

Squash & Racquetball Victoria

COVID-19 Action Plan: 'Return to Court'

As at: 23 November 2020



Principal Partners:



Squash and Racquetball Victoria's Plan for Operating a Squash and Racquetball Venue Under COVID-19 Restrictions as at 23rd November 2020

Dear Players / Clubs / Members /Stakeholders

As you would be aware, the Victorian State Government announced that from 23 November 2020 all indoor sport and recreation activities venues may reopen with up to 150 people per space, and up to 20 people per group or activity at any one time, with density quotient of not more than one person in every 4 square metres.

Each state sports association has the responsibility for developing its own 'Return to Play' principles which best suit their sport, factoring in the specific nature of each individual sport.

It is envisaged that each of our member clubs and venues will adopt the State-wide 'Return to Play' principles for application to their own venue and situation. Failure to do so could lead to a prohibition on venues being able to be accessed for squash and racquetball purposes, which may also have insurance and other legal consequences.

Squash and Racquetball Victoria (S&RV) has prepared a 'Return to Play Squash and Racquetball in a Covid-19 safe Environment Plan' which is detailed below.

S&RV has the safety of its members as its top priority and has adopted a 'No Risk' approach in developing this Plan and supports the message of supporting social participation, training, activities within small groups, plus continuing emphasis on physical distancing, personal and respiratory hygiene.

The following 'Return to Play' Plan for S&RV is supported by Squash Australia, and has been developed with reference to the Restricted Activity Directions, and we encourage them to be adopted by all member clubs and venues, plus individual members.

Return to Play Principles

General Measures

ONLY SYMPTOM FREE PATRONS AND STAFF WILL BE PERMITTED TO ENTER SQUASH AND RACQUETBALL 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 and racquetball centre until you have taken appropriate quarantine measures, which is a minimum of fourteen days.
- Victorian state government restrictions are to be adhered to at all times.

Distancing Measures

To comply with social distancing guidelines (1.5 m between people at all times), only 2 people per court will be allowed at this stage. Spectators, other than a coach, are not yet permitted.

This allows singles match play or rallying, 1 on 1 coaching or solo training.

If two players are on court having a coaching session the coach must remain outside the court except:

- In accordance with social distancing guidelines (1.5m between people at all times), only 2 people per court will be allowed at this stage
 - This could consist of singles match play / rallying, 1 on 1 coaching, solo training
 - If two players are on court having a coaching session, the coach must either remain outside of the court except:
 - (i) to rally with, or coach one player (with the other player off court)
 - (ii) for instruction to the two players and must not remain on court for an extended period
 - Doubles play at this stage is banned
- Hence, if there are 6 courts in a centre, a maximum of 12 people could be on court at once
 - There is a patron cap of up to 150 people, and a density quotient of 1 per 4m²
 - Communal facilities such as change rooms, toilets and showers can also be open.
 - Please note Competitions can resume for people of all ages as from 23rd November 2020.

Cleaning Measures

- Hand sanitisers must be readily available around the centre and at all entry/exit points and in toilets
- Players are to wash or sanitise their hands before and after play. Refer to Appendix 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 sanitised 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 advance 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 and logged by centre staff so that if an infection does occur, the infection chain can be tracked
- Preference is for payment of bookings to be made with the booking or by EFTPOS on the day

Miscellaneous Measures

- We recommend the purchase of non-contact digital thermometers, which are available for around \$120.00, which could be used for temperature checks when players arrive at the venues
- Traditional post game handshakes are not permitted
 - Rather racquet touch if you so desire
- If possible, avoid travelling to and from squash and racquetball centres via public transport, rather travel by car, foot, bike, etc.
- If possible, bring your own equipment required for play (i.e. racquets, balls)
- The requirement of all players/coaches is to have washed/sanitised their hands both before and after play, which is to be clearly signed and displayed around the centre
- Parents and guardians taking children to and from training activities are required to follow the Chief Health Officer's Directions for public gatherings and maintain physical distancing of 1.5 metres
- No touching or wiping of hands on walls or glass backs etc.
- No use of shared equipment or food (e.g. racquets, towels, clothing, and snacks)
- Bring your own water bottle as water fountains will be unavailable
- It is strongly advised that you download the COVID-19 app
- Cover your mouth if you cough or sneeze and dispose of tissues and wash your hands immediately
- Avoid touching your face
- Avoid touching surfaces

COVID 19 – Signs, Posters, and Templates

The COVID Safe plan which you adopt requires clear signage to assist with outlining social distancing rules and related spacing requirements.

The Sport and Recreation Victoria team has prepared a range of materials, which are designed to be inclusive and adaptable, while sharing this important public health message. They include posters, corflute signs and stickers for use around venues.

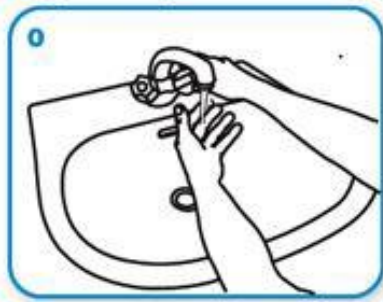
These materials are downloadable at www.coronavirus.vic.gov.au/signs-posters-and-templates

All Member Clubs/Venues & Individual Members are encouraged to contact S&RV for advice on compliance with the Restricted Activity Directions on (03) 9682 2199 or info@squashvic.com.au.

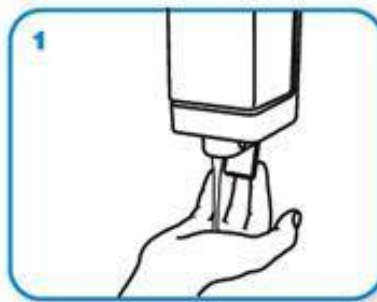
Important Note: These 'Return to Play' principles are subject to change and may be amended as required with any updates to the Victorian Chief Health Officer Restricted Activity Directions.

Appendices 1: Hand Washing Recommendations

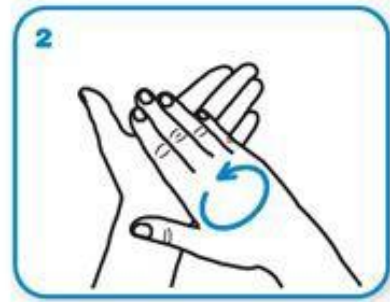
Washing your hands properly takes about as long as singing 'Happy Birthday' twice, use the images below as a guide and wash for at least twenty seconds.



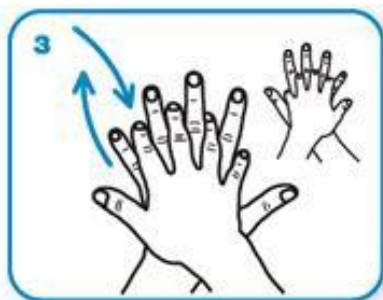
Wet hands with water



apply enough soap to cover all hand surfaces.



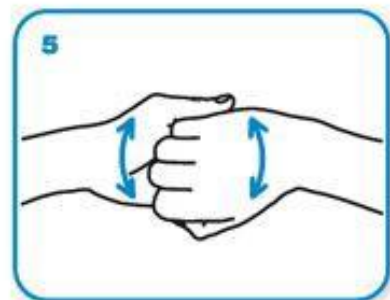
Rub hands palm to palm



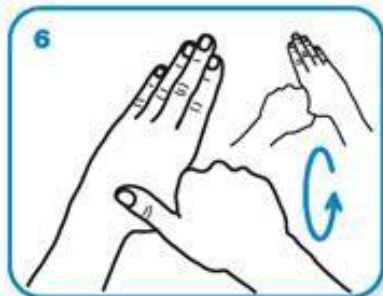
right palm over left dorsum
with interlaced fingers
and vice versa



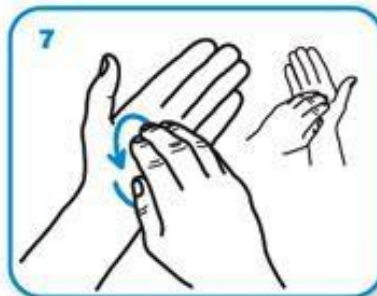
palm to palm with fingers
interlaced



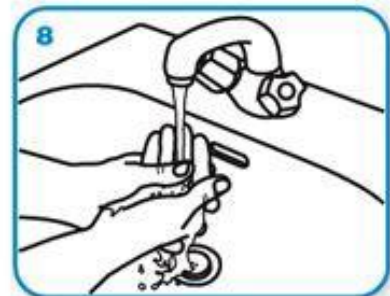
backs of fingers to opposing
palms with fingers interlocked



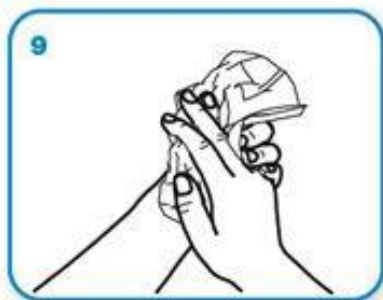
rotational rubbing of left thumb
clasped in right palm
and vice versa



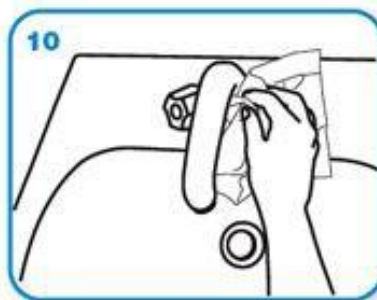
rotational rubbing, backwards
and forwards with clasped
fingers of right hand in left
palm and vice versa.



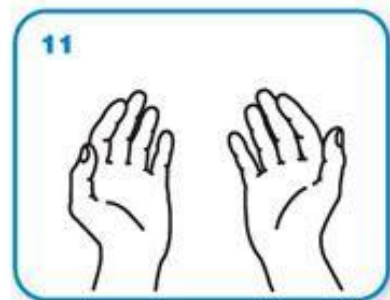
Rinse hands with water



dry thoroughly with a single
use towel



use towel to turn off faucet



...and your hands are safe.