

# **Squash & Racquetball Victoria**

## **COVID-19 Action Plan: 'Return to Court'**

### **As at: 22 June 2020**



**Principal Partners:**



# **Squash and Racquetball Victoria's Plan for Operating a Squash and Racquetball Venue Under COVID-19 Restrictions as at 22 June 2020**

## **Dear Players / Clubs / Members /Stakeholders**

As you would be aware, the Victorian State Government recently announced that from 22 June 2020 all indoor sport and recreation activities venues may reopen with up to 20 people per space, and up to 10 people per group or activity at any one time.

There are no limits on the number of people per group or class if all participants are 18 years old or younger.

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 'Get In, Train, Get Out', and 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.
- All state and federal government restrictions are to be adhered to at all times.

## 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
  - If two players are on court having a coaching session, the coach must either remain outside of the court or be on court with only one player
  - 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 the minimum number of staff members needed to operate the centre safely  
There are no limits on the number of people per group or class if all participants are 18 years old or younger
  - Players are to arrive no more than 5 minutes before their scheduled play time and must remain outside until their allocated time commences unless directed by a staff member to enter, and are to be out of the centre within 5 minutes after play has ceased
  - 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 20 July.

## 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**

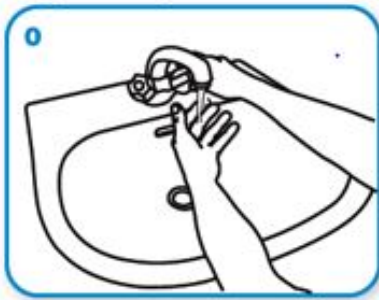
- We recommend the purchase of non contact digital thermometers, which are available for around \$120.00, which could be used for temperature checks when players arrive at the venues
- Traditional post game handshakes are not permitted
  - Rather racquet touch if you so desire
- If possible, avoid travelling 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)
- Regarding the sale of food and drink, only a take-away option is to be available
- 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
- Parents and guardians staying at the venue to collect their children when they have finished play, must remain outside the venue, unless they are formally coaching or instructing the activity
- No use of facility for pre or post event socialising
- 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

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](mailto: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

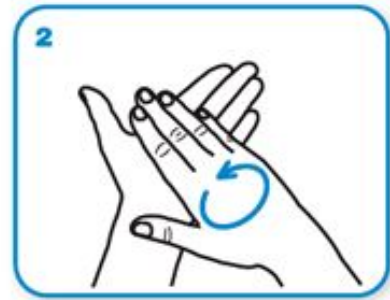
Washing your hands properly takes about as long as singing 'Happy Birthday' twice, use the images below as a guide and wash for at least twenty seconds.



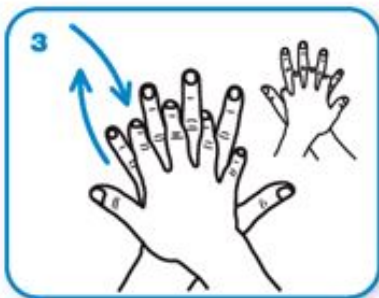
Wet hands with water



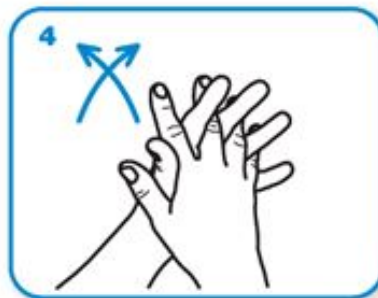
apply enough soap to cover all hand surfaces.



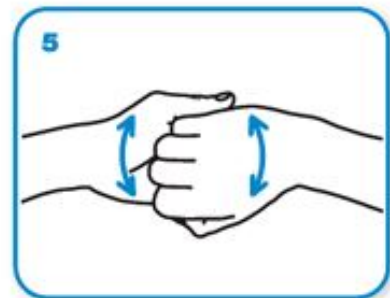
Rub hands palm to palm



right palm over left dorsum with interlaced fingers and vice versa



palm to palm with fingers interlaced



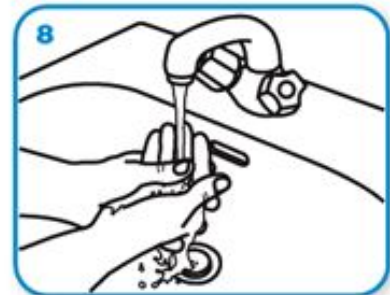
backs of fingers to opposing palms with fingers interlocked



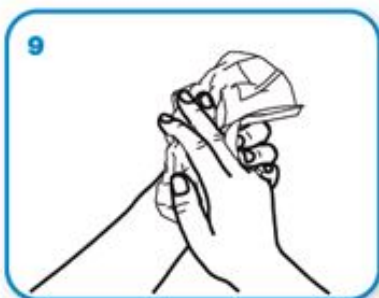
rotational rubbing of left thumb clasped in right palm and vice versa



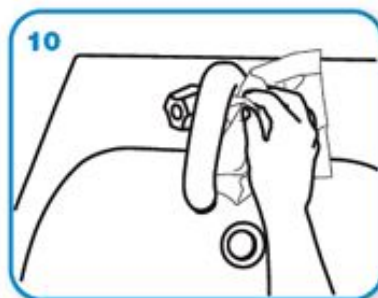
rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa.



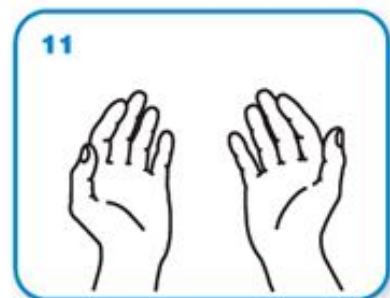
Rinse hands with water



dry thoroughly with a single use towel



use towel to turn off faucet



...and your hands are safe.