



Re-opening Rules

- 1.** Only come down to HGSRC if you have a pre-booked court. All courts must be pre-booked.
- 2.** Do not come down to HGSRC, if you, someone you live with or someone you have had close contact with, has had symptoms of COVID-19.
- 3.** You must always adhere to the government's social distancing guidelines
- 4.** By booking a court, you and your opponent acknowledge you are playing at your own risk
- 5.** We have left a 30 minute gap between bookings on a court. This is based on England Squash guidelines
- 6.** A maximum of 8 people are allowed in the club at any one time, including a parent of a junior
- 7.** The changing rooms will not be available. Please arrive at the club in your kit ready to play / do not change whilst at the club, except for your shoes.
- 8.** Don't arrive to play more than 5 minutes before your booking
- 9.** Every member must access the club from the outside door
- 10.** For Track and Trace purposes, each member must use their access card to enter the club
- 11.** Please bring anti-bacterial wipes with you to use when opening doors
- 12.** Use the hand sanitiser when inside the club and anti-viral spray a piece of paper towel to wipe the door handle
- 13.** The toilet and wash basin will be available. Please use the anti-viral spray before and after use.
- 14.** You must bring your own racket and ball. It is recommended only one player handles the ball during the game.
- 15.** Please bring a towel and full water bottle. The water dispenser will not be available
- 16.** Please bring a small first aid kit in case of minor injuries
- 17.** Take your bag and towel on court with you
- 18.** Do not wipe your hands on the court walls. Use your towel to dry your hands and remove sweat
- 19.** Wipe down any areas of the court where you have made a mark
- 20.** Please leave the court promptly at the end of play
- 21.** Please do not touch anything off court apart from entry/exit door, toilet/wash basin
- 22.** Please leave the club within 5 minutes of finishing play
- 23.** If you exhibit Covid-19 symptoms after attending the club, please notify a member of the committee immediately.
- 24.** In the event of a Covid-19 case, we have an obligation to pass on your name and contact details to the authorities
- 25.** At the moment, no group activity is permitted e.g. club nights, group coaching
- 26.** Guests are allowed - their name and contact number must be entered as the opponent when booking the court
- 27.** The normal game of squash/racketball can only be played by players from the same household or support bubble or "squash bubble" (see HGSRC Squash Bubble Rules)
- 28.** Squash/racketball "SIDES" can be played allowing two players from different households to play on the same court but observing social distancing for more information follow this link:
<https://www.englishsquash.com/backtosquash>
- 29.** One to one coaching is allowed (with the coach on court with one club member but adhering to social distance ruling) or two members of the same household on court and the coach off court.

Many Thanks,
HGSRC Committee