



Squash/ Squash 57 Coaches Code of Conduct for Covid-19 (v9)

GUIDANCE FOR SQUASH COACHES IN IMPLEMENTING SQUASH AND SQUASH 57 AT Harpenden Squash Club (COVID-19):

1. Pre – Arrival

Governance & Management

1.1 Coaches to ensure that all clients advised of Covid-19 safety protocols and processes before they arrive. This to include reading a copy of:

- Players Agreement
- Risk Assessment
- Code of Conduct for coaches.

Responsibility

1.2 Coaches to remind clients that whilst the coach and club are doing everything to minimise the likelihood of infection, they are attending at their own risk.

Insurance for Coaches

1.3 Coaches to be aware that England Squash have confirmed that for the insurance during Covid 19 to be valid, they must adhere to the club's Covid 19 action plan. This is part of the risk assessment for the club and this states that anyone playing should have read a copy of the players agreement.

Coaches will be required to have copies of Players Agreement and Coaches code of conduct to show their clients. Once they have read, they should sign at the bottom of the page to say they agree and abide by this new protocol.

Infection Protocol

1.4 The coach to ensure that the client has no current displays of Covid-19, follow the Government's 'test & trace' guidelines and declare this to the club. Anyone entering the club must scan the NHS QR code on entry.

If a member tests positive for the virus and squash/squash 57 players are notified to self-isolate by the public tracking system, our thinking at the moment is that we will temporarily close and deep clean any court on which they recently played (rather than close all courts).

Ventilation

1.5 Session times will be 60 minutes per coaching session. The coaching session will be 45 minutes as before with an additional 10 minutes to allow for air circulation between bookings and a further five minutes for the coach to wipe door handle, ball and dry mop floor and prepare for next lesson.

Masks and Gloves

1.6 Coaches and clients may wear a mask and/or gloves if they wish too. Coaches and members are reminded to bring their own mask and gloves.

Coaches to ensure that their clients have been asked about coach using a mask during the lesson. If anyone is uncomfortable playing without a mask, they should wait till social distancing has been lifted or wear a mask and gloves.

Booking a court

1.7 Coach to book court prior to playing so that we can enable the club to regulate and record the number of people in the clubhouse and, if necessary, to trace and contact people. Kiosk will be switched off and no court bookings will be allowed at the club.

Washing Hands

1.8 Coach to ensure he washes hands before each lesson with his client.

Unwell

1.9 Do not play if you feel unwell or display any symptoms of Covid-19 or if you are self-isolating. Do not play if you have been in contact with anyone who has been unwell with suspected or confirmed COVID-19 during the two weeks prior. Any member who has recovered from Covid-19 where symptoms required hospitalisation should consult their GP before returning to play.

Starting time

1.10 Arrive no more than 5 minutes before court booking.

Arrive changed

1.11 Arrive ready to play in your kit, just changing into your court shoes once inside. Changing rooms are unavailable, in line with Government guidelines.

Warm up at home

1.12 Coach to ensure that warm-up at home before leaving, or on the patio/grass outside the club provided the weather permits. Do not go onto an empty court to warm-up.

Parent/Guardian

1.13 If the coach is with a child under 18 and a parent is present, the parent is allowed to wait upstairs in the viewing gallery. The coach must make sure that the guardian has confirmed that they have read the players agreement and they will act within the guidelines as requested.

Injuries

1.14 Masks and gloves will be in the first aid boxes provided for any injuries that require a person to have to break social distancing rules.

2. ON ARRIVAL AND DURING PLAY

Social Distancing

2.1 Coach to ensure that client is aware of observing social distancing in all areas of the club at all times.

Sanitiser before and after lesson

2.2 Coach to ensure every client uses hand sanitiser provided at the court doors before and after playing.

Ball

2.3 Coach to ensure use of a disinfectant wipe provided outside each court to sanitise the ball before playing. Clients are advised to use feet or racket to return ball to the coach.

Door Handles

2.4 Incoming player(s) to use a disinfectant wipe to sanitise the door handle before playing.

Water Bottle and Towel

2.5 Take your water bottle and towel onto the court and place them at the front wall in front of the tin board. Use your towel if you need to wipe sweat from your hand. Bring your own filled water bottle and towel. The water fountain will be switched off.

Walls and Floors

2.6 Do not wipe your hand on the walls or floor. If for any reason someone touches the wall or floor it is advised to use an alcohol – based cleaning wipe to clean the area as soon as possible. Any liquid should be wiped away with a paper towel.

Sneeze or Coughing

2.7 If you need to sneeze or cough, use a tissue or upper sleeve.

No breaks.

2.8 Do not leave the court between games; remain on court until you have finished and are leaving the court area.

Handshakes

2.9 Please refrain from a handshake or high five.

Face

2.10 Avoid touching your face with your hands at all time.

Younger Children

2.11 Coach to be aware that younger children might find social distancing difficult to maintain during a coaching session.

More than two players

2.12 Coaches are allowed to go on and demonstrate or highlight an area for two players while playing. Social distancing must be maintained at all times.

3. TYPES OF PLAY FOR COACH SPECIFIC ACTIVITIES

In accordance with guidelines issued by the World Squash Federation and, in particular, our governing body England Squash we are restricted to:

- Coach to advise on solo practices for one player. This to include practices and drills with Covid-19 protocol (Social distancing).
- Coach only to play a normal game with client if both are from the same lockdown household;
- Coach to play crosscourt side-to-side games between two players from different households with social distancing in place (see below: How To Play 'Sides');

APPENDIX: HOW TO PLAY 'SIDES'

'Sides' is a modified version of the game that allows two players from different households to play on court at the same time: only two players permitted;

- The aim is to hit a winner or force an error from your opponent as in regular squash;
- The coach is to designate from the start of each lesson the person that will serve and touch the ball with their hands.
- The coach to make sure both players must keep to their side of the court throughout each rally, using the full length of the court whilst maintaining safe social distancing throughout;
- If a player crosses into the other side of the court, they immediately forfeit the rally;
- If there is a danger of players breaching a safe social distance, they must call a let and replay the rally;
- Once a rally is complete, players switch sides of the court (maintaining a safe social distance) and the server restarts play
- Coach-led sessions, from individual coaching to group sessions of up to 15 people (U18s only) from different households, provided that there are no more than two people per court at one time and social distancing is maintained.

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Due to the ball bouncing higher than a squash ball, it is likely that more lets will be played during a match or coaching session. Discretion is advised and if in any doubt play a let in these social distancing times.

4. AFTER PLAYING

- 4.1 Coach to ensure client leaves the court area immediately after playing.
- 4.2. Coach prepares court for next booking and ventilates court for ten minutes and wipes the door handles.
- 4.3 Coach to ensure that, if any player subsequently displays symptoms during or after playing, they notify the Covid-19 lead officer.

Follow the Government's 'test & trace' guidelines and declare this to the club. If a member tests positive for the virus and squash/squash57 players are notified to self-isolate by the public tracking system, our thinking at the moment is that we will temporarily close and clean any court on which they recently played (rather than close all courts).

4.4 If for any reason, as the coach, you would like some help or assistance with the above please contact Stephen Lloyd.

We look forward to everyone enjoying playing squash/squash 57 after this challenging time.

The client is signing below to confirm that they have read the coaches code of conduct and the players agreement. They abide by these rules in line with social distancing rules published by the Government, Sport England and England Squash.

This is in line with the Covid 19 action plan for Harpenden Squash Club and part of the risk assessment for the club.

Coaches Signature:

Players Agreement received:

Coaches Code of Conduct received:

Clients Signature:

Players Agreement received:

Coaches Code of Conduct received: