



TIPS AND RECOMMENDATIONS FOR PLAYERS

BEFORE YOU PLAY

- Play only with individuals considered to be low risk.
- Do not play if you or your playing partner:
 - Exhibit any coronavirus symptoms, such as a fever, cough, difficulty breathing, or other symptoms identified by health experts.
 - Have been in contact with someone with COVID-19 in the last 14 days.
 - Are considered vulnerable or at risk (elderly individuals, immunosuppressed persons, individuals suffering from serious health problems, notably high blood pressure, pulmonary diseases, diabetes, obesity and asthma).

PREPARING TO PLAY

- Protect yourself against infections:
 - Wash your hands with disinfectant soap and water for at least 20 seconds before going onto a squash court.
 - Bring hand sanitizer if none provided at your facility.
 - Clean your equipment, including your racquets and water bottles.
 - Do not share equipment with your playing partner.
 - Bring enough water with you to avoid having to touch a tap or water fountain handle.
 - If you wear a mask or gloves please carefully monitor your health as you exert yourself. Wearing a mask or face covering restricts the flow of air into your lungs, which means your lungs have to work harder to get the same amount of air that they're used to.
 - If you cough or sneeze, do so into a tissue or in your sleeve.
 - If you touch something, make sure to wash your hands and disinfect the surface you have touched.

WHILE PLAYING

- **No sweat wall wiping.**
- Avoid **all** physical contact (no shaking hands, high fives, etc.).
- Avoid touching your face after manipulating a ball, racquet or when you hit the ball to another player.

AFTER PLAYING

- Leave the court immediately after you finish playing.
- Consider spraying squash balls with a disinfectant spray after a session and take balls with you. The use of new balls on a regular basis is strongly recommended.
- Wash your hands carefully with water and disinfectant soap or with hand sanitizer.

See Squash Canada's Return to Play Recommendations for Players for expanded information.