

SQUASH & RACKETBALL

Squash & Racketball will be returning to the Club on Saturday 25th July, however, please read the following information detailing how it will be delivered at CRAFC. This has been put together after carrying out risk assessments and reading the latest England Squash advice.

As social distancing cannot be guaranteed, the normal game of squash should not be played by players from two households (except those from a support bubble).

Below is a list of how the game of squash CAN be played

- Members from the same household or support bubble
 - Match Play / Full Squash Game
- Individuals
 - Single player (solo) practices
 - Coach led / supervised activity
- Two members from the different household (not in support bubble)
 - Modified version of squash – ‘Sides’ <https://www.englandsquash.com/backtosquash> or more ideas via this link - <https://youtu.be/vTuPI22UZs>
 - Coach led supervised activity

COACHING - Tim Vail will initially be offering one to one coaching sessions from Monday 27th July. To book, please contact Tim on 07939 005959 or email tim.vail@outlook.com.

Important Member information

Before Play

- Please book courts in advance, do not come to the Club without a booking.
- **DO NOT** attend the Club if you or anyone in your household is feeling unwell, however mild
- Changing Rooms will remain closed, please come prepared to play. Take bags and water bottles on court
- Fill water bottles prior to arriving at the Club, water fountains will remain off
- Court times are staggered, max of 3 courts available at any one time. Please arrive 5 minutes prior to your court booking so that you are on court prior to other courts finishing
- Please **DO NOT** wait in the lower corridor outside of the squash courts
- Please use the hand sanitiser located outside of each court

During Play

- Follow the ‘Ways to Play’ guidance listed above
- Only one player to touch the door and ball. ‘Hand and touch point hygiene’
- Where possible, please remain on court throughout your court booking and limit your movement around the Club.
- Please **DO NOT** wipe hands on the court walls or doors
- Keep your distance

MAX OF 2 PLAYERS ON COURT AT ANY ONE TIME

After Play

- Please observe the floor arrows and follow the one-way system, either to exit the Club or for the outside refreshment service. Always exit the lower corridor by the stairs beside squash court 5.