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Affiliations

World Squash Federation
Commonwealth Games Australia
Oceania Squash Federation
Confederation of Australian Sport
Australian Olympic Committee

SQUASH AUSTRALIA

COVID-19 BACK ON COURT CONCEPT



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In conjunction with the continued flattening of the COVID-19 curve, Squash Australia has created the following document in regard to the re-commencement of the sport, in line with federal government restrictions.

It should be noted that this document merely provides guidelines around minimising the spread of the virus, while engaging in squash, and that all state and federal government restrictions are still to be adhered to above all else.

Squash Australia COVID-19 Officer









- George Clinton: GClinton@Squash.org.au

Responsibility & Liability

- Squash Australia can only recommend the following measures and implore the squash community to adhere to them. The responsibility for implementation rests with each individual club and centre operator. Liability in the event of contagion is not accepted.
- Squash Australia counts on the solidarity and personal responsibility of everyone.

Squash Centre Guidelines

THINGS TO CONSIDER:

	Some sharing of equipment may be permitted such as weights, mats, balls or skipping ropes, with recommended use of hand sanitiser before using a new piece of shared equipment.
	Modify training/playing conditions or activity rules to support physical distancing, e.g. adequate spacing, non-contact skills training and limited equipment sharing.
	Implement changed behaviour standards for participants and spectators, e.g. no high-fives, team huddles or hand shaking, and limiting spectators.
	Display signage at all entry or exit points of the sporting facility to provide relevant information to reinforce hygiene procedures. Display handwashing 12 step guide and environmental-cleaning . Also consider displaying your Return to Play Readiness Checklist .
	Provide hand sanitisers or adequate hand washing facilities for participants and spectators, with signage to outline procedures for before and after equipment use and attendance.
	Restrict the use of communal facilities (e.g. showers, change rooms).
	Undertake additional cleaning of shared equipment and communal areas.
	Plan for the physical distancing of spectators, including strategies for managing the flow of people to, from and within the venue.

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General Measures

ONLY SYMPTOM FREE PATRONS AND STAFF WILL BE PERMITTED TO ENTER SQUASH CENTRES

- If you are displaying symptoms such as a dry cough, fever, disturbance of smell or taste, fatigue, diarrhoea or nausea, you should contact your local physician and be tested as soon as possible
- If you have recently been overseas or in contact with a COVID-19 positive person, please do not enter any squash centre until you have taken appropriate quarantine measures. A minimum of fourteen days.
- All state and federal government restrictions are to be adhered to at all times
- Organisations should keep up to date with the National Guidelines on the Department of Health website:
 - www1.health.gov.au/internet/main/publishing.nsf/Content/cdna-song-novel-coronavirus.htm.
- A dedicated COVID-19 controller should be designated within each organisation / facility to oversee compliance and education

Distancing Measures

- In accordance with social distancing guidelines (1.5m between people at all times), only 2 people per court will be allowed
 - This could consist of singles match play / rallying, 1 on 1 coaching, solo training
 - Doubles play is strictly banned
- Hence, if there are 6 courts in a centre, a maximum of 12 people could be on court at once
 - There are to be no spectators whatsoever
 - The maximum number of people in a centre at one time should be the maximum number permitted on court (e.g. 6 courts = 12 people) plus 2 staff members (14 in total)
- Players are to arrive 5 minutes before their scheduled play time and are to be out of the centre within 5 minutes after play has ceased
- There is to be no showering or other miscellaneous activities around the courts, to ensure minimal numbers in the building

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Educate participants on physical distancing

Some participants may not understand how to undertake physical distancing while participating in activities or visiting the venues.

As a provider of activities, you may need to educate the participants, carers and visitors.



Cleaning Measures

- Hand sanitiser should be readily available around the centre
- Players are to wash or sanitise their hands before and after play. Refer to Appendices 1 for the World Health Organization's handwashing guide.
- It is **STRONGLY** recommended that playing equipment (e.g. balls, racquets, etc.) are to be brought by players
 - If the hiring of equipment is required, they are to be cleaned following each use
 - I.e. Balls sanitized or disinfected, racquet handles sanitised or disinfected
- Court door handles are to be sanitised or disinfected following each booked session
- All courts are to be cleaned either at the end of each day or before the opening of the centre the following day

Booking Measures

- If 24/7 court hire technology is available at the centre, this service should be utilised to limit the need for staff at the centre
- All courts are to be booked prior to arriving at the centre and walk in bookings should not be encouraged. Courts can be booked in advanced via mobile app, phone or through booking platforms online
- The first name, surname, mobile phone number and email address of each player and coach is to be provided by such and logged by centre staff so that if infection has occurred the infection chain can be tracked

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Miscellaneous Measures

- Traditional post game handshakes are not permitted
 - Rather racquet touch if you so desire
- If possible, avoid travelling to and from squash centres via public transport, rather travel by car, foot, bike, etc.
- If possible, bring your own equipment required for play (i.e. racquets, balls)
- Regarding the sale of food and drink, only a take-away option is to be available
- The requirement of all players/coaches to have washed/sanitised their hands both before and after play is to be clearly signed and displayed around the centre

Transportation

THINGS TO CONSIDER:

	<p>Self-drive or drop off/pick up – consider if your activity lends itself to a self-drive or pick up and drop off capability to limit exposure in a confined area. Minimise persons travelling (one player transported by one driver).</p>
	<p>One parent/carer – if a parent/carer is required to remain onsite, only one person should stay and maintain physical distancing from other people.</p>
	<p>Ridesharing – multiple persons in a single vehicle should be avoided if possible. Keep windows open and fresh air circulating. Turn off air conditioning or if required, set to open air and not re-circulation setting. All persons entering a vehicle should wash their hands with soap and running water and dry hands, or use alcohol-based hand rub prior to entering the vehicle and after a journey.</p>
	<p>Bus transport - when using private or public bus services, consider personal hygiene, physical distancing and the cleaning protocols. To assist, TRANSlink provides some tips on staying healthy on public transport. Please discuss with your bus service provider.</p>

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THE AUSTRALIAN INSTITUTE OF SPORT (AIS) FRAMEWORK FOR REBOOTING SPORT IN A COVID-19 ENVIRONMENT

Find the full framework here:

https://ais.gov.au/_data/assets/pdf_file/0008/730376/35845_AIS-Framework-for-rebooting-sport_FA.pdf

Summary

The resumption of sport and recreation activities will be a complex process. A careful stepwise process needs to be implemented to ensure the safety of athletes and other personnel and the wider community.

Preparation for resumption includes education of the athletes and other personnel, assessment of the sport environment and agreement on training scheduling to accommodate social distancing. The approach to training should focus on **'get in, train, get out'**, minimising unnecessary contact in change rooms, bathrooms and communal areas. Prior to resumption, sporting organisations should have agreed protocols in place for management of illness in athletes and other personnel. Special consideration should be made for para-athletes and others with medical conditions as they may be more vulnerable to COVID-19 infection. Clubs and individuals should apply a graded return to mitigate injury risk, understanding that sudden increase in training load will predispose to injury.

The timing of progression between levels may be influenced by any evidence of transmission issues within the local community or sporting cohort.

Individuals should not return to sport if in the last 14 days they have been unwell or had contact with a known or suspected case of COVID-19. Any individual with respiratory symptoms (even if mild) should be considered a potential case and must immediately self-isolate, have COVID-19 excluded and be medically cleared by a doctor to return to the training environment.

Athletes returning to sport after COVID-19 infection require special consideration prior to resumption of high intensity physical activity. While there is increasing research on the multi-organ nature of COVID-19 in the acute phase, there is currently limited research on medium to long-term complications. Long-term decreased exercise capacity has been noted following previous related coronavirus infections (SARS and MERS). Sudden increase in training load predispose to injury and a graded return should be considered.

Resumption of sporting activity may not be linear. Increasing restrictions may be required in response to fluctuating numbers of COVID-19 cases. Sporting organisations need to be flexible to accommodate and respond to changes in community transmission rates and the associated changes in advice from Public Health Authorities.

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National Principles for the resumption of Sport and Recreation Activities

1. Resumption of sport and recreation activities can contribute many health, economic, social and cultural benefits to Australian society emerging from the COVID-19 environment.
2. Resumption of sport and recreation activities should not compromise the health of individuals or the community.
3. Resumption of sport and recreation activities will be based on objective health information to ensure they are conducted safely and do not risk increased COVID-19 local transmission rates.
4. All decisions about resumption of sport and recreation activities must take place with careful reference to these National Principles following close consultation with Federal, State/Territory and/or Local Public Health Authorities, as relevant.
5. The AIS 'Framework for Rebooting Sport in a COVID-19 Environment' provides a guide for the reintroduction of sport and recreation in Australia, including high performance sport. The AIS Framework incorporates consideration of the differences between contact and non-contact sport and indoor and outdoor activity. Whilst the three phases A, B and C of the AIS Framework provide a general guide, individual jurisdictions may provide guidance on the timing of introduction of various levels of sport participation with regard to local epidemiology, risk mitigation strategies and public health capacity.
6. International evidence to date is suggestive that outdoor activities are a lower risk setting for COVID-19 transmission. There are no good data on risks of indoor sporting activity but, at this time, the risk is assumed to be greater than for outdoor sporting activity, even with similar mitigation steps taken.
7. All individuals who participate in, and contribute to, sport and recreation will be considered in resumption plans, including those at the high performance/professional level, those at the community competitive level, and those who wish to enjoy passive (non-contact) individual sports and recreation.
8. Resumption of community sport and recreation activity should take place in a staged fashion with an initial phase of small group (<10) activities in a noncontact fashion, prior to moving on to a subsequent phase of large group (>10) activities including full contact training/competition in sport. Individual jurisdictions will determine progression through these phases, taking account of local epidemiology, risk mitigation strategies and public health capability.
 - a. This includes the resumption of children's outdoor sport with strict physical distancing measures for non-sporting attendees such as parents.
 - b. This includes the resumption of outdoor recreational activities including (but not limited to) outdoor-based personal training and boot camps, golf, fishing, bushwalking, swimming, etc.

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9. Significantly enhanced risk mitigation (including avoidance and physical distancing) must be applied to all indoor activities associated with outdoor sporting codes (e.g. club rooms, training facilities, gymnasias and the like).
10. For high performance and professional sporting organisations, the regime underpinned in the AIS Framework is considered a minimum baseline standard required to be met before the resumption of training and match play, noting most sports and participants are currently operating at level A of the AIS Framework.
11. If sporting organisations are seeking specific exemptions in order to recommence activity, particularly with regard to competitions, they are required to engage with, and where necessary seek approvals from, the respective State/Territory and/or Local Public Health Authorities regarding additional measures to reduce the risk of COVID-19 spread.
12. At all times sport and recreation organisations must respond to the directives of Public Health Authorities. Localised outbreaks may require sporting organisations to again restrict activity and those organisations must be ready to respond accordingly. The detection of a positive COVID-19 case in a sporting or recreation club or organisation will result in a standard public health response, which could include quarantine of a whole team or large group, and close contacts, for the required period.
13. The risks associated with large gatherings are such that, for the foreseeable future, elite sports, if recommenced, should do so in a spectator-free environment with the minimum support staff available to support the competition. Community sport and recreation activities should limit those present to the minimum required to support the participants (e.g. one parent or carer per child if necessary).
14. The sporting environment (training and competition venues) should be assessed to ensure precautions are taken to minimise risk to those participating in sport and those attending sporting events as spectators (where and when permissible).
15. The safety and well-being of the Australian community will be the priority in any further and specific decisions about the resumption of sport, which will be considered by the COVID-19 Sports and Health Committee.

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Appendices 1: Hand Washing Recommendations

Washing your hands properly takes about as long as singing “Happy Birthday” twice, use the images below as a guide and was for at least twenty seconds.



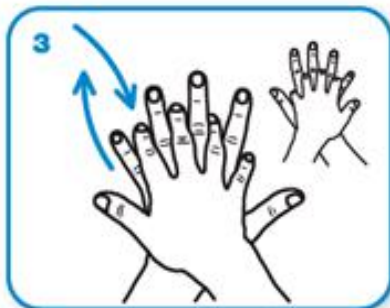
Wet hands with water



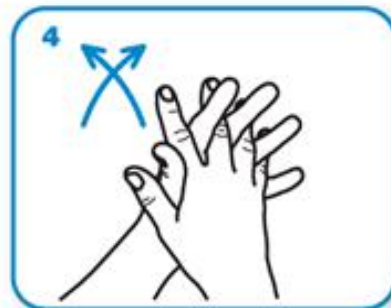
apply enough soap to cover all hand surfaces.



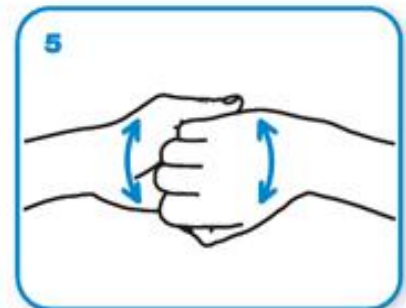
Rub hands palm to palm



right palm over left dorsum with interlaced fingers and vice versa



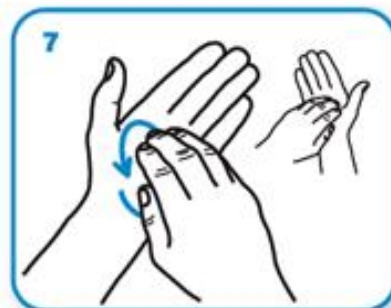
palm to palm with fingers interlaced



backs of fingers to opposing palms with fingers interlocked



rotational rubbing of left thumb clasped in right palm and vice versa



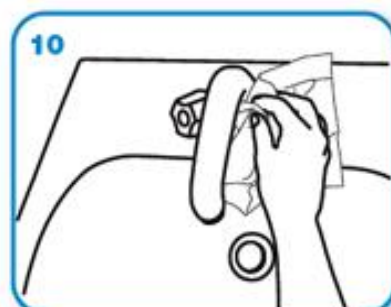
rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa.



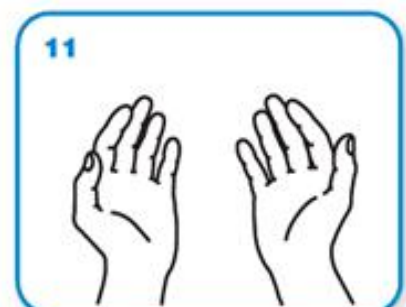
Rinse hands with water



dry thoroughly with a single use towel



use towel to turn off faucet



...and your hands are safe.