



## TIPS AND RECOMMENDATIONS FOR PLAYERS

*Check with your facility about their approach to what Level they are at (corresponding to Squash BC's Return to Squash (R2S) Guidelines). Each facility will be different in how they move through the levels and their risk management decisions. Please continue to be patient with them as they work on what the new guidance means for their players and staff.*

### **Maintain physical distancing while not on court!**

#### **PLANNING YOUR PLAY**

- Choose your squash cohorts as per Squash BC's R2S Guidelines.
- 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 or use hand sanitizer before going on 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 PLAYING**

- Sanitize high touch areas then 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 use hand sanitizer.

**See Squash BC's Return to Squash (R2S) Guidelines for expanded information.**