorities
- Women
- People from deprived communities

3.9.2 It is more important than ever to consider inclusive guidance for people who need extra support to be active and sports facility operators should consider this as part of their work to encourage people to return.

3.9.3 The evidence emerging has clear implications for how we design and deliver sport and physical activity. Some key areas for consideration include;

3.9.3.1 Communication – digital exclusion is a key issue. With so many services and so much information moving online it risks worsening the health impacts of the pandemic. We have to think innovatively about the range of ways we can provide information to people about sport and physical activity.

3.9.3.2 Accessibility – accessibility of our environments is another key issue emerging from the pandemic. As clubs and facilities re-open it's important to build understanding of people's specific accessibility needs around things like hygiene, physical distancing and face coverings so we can provide the best possible support to people to take part in sport and physical activity.

3.9.3.3 Anxiety, mental health and wellbeing – the pandemic is leading to an increased risk of anxiety and mental ill-health for people who share all characteristics. We know that sport and physical activity can have significant benefits for people's mental health so it's vital that we continue to promote those benefits, so people are encouraged to get involved.



- 3.9.3.4** Confidence - confidence to return to sport is a big issue across all groups. We know that some groups are at higher risk from Covid-19 than others (including some ethnic minorities, disabled people and households experiencing poverty). These groups may be even more nervous about returning to sport or starting to participate. They are also less likely to participate in sport in the first place, so we'll need to give extra attention to their needs to help build their confidence.



4.0 Guidance for Players

4.1 Stay up to date

- 4.1.1 Players should check if the club is open for play. Please be patient and understanding if the club cannot open their facilities.
- 4.1.2 Scottish Government information is available at [Scottish Government: Coronavirus in Scotland](#).
- 4.1.3 Be aware that guidance can change, and restrictions may be reintroduced - ensure you have checked the latest version of guidelines for your activity.

4.2 Court Bookings

- 4.2.1 Where the club allows, ensure you have booked a court in advance and make payment online.
- 4.2.2 Please make sure you leave the court promptly at the end of your allotted time.

4.3 Equipment

- 4.3.1 Take all your own equipment (do not share equipment such as rackets, grips & towels).
- 4.3.2 Only take the minimum amount of equipment with you that you need to play.
- 4.3.3 Clean and wipe down your equipment, including rackets and water bottles before and after use.
- 4.3.4 Bring a full water bottle, and do not share food or drink with others.
- 4.3.5 Ensure you take all your belongings with you at the end of the session and do not leave anything behind.

4.4 Travelling to and from the Club

- 4.4.1 Travel guidance outlined by the Scottish Government should always be followed. Further information on what travel is permitted in the five protection levels for each local authority area is available at [Coronavirus \(COVID-19\): local protection levels](#). [Specific information on car sharing is available from Transport Scotland: advice on how to travel safely](#).



4.4.2 Information for each local authority area, including their level is available at [Coronavirus \(COVID-19\): local protection levels](#) including a post code checker.

4.4.3 Specific information on car sharing is available from [Transport Scotland: advice on how to travel safely](#).

4.4.4 Sport & Physical Activity:

4.4.4.1 Participants can travel freely for organised sport and physical activity or informal exercise within their own Local Authority area. For informal exercise general household rules should be followed.

4.4.4.2 Level 4 guidance: participants (all ages) should not drive/be driven in or out of Level 4 areas for the purposes of exercise. Travel in and out of Level 4 areas should only take place during the course of outdoor exercise where it requires the crossing of boundaries, such as walking, cycling, running, or a golf course that straddles the boundary of two areas and starts/finishes at the same place.

4.4.4.3 Level 0-3 guidance:

- Participants 18 years of age or over (adults) who live in a Level 3 area should only travel locally (within around 5 miles of their local authority area) to take part in sport or physical activity outdoors. Adults living in a Level 3 area should not take part in contact sport or physical activity.
- Participants aged 18 years or over (adults) who live in a Level 0, 1 or 2 area should, where possible, minimise unnecessary travel between areas and not travel to a Level 3 or 4 area to take part in organised sport or physical activity.
- Participants under 18 years of age can travel to and from Level 0, 1, 2 and 3 areas (but not Level 4) to take part in organised sport and physical activity other than team sports. For team sports follow the guidance below.
- Team sports (all ages) should, where possible, compete and train locally. Teams should not travel in or out of Level 3 or 4 areas to compete or train.



- Where a participant is under 18 years of age they may travel/be driven to play for their team if it is located in a higher or lower Level area.
- Operators should risk assess all activity and it is strongly recommended that where at all possible training and competition should take place locally.

4.4.5 Please check before you leave that toilet facilities will be available at the club.

4.4.6 Wash your hands with soap and water for at least 20 seconds before leaving home. Information on hand hygiene is available at: [Health Protection Scotland: Hand hygiene techniques.](#)

4.4.7 Where possible, avoid using public transport and adhere to Scottish Government physical distancing and travel guidelines.

4.4.8 Arrive as close to possible to when you need to be at the club and allow others to leave before you enter. If you need to wait, then do so away from the club and clear of any entrances or exits.

4.4.9 Take your own hand sanitiser to the club and use regularly throughout the activity.

4.4.10 If driving, park your car in such a way as to facilitate physical distancing. Car sharing should be avoided, unless with other members of your household.

4.4.11 Avoid touching fixed equipment including gates, fences, or benches.

4.4.12 After completing your exercise/activity, return directly to your car (if appropriate) and leave.



4.5 Squash Activity

4.5.1 **PLAYERS UNDER 18 YEARS OLD** can participate in squash under the following conditions:

Returning to Play – Children/Young People (Under 18 Years Old)			
Level	Condition	What Does This Mean?	Further Details
0/1/2/3	Unconditioned/Regular squash	Children under 18 years old can resume regular and unconditioned squash activity/play with other children under 18 years old from another household.	Children under 18 years old can resume regular unconditioned squash activity ONLY if all other guidance in this document is adhered to.
4	Squash not permitted Indoor sport & PA prohibited: leisure centres, gyms and other indoor sports facilities closed		

4.5.2 PLAYERS AGED 18 YEARS OLD AND ABOVE can participate in squash activity **ONLY** under the following conditions:

Returning to Play – Adults (Age 18 Years Old & Above)			
Level	Condition	What Does This Mean?	Further Details
0	Unconditioned/Regular squash	Adults (aged 18 years and above) can resume regular and unconditioned squash activity/play.	Adults (aged 18 years and above) can resume regular unconditioned squash activity ONLY if all other guidance in this document and all relevant.
1/2/3	Solo squash	Adult players (aged 18 & above) can only use the squash court on an individual basis. The court booking is exclusive to the player who made the booking (i.e. a group cannot book the court & take turns to use the court one at a time).	Adult players (aged 18 & above) can only participate in solo squash if all other guidance in this document is adhered to.
1/2/3	Household (including extended households*) squash	Players can participate in unconditioned squash activity with someone from the same household.	Players can participate in unconditioned household squash activity if all other guidance in this document is adhered to.
4	Squash not permitted Indoor sport & PA prohibited: leisure centres, gyms and other indoor sports facilities closed		

*Please see The Scottish Government definition of an extended household at: <https://www.gov.scot/publications/coronavirus-covid-19-phase-3-staying-safe-and-protecting-others/pages/seeing-friends-and-family/#Extended%20households>



4.5.3 Where a participant with a disability requires functional support to enable their participation in physical activity and sport this can be provided without maintaining physical distancing. This support can be provided by a coach or other individual. In such circumstance the responsible 'COVID-19 Officer' should consider appropriate mitigating actions as part of the risk assessment. For instance, providing appropriate PPE, limiting the number of participants an individual provides functional support to, limiting the duration spent in close proximity, or a combination of actions.

4.6 Maintain Social Distancing

4.6.1 Children aged 11 years and younger are not required to physically distance at any time, as set out in Scottish Government guidance.

4.6.2 For those 18 years of age and over taking part in sport or leisure activity, normal Scottish Government physical distancing and household number guidelines should be followed unless otherwise advised by your relevant Sports Governing Body, club or facility operator, as certain activities have exemptions.

4.6.3 Normal physical distancing and household number guidelines will however be applicable before and after the sporting activity or when taking breaks.

4.6.4 Coaches, officials, parents and carers should continue to observe physical distancing when involved in children's activity as a coach, official or spectator. Please refer to specific club or facility guidelines.

4.6.5 Where access through an indoor space is provided, it should be for one person at a time, ideally with a one-way system in operation. Participants should ensure not to make contact with hard surfaces such as door handles and move through the area without stopping or congregating at any time.

4.6.6 Further information on physical distancing guidance is available at [Staying Safe and Protecting Others](#).

4.7 Health, Safety & Hygiene

4.7.1 Face coverings:

4.7.1.1 It is mandatory for participants and visitors to indoor sports facilities to wear face coverings before and after activity or when in non-playing areas of the facility. For example: reception, locker rooms and storage areas unless there is a reasonable excuse not to do so. For example, if you



have a health condition or you are disabled, including hidden disabilities such as autism, dementia or a learning disability.

- 4.7.1.2** If you are deaf and need to look at lips and facial expressions to help you communicate, you can ask staff to remove their face covering.
 - 4.7.1.3** Face coverings do not need to be worn when undertaking physical activity, exercise or showering/changing.
 - 4.7.1.4** Face coverings do not need to be worn in a sports facility hospitality environment if you are eating or drinking but must be worn at all other times.
 - 4.7.1.5** The [Coronavirus \(COVID-19\) Phase 3: staying safe and protecting others page on face coverings](#) provides guidance on their use and exemptions.
- 4.7.2** Avoid touching your face and ensure to clean your hands with at least 60% alcohol gel when you finish participating.
- 4.7.3** Players should refrain from wiping their hands on the walls and doors of the squash court, and to avoid any unnecessary touching of these surfaces.

4.8 Test & Protect

- 4.8.1** [Test and Protect](#), is Scotland's way of putting into practice NHS Scotland's test, trace, isolate and support strategy. Containing outbreaks early is crucial to reduce the spread of COVID-19, protect the NHS and save lives, and avoid the reintroduction of social and economic lockdown. This will support the country to return to, and maintain, a more normal way of life.
- 4.8.2** The gathering of contact information from anyone attending sport/leisure activities or facilities in a secure and safe manner, will assist NHS Scotland's Test and Protect service to identify any clusters of cases, contact those who may have been exposed to the virus, and request them to take appropriate steps to prevent potential onward spread.
- 4.8.3** Maintaining customer records:
- 4.8.3.1** In order to support Test and Protect sports facility operators are required to collect the name, contact number, date of visit, time of arrival, and where possible the departure time of all those attending facilities or activities.
 - 4.8.3.2** The contact details for one member – a 'lead member' – will be sufficient.



- 4.8.3.3** It is important that sport facility operators and customers cooperate, as it will be crucial to national efforts to suppress the virus.
- 4.8.3.4** Sports facility operators will store information for 21 days and share it with public health officer when requested.
- 4.8.4** A leaflet providing information on the Test and Protect service from NHS Scotland is also available [here](#).
- 4.8.5** Protect Scotland App:
- 4.8.5.1** NHS Scotland has launched a free mobile app designed to help with contact tracing efforts and slow the spread of COVID-19. The app will alert users if they have been in close contact with another app user who tests positive for coronavirus.
- 4.8.5.2** Supported by a dedicated Protect Scotland website, the app is an extra tool complementing existing person-to-person contact tracing which remains the main component of NHS Scotland's Test and Protect system.
- 4.8.5.3** Further information on the Protect Scotland app and how to download it is available at www.protect.scot.
- 4.8.6** What do I do if I have coronavirus symptoms?
- 4.8.6.1** If you have a continuous cough, high temperature, or loss or change in taste or smell, self-isolate and request a coronavirus test right away. You can do this online at www.NHSinform.scot/test-and-protect or by calling **0800 028 2816** if you cannot get online.
- 4.8.6.2** The [Coronavirus \(COVID-19\): Test and Protect information leaflet](#) provides information on the Test and Protect service from NHS Scotland.

5.0 Section 5 – Guidance for Coaches

In order to deliver coaching activity in line with the guidance outlined in this section Scottish Squash Licenced Coaches (herein referred to as coach/es) **MUST** hold a valid [Scottish Squash Coach Licence](#). To check the status of your licence please contact allan.mckay@scottishsquash.org

Coaches can work indoors, providing all activity is consistent with current [Scottish Government guidance](#) on health, physical distancing and hygiene – they will also need to make sure that they can adapt to changes in guidance at very short notice.

In addition, please see **sportscotland's** [Getting Coaches Ready for Sport](#) resource which can be used by Coaches to help them get ready for delivering squash.

People who are symptomatic should self-isolate for 10 days: household members for 14 days as per info on NHS guidance. No one who is self-isolating should attend a sports activity. Coaches and participants should cancel attendance, even if at very short notice, if symptomatic.

5.1 General

5.1.1 It is the responsibility of each venue operator, club and coach to ensure documented risk assessments, based on local circumstances, are completed prior to any activity taking place. Consider safety first, particularly focusing on minimising the risk of infection/transmission. Appropriate measures must be put in place to ensure participants, staff and volunteers are protected at all times.

5.1.2 Children under 12 do not need to maintain physical distance between themselves.



5.2 Squash Coaching **[UPDATED]**

5.2.1 Squash coaching for **CHILDREN/YOUNG PEOPLE UNDER 18 YEARS OLD** is permitted at the club/facility under the following conditions:

Squash Coaching – Coaching Children/Young People (Under 18 Years Old)			
Level	Condition	What Does This Mean?	Further Details
0	One to one coaching	Coaching can resume for children under 18 years old.	Coach can return to court.
	Group coaching		
1/2/3	One to one coaching with physical distancing	Coaching can resume for children under 18 years old providing physical distancing is maintained at all times.	The coach may be on court when delivering sessions but should ensure physical distancing is maintained and a face covering must be worn at all times. Physical distancing must adhere to current Scottish Government guidance.
	Group coaching with physical distancing	Coaching can resume for children under 18 years old providing physical distancing is maintained at all times between the coach and participants.	The coach may be on court when delivering sessions but should ensure physical distancing is maintained and a face covering must be worn. Group size can be set by the coach in line with updated risk assessments.

4	<p>Squash not permitted</p> <p>Indoor sport & PA prohibited: leisure centres, gyms and other indoor sports facilities closed</p>
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5.2.2 Squash coaching for **ADULTS AGED 18 & ABOVE** is permitted at the club/facility **ONLY** under the following conditions:

Squash Coaching – Adults (Age 18 Years Old & Above)			
Level	Condition	What Does This Mean?	Further Details
0	One to one coaching	Coaching can resume for adults.	Coach can return to court.
	Group coaching		
1/2/3	One to one coaching with physical distancing	Coaching can resume for adults (aged 18 and above) providing physical distancing is maintained at all times.	<p>The coach may be on court when delivering sessions but should ensure physical distancing is maintained and a face covering must be worn.</p> <p>Physical distancing must adhere to current Scottish Government guidance.</p>
	Group coaching with physical distancing (Group must be from the same household, including extended households*)	Coaching can resume for adults (aged 18 and above) providing physical distancing is maintained at all times between the coach and participants. Participants within the group must be from the same household (including extended households*)	<p>The coach may be on court when delivering sessions but should ensure physical distancing is maintained and a face covering must be worn.</p> <p>Group size can be set by the coach in line with updated risk assessments.</p>

4	<p>Squash not permitted</p> <p>Indoor sport & PA prohibited: leisure centres, gyms and other indoor sports facilities closed</p>
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*Please see The Scottish Government definition of an extended household at: <https://www.gov.scot/publications/coronavirus-covid-19-phase-3-staying-safe-and-protecting-others/pages/seeing-friends-and-family/#Extended%20households>

See diagram 1 & 2 as an example of how the coach will deliver coaching while maintaining physical distancing at all times.

Coach zones should be established for a period of practice and caution should be taken when switching coach zones.

Diagram 1

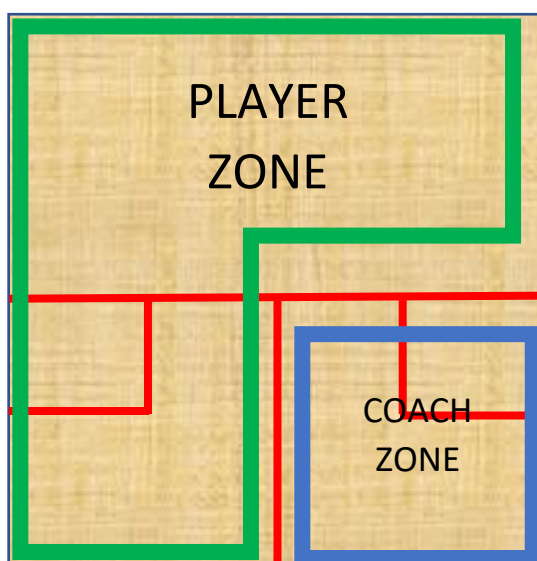
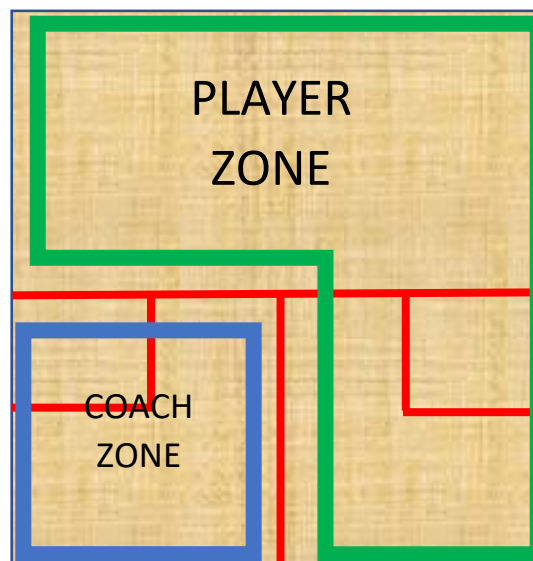


Diagram 2



5.2.3 Where a participant with a disability requires functional support to enable their participation in physical activity and sport this can be provided without maintaining physical distancing. This support can be provided by a coach or other individual. In such circumstance the responsible ‘COVID-19 Officer’ should consider appropriate mitigating actions as part of the risk assessment. For instance, providing appropriate PPE, limiting the number of participants an individual provides functional support to, limiting the duration spent in close proximity, or a combination of actions.

5.3 Additional Information **[UPDATED]**

5.3.1 A face covering must be worn by all people when in indoor communal areas, except where an exemption applies (as defined in the legislation), or where there is a ‘reasonable excuse’ not to wear a face covering such as



exercising/undertaking physical activity. Consider this as part of your risk assessment.

5.3.2 At all times coaches should:

- 5.3.2.1 Ensure that they are wearing a face covering whilst on court.
- 5.3.2.2 Plan appropriately for the session in advance, be aware of responsibilities, be clear on expectations with participants and build in a review period to reflect on effectiveness and safety of the session. A detailed document including checklists is available to support coaches at [Getting Coaches Ready for Sport](#).
- 5.3.2.3 Ensure signage on guidelines for participating safely and promoting hygiene measures are clearly displayed and up to date.
- 5.3.2.4 Be aware of their responsibilities and that of their participants before, during and after each session.
- 5.3.2.5 Check, in advance of delivery, that appropriate insurance policies are in place for all coached activities and that their insurance is valid for the activities they plan to deliver.
- 5.3.2.6 Find out about their direct and surrounding delivery environment in advance of the session and contact the venue operator, where relevant, to confirm any changes in processes and procedure.
- 5.3.2.7 Ensure appropriate policies are in place and in line with respective Scottish Governing Body and local authority or leisure trust safeguarding best practice.
- 5.3.2.8 Ensure they have an approach to activity that is feasible and safe to deliver.
- 5.3.2.9 Coaches working with children should familiarise themselves with the additional considerations developed by Children 1st: [Child Wellbeing and Protection Considerations](#).

5.4 Communication with Members/Customers

- 5.4.1 Coaches should communicate clearly and regularly with participants setting out what they are doing to manage risk, and what advice they are giving to individuals before, during and after visits to the venue/activity.



5.4.2 Communicate clearly opening times and how people can safely access a facility, if relevant, for example through a booking or queuing system.

5.4.3 Ensure there is a process for cancellation should it be necessary.

5.5 Health, Safety & Hygiene

5.5.1 Coaches should ensure they have access to first aid and emergency equipment. Where equipment is stored indoors coaches should ensure public access to indoor areas is restricted as much as possible with hygiene and safety protocols reviewed as part of the risk assessment. Coaches should ensure that first aid equipment has been updated appropriately for the COVID-19 pandemic and first aiders have appropriate training.

5.5.2 When undertaking coaching the coach should ensure, where possible, that everyone involved avoids touching surfaces, sharing equipment and touching their mouth and face.

5.5.3 Cleaning, hand, and respiratory hygiene are core measures and provision should be made for these. Clear guidance and plans are needed for cleaning of equipment and waste disposal. Toilets may be available if operators follow the guidelines outlined on the Scottish Government website [Opening Public Toilets Guidelines](#). Please check with your venue operator in advance of your session.

5.5.4 Coaches should ensure hand sanitizers or wipes are available for use at entrance/exit to activity where possible and ask participants to bring their own hand sanitiser (hand sanitiser should be at least 60% alcohol based and detergent wipes appropriate for the surface they are being used on).

5.5.5 All appropriate cleaning procedures and equipment/disinfectant should be provided as per Health Protection Scotland guidance. Cleaning products should conform to EN14476 standards.

5.5.6 A checklist for health, hygiene and cleaning considerations and actions is available here: [Getting your Facilities Fit for Sport](#).

5.5.7 Further guidance is available at:

- [Health Protection Scotland: General guidance for non-healthcare settings](#)
- [Health Protection Scotland: Cleaning in a non-healthcare setting](#)
- [Health Protection Scotland: Hand hygiene techniques](#)
- [Health and Safety Executive: First aid during the coronavirus \(COVID-19\) outbreak](#)



- [St. John's Ambulance: Covid-19 advice for first aiders](#)
- [HSE: First Aid during the coronavirus](#)

5.6 Equipment Provision & Use

- 5.6.1** Participants should bring their own equipment where possible, including water bottles, towels and sport specific items.
- 5.6.2** Where shared equipment is necessary for an activity appropriate hygiene measures must be put in place to ensure the equipment is thoroughly cleaned before, during and after use.
- 5.6.3** No personal equipment should be left at a facility by a coach or participant once the activity has ended.

5.7 Bookings & Payments

- 5.7.1** Encourage people to make bookings online where possible. However, be aware that a proportion of disabled people, people from low income households and older adults do not have access to the internet. Ensure you have alternative measures in place. For example, telephone bookings.
- 5.7.2** Where possible and in line with Data Protection regulations, a register of users should be kept in case there is a need to track and trace. Please follow any guidance provided by your employer or venue operator.
- 5.7.3** Consider introducing buffer periods between sessions to stagger start times so that participants do not all arrive/leave at the same time.
- 5.7.4** Where possible, use online or contactless payment options and avoid handling cash. Where people do not have bank accounts, it is okay to accept cash payments.
- 5.7.5** Workers, venue operators and clubs must ensure that they follow all relevant workplace guidance for contractors and staff and that existing health and safety advice is maintained and aligned. This should be detailed in the documented risk assessment.

6.0 Section 6 – Guidance for Competitions

We know Regions, Clubs and Competition Organisers will be keen to provide competitive opportunities for players in Scotland as soon as it is safe and appropriate for them to do so.

Based on our continued discussions with Scottish Government and **sportscotland**, Scottish Squash have started to develop this set of practical guidelines for Competition Organisers to follow so that squash competitions can be played in Scotland, where the local environment allows and by following the general guidance around the return to play.

These guidelines outline adaptations and considerations so that squash competition can be enjoyed in a way that is in line with Scottish Government advice and helps to prevent the spread of COVID-19. They include measures to maintain hygiene and minimise unnecessary interactions with others.

Squash competitions which do not follow these Scottish Government approved guidelines should not take place in Scotland at this time.

Squash venues across the country are all different and operate in different local contexts. Making an assessment of whether a safe competition environment can be provided depends on a range of factors, which apply differently at each venue. It is the responsibility of each Competition Organiser and squash facility to make that assessment based on their local environment.

These guidelines should be read in conjunction with the full 'Covid-19 Guidance for Squash Clubs, Players, Coaches and Competitions in Scotland' document. All elements of the guidelines should be considered to ensure activity can be delivered safely.

Additional Support

Should you have any further questions or require further support with restarting competitions when appropriate, please contact:

Allan McKay,

Head of Coaching & Competitions

07483 908 890 | allan.mckay@scottishsquash.org



6.1 Competition Activity

6.1.1 Squash competitions are permitted in line with the following table and as long as all other guidance in this document is followed:

Level 0	Competitions for adults (18+) and children/young people (U18) permitted.
Level 1	Competitions for children/young people (U18) permitted. No indoor contact sport permitted - competitions for adults (18+) prohibited.
Level 2	Competitions for children/young people (U18) permitted. No indoor contact sport permitted - competitions for adults (18+) prohibited.
Level 3	Competitions for children/young people (U18) permitted. No indoor contact sport permitted - competitions for adults (18+) prohibited.
Level 4	No squash competitions permitted. Leisure centres, gyms and other indoor sports facilities closed.

6.2 General

Competition Organisers are encouraged to familiarise themselves with the [‘Coronavirus \(COVID-19\): events sector guidance’](#), available from the Scottish Government, as well as this sport specific guidance.

Any club/facility looking to introduce competition are encouraged to have been open for a period of time to understand the general return to play guidance before moving to re-introducing competition.

When organising a competition we encourage all competition organisers to register their competition with Scottish Squash as a [BounceBack sanctioned competition](#). That way we can ensure greater support in the organisation and delivery of your competition.

6.3 Club/Facility Management

Ensure your club committee/management oversees and maintains the implementation of measures. Competition organisers should take time to ensure they resume competition safely, rather than rushing.

All activity should be consistent with the Scottish Government guidance regarding health, travel, physical distancing and hygiene at all times.

All those providing competitions must abide by this guidance and have a named ‘Covid Officer’ who will complete documented risk assessments and



ensure all appropriate mitigations are put in place before any competition is undertaken. A risk assessment template is available from the [Scottish Squash website](#).

Organisers must consider safety first, particularly minimising the risk of infection/transmission, and ensure appropriate measures are put in place to ensure participants, staff and volunteers are protected.

Guidelines will be updated as we continue to progress through the pandemic. Scottish Squash remains in discussions with Scottish Government and so we recommend you check the official position on the [Scottish Squash website](#) on a regular basis to stay abreast of the latest recommendations.

Any measures put in place to enable squash activity to resume need to be capable of being flexed or changed quickly if tighter restrictions are reintroduced in the future, or when the restrictions are further relaxed. This may include having to cancel your competition at short notice.

Changing rooms, showers, and toilets: Please refer to Section 3.2 'Club & Court Access' for information on changing rooms, showers, and toilets.

6.4 Physical Distancing

Physical distancing in line with Scottish Government guidelines must be in place for the competition, including before and after a competition takes place, with participants and support staff asked to immediately vacate the courts and venue after they have completed the competition.

Travel to and from competition must not mix households i.e. no car sharing.

Ensure measures are in place to minimise encounters between people in all areas, including in car parks and at entrances.

Consider marking two metre distances at appropriate points, such as the entry gates to courts, competition desk and areas for the parents.

Competition risk assessments should consider mitigating actions to limit the risk of participants encroaching within 2m of each other before and after the activity. For instance, competition organisers may consider, where appropriate, different formats of competition or staggered starts.

Where an employee is involved in running the competition, relevant work placed risk assessments and consultation should take place in advance of any activity being undertaken.



Children aged 11 years and younger are not required to physically distance at any time, as set out in Scottish Government guidance.

For those 12 years of age and over taking part in sport or leisure activity, normal Scottish Government physical distancing and household number guidelines should be followed unless otherwise advised by your relevant Sports Governing Body, club or facility operator, as certain activities have exemptions.

Competition Organisers, coaches, officials and others involved in the running of the competition should physically distance at all times.

There should be no skin to skin contact for players. Racket taps are allowed and should be encouraged at the end of matches.

No formal presentation ceremonies should take place during or after a competition and the focus should be on reducing numbers in attendance at any one time.

6.5 Health, Safety & Hygiene

Ensure usual access to first aid and emergency equipment is maintained.

Ensure that first aid equipment has been updated appropriately for the COVID-19 pandemic and first aiders have appropriate training.

In the event of first aid treatment being required it is recognised that a suitably qualified person, coach or supervising adult may require to attend to the injured participant. The designated 'Covid Officer' should consider processes for managing this as part of the risk assessment. This could include but not be limited to;

- Provision of suitable PPE
- Training of coaches/supervising adults
- Presence of one parent/guardian being required at the activity for children

Guidance on delivering first aid during the coronavirus pandemic is available on the [St John Ambulance website](#).

Health, safety & hygiene measures for all activity should be in line with guidance for venues provided in this document.

Make hand sanitizers or wipes available for use at entrance/exit to venue/courts and buildings where possible.



Clean all common touch point surfaces (door handles, handrails etc.) regularly, wearing disposable gloves - attendees should be advised to clean their hands with hand sanitiser after touching shared surfaces such as court doors.

Where safe and appropriate, doors could be left open during the competition.

6.6 Entries

Operate online entry for all competitions including recreational competitions to ensure you can manage competition size, and also make it easy to record attendee details. However, be aware that a proportion of disabled people, people from low income households and older adults do not have access to the internet. Ensure you have alternative measures in place. For example, telephone bookings.

Take any payments online, and avoid handling cash.

Online bookings and competition management can be facilitated through [SportyHQ by contacting Scottish Squash](#).

6.7 Pre-Attendance Symptom Check

Anyone attending a competition in any capacity should undergo a pre-attendance self-assessment for any COVID-19 symptoms. No-one should leave home to participate in squash if they, or someone they live with, has symptoms of COVID -19, currently recognised as any of:

- A high temperature
- A new, continuous cough
- A loss of, or change to, their sense of smell or taste

If someone that has been involved in a competition develops symptoms of COVID-19, they should self-isolate and request a coronavirus test right away. Further information is available at www.NHSinform.scot/test-and-protect or by calling 0800 028 2816 if they cannot get online.

Officials and competition organisers should keep a temporary record of all those on site for the competition for 21 days, in a way that is manageable, and assist Test & Protect with requests for that data if needed.

6.8 Competition Size

The focus should be on delivering the competition with as few participants as possible in attendance at any given time, whilst still allowing the competition to run effectively.



Once an individual has completed their activity, they should immediately vacate the area of play and are then subject to normal household rules.

Any individual groups should not interact with anyone outside of the group they are attending the venue with (e.g. players on another court/participating in another activity).

To help reduce numbers at any one time, competition organisers could organise a competition in the morning and then one for a different group in the afternoon, however you should ensure there is a suitable time gap between the competitions so that the two groups do not meet.

Limits to group sizes for social gatherings do not apply to organised group squash activity. However, normal physical distancing and household number guidelines are applicable before and after playing squash or when taking breaks.

6.9 Scheduling Advice

Consider the maximum number that can participate in the competition to be able appropriately manage competitors who are not on court.

Consider splitting competitions up into smaller groups to manage the amount of people in the club/facility at one time.

Carefully plan the schedule so you know how many people will be at your competition at any time.

Consider using best of 3 matches or single games as the scoring format to allow for more playing time.

Where club vs club competitions take place, interactions could be kept to a minimum by participants attending for their match only and then leaving.

6.10 Supervision & Spectating

No spectating should take place other than where a parent/carer is supervising a child.

Parents/carers who are supervising their children should abide by Scottish Government physical distancing guidance by staying at least 2m away from those out with their own household. Groups of parents from different households should not congregate before, during or after the activity.



Clubhouses can be opened to provide indoor bar and restaurant services, providing they adhere to [Scottish Government Tourism and Hospitality Guidance](#).

6.11 Equipment

Players are advised to bring and use their own equipment – where any equipment is shared it should be subject to thorough cleaning measures between use.

Any equipment used should be cleaned and wiped down afterwards.

New or fresh squash balls are not needed for each match, but extra care must be taken to ensure the players do not touch their faces during play, and anyone involved in the match should all clean their hands before the match and immediately after finishing (use alcohol gel if required).

6.12 Communication

Communicate with your players/parents/carers clearly and regularly, making them aware in advance of the measures you are putting in place at your competition, and guidelines they are asked to follow.

Make participants aware that undertaking any activity, including squash, has the potential for increased risk of transmission of COVID-19, and advise attendees to read the Scottish Government's FACTS advice to stay safe and protect others.

Ensure a fact sheet is provided and/or ensure your communications highlight all guidance to players/parents/carers.

Encourage attendees to bring their own hand sanitiser.

Ensure signage on guidelines for maintaining physical distancing and promoting hygiene measures is clearly displayed (and ensure these remain up to date as restrictions change).

Posters that can be used to aid communication of the measures in place can be found in the [Scottish Squash Covid Resource Toolkit](#).

6.13 Travelling to and from the Competition

Travel guidance outlined by the Scottish Government should always be followed. Further information on what travel is permitted in the five protection



levels for each local authority area is available at [Coronavirus \(COVID-19\): local protection levels](#). [Specific information on car sharing is available from Transport Scotland: advice on how to travel safely](#).

Information for each local authority area, including their level is available at [Coronavirus \(COVID-19\): local protection levels](#) including a post code checker.

Specific information on car sharing is available from [Transport Scotland: advice on how to travel safely](#).

Sport & Physical Activity:

Participants can travel freely for organised sport and physical activity or informal exercise within their own Local Authority area. For informal exercise general household rules should be followed.

Level 4 guidance: participants (all ages) should not drive/be driven in or out of Level 4 areas for the purposes of exercise. Travel in and out of Level 4 areas should only take place during the course of outdoor exercise where it requires the crossing of boundaries, such as walking, cycling, running, or a golf course that straddles the boundary of two areas and starts/finishes at the same place.

Level 0-3 guidance:

- Participants 18 years of age or over (adults) who live in a Level 3 area should only travel locally (within around 5 miles of their local authority area) to take part in sport or physical activity outdoors. Adults living in a Level 3 area should not take part in contact sport or physical activity.
- Participants aged 18 years or over (adults) who live in a Level 0, 1 or 2 area should, where possible, minimise unnecessary travel between areas and not travel to a Level 3 or 4 area to take part in organised sport or physical activity.
- Participants under 18 years of age can travel to and from Level 0, 1, 2 and 3 areas (but not Level 4) to take part in organised sport and physical activity other than team sports. For team sports follow the guidance below.



- Team sports (all ages) should, where possible, compete and train locally. Teams should not travel in or out of Level 3 or 4 areas to compete or train.
- Where a participant is under 18 years of age they may travel/be driven to play for their team if it is located in a higher or lower Level area.
- Operators should risk assess all activity and it is strongly recommended that where at all possible training and competition should take place locally.

Please check before you leave that toilet facilities will be available at the club.

Wash your hands with soap and water for at least 20 seconds before leaving home. Information on hand hygiene is available at: [Health Protection Scotland: Hand hygiene techniques.](#)

Where possible, avoid using public transport and adhere to Scottish Government physical distancing and travel guidelines.

Arrive as close to possible to when you need to be at the club and allow others to leave before you enter. If you need to wait, then do so away from the club and clear of any entrances or exits.

Take your own hand sanitiser to the club and use regularly throughout the activity.

If driving, park your car in such a way as to facilitate physical distancing. Car sharing should be avoided, unless with other members of your household.

Avoid touching fixed equipment including gates, fences, or benches.

After completing your exercise/activity, return directly to your car (if appropriate) and leave.



7.0 Section 7 – Acknowledgements

Scottish Squash would like to thank everyone involved in the creation of this guidance, in particular: **sportscotland**, The Scottish Government and the World Squash Federation.



TOGETHER FOR SQUASH IN SCOTLAND