



## Playing Squash Safely – Player Recommendations

US Squash recognizes that COVID-19 has been affecting different parts of the country in different ways and with different timing. The reopening process therefore is likely to be gradual and on a state by state or even county by county basis. Individual clubs may be opened on different timelines based on the progression of the situation in each club's community. This document outlines what players can expect on resumption of play at their club. However, they should make sure to read and adhere to individual club guidelines where they exist.

For all people, the advice remains that anyone who feels unwell should stay at home. All vulnerable individuals are advised to continue to shelter in place. Vulnerable individuals are defined as elderly individuals or anyone with underlying health conditions, including but not limited to, high blood pressure, chronic lung disease, diabetes, obesity, asthma or other autoimmune disorders, and those whose immune system is compromised by chemotherapy or immunotherapy. Furthermore, those persons who live with a vulnerable individual should be equally cautious to prevent introducing an illness into the home inadvertently.

While every precaution may be taken by clubs to ensure the health and safety of their players, it should also be clear that any person entering the squash court area does so at their own risk.

***The information in this document is not intended or implied to be a substitute for professional medical advice, diagnosis, or treatment. All content, including text, graphics, images and information, are provided for general informational purposes only. The knowledge and circumstances around COVID-19 are changing constantly and, as such, US Squash makes no representation and assumes no responsibility for the accuracy or completeness of this information. Further, you should seek advice from medical professionals and/or public health officials if you have specific questions about the return to squash play at your club.***

### BEFORE YOU PLAY

- Be sure that your county, state and/or region allows squash play.
- The US Squash Medical Advisory Committee highly recommends competitive players ease their way back into play prior to competition. Given the layoff from competing, players will be more susceptible to under-training, over-use and other injuries.
- Do not play if you:
  - i. Are exhibiting any symptoms of the coronavirus: mild to severe respiratory illness with fever, cough and difficulty breathing, or other symptoms identified by the CDC.
  - ii. Have been in contact with someone with COVID-19 in the last 14 days.
  - iii. Are vulnerable or at risk.
- Expect to book a court by email or online.
- Your preferred facility should communicate with you their planned protocols.
- Expect to have your temperature read using a Non-contact infrared thermometer.
- Expect that your club may consider restricting entry to conform to social distancing requirements.
- Clubs may require you to sign a waiver each time you enter the facility.
- Expect to wear a facemask at all times, on court and off.

The CDC cautions that people engaged in high intensity activities may not be able to wear a mask if it causes difficulty breathing. If unable to tolerate a mask people may not be able to return to play safely at this time. If you exhibit any unusual symptoms such as feeling lightheaded, dizzy, or developing shortness of breath you should stop immediately. Any player with an underlying cardiac or respiratory condition



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should discuss returning to play with their primary care provider. Any player who has anyone in the home with underlying health problems is cautioned against playing at this time.

### PREPARING TO PLAY

- Respect the limitation of the type of squash activities that may be permitted.
- Allow time for staff to sanitize courts after previous use before entering the court.
- Place your bag in the designated area and keep items in the bag.
- Exercise caution with squash balls. While there is no direct evidence that COVID-19 can survive on a squash ball, it may survive on some surfaces for up to three days.
- Bring your own squash balls. Remove with a racquet any squash balls that may have been left on court.
- Avoid touching your face and eyes during the session. If glasses need to be cleaned, then bring a clean towel.
- Protect against infections and wash your hands frequently on entry and exit from the court.
- Respect the club policies regarding masks or shields on court.
- Bring your own towel and water bottle.
- Avoid touching court doors, walls, etc. if you can. If you do, make sure to disinfect the area you touched immediately.

### WHEN PLAYING

- Expect to only be allowed to solo practice or play with people from your own household.
- Practice with a ball machine may be allowed. Ball machine use and guidelines must be followed as instructed by Club Management.
- Bring your own ball and leave with it.
- Avoid touching your face after handling a ball, racquet or other equipment. Wash your hands promptly if you have touched your eyes, nose or mouth.
- Expect to have to wear a mask on court
- Remain apart from other players when taking a break.

### AFTER PLAYING

- Leave the court as soon as reasonably possible.
- Do not linger outside the court before or after a match or practice session.
- Wash your hands thoroughly or use a hand sanitizer after coming off the court.
- Do not use the locker room or changing area. Shower at home.
- No extra-curricular or social activity should take place. No congregation after playing.
- All players should leave the facility immediately after play.
- On arrival at home immediately put your athletic clothes into the wash and take a shower.

### WHEN CAN AN INFECTED PERSON COME BACK TO PLAY?

Based on the American College of Cardiology Sports and Exercise Council, the current recommendation is that players who are diagnosed and/or treated for COVID should remain asymptomatic (no symptoms, no fevers) for 2 weeks before returning to play and undergo a physical examination by their primary care provider to assess for cardiac conditions such as myocarditis.

### Pro Shop/Equipment

- Do not expect demo rackets or used squash balls to be available.



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- Do not expect to be allowed in the pro shop area.