

# Return to Squash

Singapore edition

## **COMMUNITY RETURN TO PLAY GUIDELINES**

SGSquash has put together the following guidelines to assist the local squash community to return to squash activities. These measures are to be put in place prior to the resumption of any squash activities.

These guidelines are based on the best available information and advice we have gathered from the World Squash Federation, used in conjunction with the directives and guidelines from SportSG.

As there are no guarantees that COVID-19 can be totally eradicated, minimization of the risk of community transmission would be of top priority. All squash stakeholders (this includes players, parents/guardians, coaches, officials, volunteers, administrators, spectators, and clubs) must play a role in helping to slow the spread of COVID-19.

As a community we need to come together now more than ever to ensure the sustainability of our sport and the safety of all. Even as restrictions ease, our responsibility to each other does not.

## **KEY PRINCIPLES**

1. GENERAL MEASURES
2. EDUCATION
3. SCREENING & TRACING
4. MEASURES DURING TRAINING
5. GENERAL HYGIENE

## GENERAL MEASURES

### 1.1. Appoint Safe Management Officers (SMOs)

- 1.1.1. Facility operators are to designate a senior staff as SMO to ensure compliance with the measures. The SMO will be responsible for formulating the implementation plans, conducting inspections and checks, as well as maintaining records for subsequent audits by the authorities.
- 1.1.2. Facility operators are to ensure that their patrons/users comply to the measures.
- 1.1.3. Documentation of Safe Management plan to be made available on site for inspection by the authorities. This is required for all public and private squash court facilities.

### 1.2. Facility Access

- 1.2.1. Dedicated entry/exit points to the venue and movement control within the venue.
- 1.2.2. Implementation of SafeEntry app at each venue.
- 1.2.3. Use of “TraceTogether” app to facilitate contact tracing.
- 1.2.4. Daily temperature screening prior to entry into training venue.

### 1.3. General

- 1.3.1. Mask should be worn as a default unless engaged in a squash session.

## EDUCATION

### 2.1. To promote and set expectations for the required behaviours before squash resumes

- 2.1.1. Distribution and recognition of the information found within this document to your friends and fellow club members.
- 2.1.2. Display appropriate education material within the squash facilities.
- 2.1.3. Refer to SGSquash website for updated information.
- 2.1.4. All individuals are encouraged to download the TraceTogether app.
  - Log on to <https://www.tracetogogether.gov.sg/>

## SCREENING & TRACING

### 3.1. Ensure that high risk persons are denied entry

- 3.1.1. There must be travel declarations and temperature screening done prior to entry into venue.
- 3.1.2. Any individual who is unwell, on Stay Home Notice (SHN), Quarantined Order or have a body temperature that is above 38 degrees celsius, will not be allowed to enter the venue.
- 3.1.3. Individuals should refrain from engaging in any squash activities if you are feeling unwell and experiencing symptoms such as a cough, sore throat, fever, fatigue or shortness of breath.

### 3.2. Use of “TraceTogether” app to facilitate contact tracing

- 3.2.1. Log on to <https://www.tracetogogether.gov.sg/> to find out more.

### 3.3. Register and implementation of SafeEntry at each venue

- 3.3.1. Institute SafeEntry App usage.
- 3.3.2. Log on to <https://www.safeentry.gov.sg/> to find out more.

### 3.4. Redesign traffic flow to minimize mixing

- 3.4.1. Facility operators will have to devise systems to ensure there is no overcrowding at or around their premises, such as through the use of booking systems. Facility operators will have to manage rest areas and changing room operations to prevent crowding and loitering.

## MEASURES DURING TRAINING / ACTIVITY

### 4.1. Strategies to limit time and person to person contact on site

- 4.1.1. Individuals are advised to be prepared to go directly into the court for training upon arrival at venue.  
 4.1.2. Minimize the need to use changing rooms / bathrooms.  
 4.1.3. When not exercising, don on mask and maintain a physical distance of at least 1 metre at all times.  
 4.1.6. Staggered training timings to avoid overcrowding in the training venue.  
 4.1.7. Do not share drink bottles, towels, or any other personal sporting equipment.

### 4.2. Squash sessions

- 4.2.1. Normal training and matches on court permitted, singles or doubles.  
 4.2.2. Maximum of 2 participants per court for singles court.  
 4.2.3. Maximum of 4 participants per court for jumbo doubles court.  
 4.2.4. ~~An additional service provider (i.e. Squash coach / teacher) may guide the group from outside the court.~~  
 4.2.5. If a Coach/trainer is in the court feeding or engage in the drill, he/she is considered as a participant.  
 4.2.6. Participants of a court should remain with each other throughout the entire session. There should be no cross mixing with participants of another court.  
 4.2.7. Strictly NO waiting outside court area. This includes \*Coaches/trainers.

*\*National training coaches are exempted.*

## GENERAL HYGIENE

### 5.1. Cleaning Regime

- 5.1.1. Minimize the use of communal facilities, e.g. toilets, changing rooms  
 5.1.2. Hand hygiene (hand sanitizers) on entry and exit of venues, as well as pre, post and during training  
 5.1.3. Increase in the cleaning and sanitization of the training venue  
 5.1.4. Dedicated cleaning time should be set aside after each session

### 5.2. Equipment sharing policy

- 5.2.1. Avoid sharing of personal equipment (i.e. Squash racket, eye wear, towel)  
 5.2.2. Common equipment to be wiped after each use (i.e. Squash Balls)

### 5.3. Other considerations

- 5.4.1. Use of head/wrist bands or towels are encouraged to cope with perspiration  
 5.4.2. Avoid cleaning of perspiration onto any surfaces in and outside the Squash court  
 5.4.3. As much as possible, avoid touching your face with your hands during the session  
 5.4.4. Water dispensers to be disabled to avoid sharing

## FREQUENTLY ASKED QUESTIONS

### **Can anyone in my club/academy be a Safe Management Officer (SMO)?**

For Clubs who own and manage squash courts, appointment of SMOs should already be part of its staffing operations due to COVID-19.

For social groups/clubs that hold its activities at ActiveSG courts, SMOs and entry/exit access point protocols will be managed by ActiveSG personnel. Similarly, for squash courts in Condominiums, the respective MCSTs would have their set of protocols and guidelines.

### **What if my Club is hosted in a school?**

Please check with the School's management on entry/exit protocols. The SMO would be appointed by the school to carry out his/her duties.

### **How many players can wait outside the court while taking turns to use?**

~~As much as possible, participants are discouraged to wait/take turns. Pre-plan your workout/training in advance.~~

~~If there is a need, a total of 5 participants (in and outside of the court). If there are more than one group sharing a common space, the groups must not interact and must maintain a distance of 3 metres apart from one another at all times.~~

Due to the enhance measures, there shall be **strictly** no waiting outside the squash court till further notice. The 5 participants rule no longer applies to Squash till the authorities provide any further updates.

### **Do we need to keep a record of people that attend training?**

It is not required. However, it is recommended that everyone has the "TraceTogether" app in their phones. This would facilitate tracing of affected personnel to be contacted quickly, isolated and tested to prevent any further spread.

### **What is the difference between "TraceTogether" and "SafeEntry" app?**

Do refer to the links below

TraceTogether: <https://www.gov.sg/article/help-speed-up-contact-tracing-with-tracetogogether>

SafeEntry: <https://www.gov.sg/article/digital-contact-tracing-tools-for-all-businesses-operating-during-circuit-breaker>

### **Will there be any SGSquash tournaments happening when phase 2 begins?**

SGSquash will be cancelling all events till end of September and/or till end of phase 2. Further cancellation will be subjected to any updates from the authorities.

### **What measures will phase 3 look like?**

We will continue to monitor and update the fraternity when we are given any guidelines from SportSG.

**Is coaching allowed during phase 2?**

Yes. Coach is advised to don on mask if he/she is giving out instructions only. No mask would be required if Coach is feeding or engage in the drills.

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| <b>FURTHER QUESTIONS</b> |
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If you have any further questions, please reach SGSquash via email at [benson@sgsquash.com](mailto:benson@sgsquash.com).

For more information/updates on COVID-19, log on to <https://www.moh.gov.sg/covid-19>.