

Reduce the risk of COVID-19

COVID-19 SQUASH GUIDELINES

General

- Stay home if you feel unwell.
- Please use the hand sanitising stations available to sanitise your hands before and after your court booking.
- Follow physical distancing guidelines.
- Follow the directional arrows and be mindful of both one way and two way systems.
- Face covering must be worn in communal areas of the centre. Customers do not have to wear a face covering when taking part in physical activity.

Be aware that guidance can change and restrictions may be reintroduced - ensure you have checked the latest version of guidelines for your activity.

Movement around the Centre will be controlled with one and two way systems in place where appropriate and we will operate a one hour booking.

Before your court booking

- All court bookings must be made in advance (this will not be possible to do online so must be done over the phone to our reception team on 01856 879900).
- We will not be hiring out equipment initially, so please ensure you have your own racketball/squash racket and ball.
- Upon your arrival, you will be checked in near the swimming pool entrance on your way to the Squash Courts. Follow the directional arrows & be mindful of both one way and two way systems.
- You are only permitted to remove your mask when you enter the court. You must wear your mask if you wish to leave the court (i.e. to use toilet facilities).
- Arrive 'squash ready' as no changing or shower facilities will be available.
- The use of lockers will be heavily restricted within the Centre so it is advised that you leave your belongings just outside your court and off the main walkway to reduce any trip hazard.
- We advise you bring a prefilled water bottle that will last the full duration of your booking (although there will be drinks available for purchase at reception).
- Arrive no more than 5 minutes before your booking is due to start, or 5 minutes after your booked time slot. This is to avoid congregation and check all customers in safely.
- If you are unable to attend your court booking please ensure you cancel this with our reception team on 01856 879900.
- Cancellations made within six hours of the booking will be charged in full.



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COVID-19 SQUASH GUIDELINES cont'd

Equipment

- Take all your own equipment (do not share equipment such as rackets, grips & towels).
- Only take the minimum amount of equipment with you that you need to play.
- Clean and wipe down your equipment, including rackets and water bottles before and after use with the disinfectant and blue roll supplied.
- Ensure you take all your belongings with you at the end of the session and do not leave anything behind.

During your court booking

- During your court booking.
- Although all of our touchpoints around the Centre will be disinfected regularly before and after every hourly slot by our staff. We advise you to disinfect door touch points pre and post activity. We ask that all squash players refrain from wiping their hands down the walls and glass, this is in accordance with Scottish Squash guidance which is displayed on the squash court board for reference. There will be disinfectant spray and blue roll provided at each court for use.
- Stay within your booked court. No spectating should take place other than a parent or carer who is supervising a child or vulnerable adult. Please ensure physical distancing is maintained.

After your court booking

- After completing your game, please vacate the Centre via the exit route as highlighted by floor vinyl's and signage as quickly as possible to allow for our staff to then clean the courts ready for the next booking.