



Return to Play Guidelines for Manitoba Club Administrators, Players, Coaches and Anyone Organizing Squash Activities

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Disclaimer

Squash Manitoba's Return to Play (R2P) Guidelines are intended to be used for the purposes set in this document. While we aim to provide relevant and timely information, because information known about the COVID-19 coronavirus and recommended health and safety measures can rapidly change, no guarantee can be given as to the accuracy or completeness of any information provided in the R2P Guidelines.

It is important to note that this document is not a legal document and is to be used as a guide only. It is not a substitute for actual legislation or orders of the Manitoba Health Department. In the event of an ambiguity or conflict between the R2P Guidelines and the Public Health Act, regulations or orders thereunder, the Act, regulations and orders prevail. All affiliated and sanctioned activities must comply with the requirements of the provincial and local government and health officials in terms of public gatherings and sporting events when determining when it is safe to return to activities.

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For up to date restart information for Manitoban's visit
<https://www.gov.mb.ca/covid19/restartmb/prs/index.html#guidance>

Return to Play (R2P)

Squash Manitoba's Return to Squash (R2P) Guidelines are intended to be used for the purposes set in this document. While we aim to provide relevant and timely information, because information known about the COVID-19 coronavirus and recommended health and safety measures can rapidly change, no guarantee can be given as to the accuracy or completeness of any information provided in the R2S Guidelines.

As different levels of government roll out the phased plan for removing COVID-19-related restrictions, Squash Manitoba recommends these Return to Play (R2P) Guidelines for club administrators, coaches, and anyone organizing squash-related activities.

Risk Assessment and Mitigation Tool for Recreational Activities in Manitoba's operating During the COVID-19 Pandemic Guidelines https://www.gov.mb.ca/asset_library/en/coronavirus/activities-guidelines.pdf and Squash Canada's Recommendations.

http://www.squashmb.org/uploads/1/7/9/1/17912747/squash_canada_return_to_play_recommendations_for_clubs_and_organizers.pdf Such governing authority policies, and any risk mitigation measures they include must be followed in priority and, to the extent of any overlap or uncertainty, supersede these recommendations.

Modifications are needed for squash activities to ensure that they meet Manitoba's provincial guidelines and are consistent with the limits inherent in each phase of the Return to Play Plan. Squash Manitoba is committed to safe sport and is pleased to offer this document, as well as the Squash Manitoba website which includes references and links to relevant health and sport information and updates, including sample documents (e.g. waivers and releases). Squash Manitoba is available to answer any questions.

The following principles from Manitoba's Return to Play have been used to guide this document:

Five Principles For Every Situation

Personal Hygiene:	Stay Home if You Are Sick:	Environmental Hygiene:	Safe Social Interactions:	Physical Modifications:
<ul style="list-style-type: none"> • Frequent handwashing • Cough into your sleeve • Wear a non-medical mask • No handshaking 	<ul style="list-style-type: none"> • Routine daily screening • Anyone with any symptoms must stay away from others • Returning travellers must self-isolate 	<ul style="list-style-type: none"> • More frequent cleaning • Enhance surface sanitation in high touch areas • Touch-less technology 	<ul style="list-style-type: none"> • Meet with small numbers of people • Maintain distance between you and people • Size of room: the bigger the better • Outdoor over indoor 	<ul style="list-style-type: none"> • Spacing within rooms or in transit • Room design • Plexiglass barriers • Movement of people within spaces

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Thank you to Squash BC for providing the template for this document

SQUASH AS AN ACTIVITY – COVID-19 RISK FACTORS

Squash is an individual contact sport where players are often in close physical contact; much less than two meters apart. Practiced responsibly, squash can be a great opportunity for participants to relieve stress, socialize with others, provide much-needed exercise and serve an important role in Manitoba's recovery.

However, even with the below recommendations in place, it remains an activity with an increased risk of transmission IF an on-court opponent, partner or coach is COVID-19 positive/infectious.

ADVANCE FACILITY, OPERATIONS AND STAFF PREPARATIONS TOWARDS A SAFE ENVIRONMENT

In building the Return to Play plan for your facility, consider the following:

1. Re-opening and Facility Access:

- a. Check with your liability insurance provider regarding any requirements that must be met as a condition of its provision of insurance coverage upon re-opening.
- b. Implement liability waivers for adults and disclaimer for minors - This is at the sole discretion of the club or facility. It is recommended to retain all waivers and disclaimers, and other supporting documents (e.g. attestations, declarations, etc.) in case of litigation. Squash Manitoba makes no representation that a club or facility should or should not implement return-to-play liability waivers and disclaimers. Seek legal guidance.
- c. Implement a health screening protocol for each time someone enters your facility, and include staff, volunteers, members/clients.
- d. Update your facility or organizations' policies and rules to include COVID-19, addressing non-compliance.
- e. Create an Outbreak Response plan for if/when your facility becomes aware of a case or outbreak of COVID-19.
- f. Provide and train all staff and employees on proper use of Personal Protective Equipment (PPE).
- g. Add protective barriers between staff and guests, e.g. clear protective shield at check-in desks and pro shops, etc.

2. Facility Usage:

- a. Reduce common touchpoints including:
 - Encouraging online reservations and payments; otherwise, electronic payments (including card tap) are strongly recommended.
 - Using ground markings to indicate proper distancing from employees, for example at reception desks. Use one-way direction of travel through the facility if possible.
 - Staggering booking times to create a buffer in the flow of individuals moving in and out of the court areas, allow players to finish and leave the area before the next set of players arrive, and allow for a court cleaning interval after each court use.

- Electronic entry for match scoring, e.g., personal devices or email game info to an appropriate club representative.
 - Adapting locker/change room protocol, e.g. limit time, amenities and occupancy based on appropriate phase of provincial government guidelines.
 - Limit players from spreading out their gear across multiple surfaces.
 - Prohibiting any wiping of sweat from hands or forearms on any court wall. Players who sweat considerably should be permitted to wear small, personal hand towels or bring them onto the court.
- b. Implement and communicate enhanced hygiene practices, i.e. hard-surface disinfectants, availability of hand sanitizer at all relevant locations throughout the facility, safe disposal of garbage, restricting water fountain usage to touchless or foot activated.
- c. Pro-shop services and operations:
- Supply PPE gloves for customers to handle merchandise
 - Use disinfectant wipes on all unsold merchandise that was touched
 - Replace the grip on demo racquets after use, and wipe down entire racquet.
- d. General operations:
- Limit your activities to those commensurate with the current Phase or Risk Level (see Table 1), including number of people allowed to gather in a defined area, closed areas, and ensure clear signage.
 - Limit the facility to the minimum number of employees required to operate.
 - Display COVID-19 operational procedures within the facility.
 - Keep a record of all clients who enter so that you may contact them if needed, for example, if an infected person should use your facility. This is critical for contact tracing requirements.
 - First Aid - in the event that first aid is required to be administered during an activity, all persons attending to the injured individual must first put on a mask and gloves.

COMMUNICATION

Clear, consistent communication is critical to the success of a Return to Play strategy and roll-out. Providing and updating information and training to staff and employees, volunteers, and players is vital to creating a safe environment. Electronic communication, signage and monitoring are important, from preparing for each player's first visit to your facility through all phases of the provincial Return to Play Plan and ongoing play. In the unfortunate situation of needing to roll back level of activity due to a second wave of COVID-19 or other circumstance, established communication protocols will be especially important.

COMMUNICATION WITH STAFF, COACHES AND VOLUNTEERS

1. Ensure that prior to coming to your facility:
 - a) hold virtual meeting(s) with staff to go over all protocols.
 - b) address any questions or concerns your staff may have with returning to work during this time.
2. Include in your new staff protocols:
 - a) daily assessment of their health. No staff member should attend work if they show any symptoms of being sick
 - b) If any staff member is unsure please have them use the self-assessment tool provided free online through <https://sharedhealthmb.ca/covid19/screening-tool/>

COMMUNICATION WITH PLAYERS

Circulating your facility's COVID-19 measures to your members/clients should include:

1. Posting court and play-related restrictions in highly visible areas of your squash facility.
2. Posting your club's COVID-19 safety measures on your website.
3. Reminders on the responsibilities for anyone who feels unwell or shows any COVID-19 symptoms.
4. Ensuring that awareness for vulnerable individuals to the inherent risks associated with squash are communicated. Vulnerable individuals are defined as:
 - a. elderly individuals
 - b. anyone with serious underlying health conditions, including high blood pressure, lung disease, diabetes, obesity, asthma, and those whose immune system is compromised such as by chemotherapy.
5. Advise individuals to stay at home even if they show no COVID-19 symptoms if they are in directed self- isolation on account of living, caring for, or working with someone who has been diagnosed with COVID-19, or shows symptoms of COVID-19.
6. Restricting entry for adult players - no non-playing spectators including guests or other family members.
7. For junior squash players - recommend that only one parent/guardian accompany a junior player.

COACHING

While every facility will be designing their own coaching protocol, the following should be incorporated as appropriate for local conditions:

1. In the early phases of re-opening, group lessons should only include persons residing in the same household.
2. Coaches should ask & remind their students before each class to ensure they are beginning their class with sanitized hands and equipment.
3. As much as possible, coaches should try to remain on the same court and adjust their schedules in order to coach on only one court at a time.
4. For on-court drills, position players in designated and well spaced-out stations.
5. Ensure coaches have training in your protocol and know how to handle the situation on court to help the players maintain their physical distancing, even when at rest or being given feedback.
6. Drills that require continuous play are recommended, as opposed to ones that require repeated ball- handling.
7. Consider the use of tape as targets in lieu of equipment such as cones.
8. Do not let players handle practice equipment. Coaches should pick up balls and other equipment used on court.
9. Encourage players to use their racquet or foot to push balls back to the drill initiator.

These include: cough, fever, difficulty breathing, and pneumonia in both lungs.

<https://sharedhealthmb.ca/covid19/screening-tool/>

10. Consider utilizing video for lessons and sharing with athletes and families for home use. Explore integrating online calls and at home discussions as part of training/weekly programming.
11. Consider assigning coaching equipment to each coach as well as assigned storage areas for their equipment.

SQUASH EQUIPMENT

Squash equipment is generally regarded as racquet and ball, with certified eyewear mandatory for juniors and doubles. With COVID-19 some additional protective measures may be considered:

1. Certified eyewear for adult singles players, full face-shields, masks or other face covering, waterproof sport gloves – please note the inherent hygiene requirements for effective use.
2. Stop or minimize the use of communal club equipment, such as racquets, eyewear, and balls. If unavoidable, thoroughly sanitize communal equipment after each use.
3. Squash balls - consider spraying squash balls with a disinfectant spray after a session. The use of new balls on a regular basis is strongly recommended.
4. Instruct players to provide their own balls. Remove any squash balls that may have been left behind.
5. Handling of the ball – refer players to your current facility protocol.

PHASING IN SQUASH ACTIVITIES COMMENSURATE WITH RISK LEVELS

Governments and public health authorities are recommending gradual relaxation of restrictions and re- integration of activities in phases over time, consistent with the understood risks as at a particular time. Included in a Return to Play strategy is bringing back competition, leagues and activities that may include participants from outside of your facility.

Making an assessment of whether a safe environment can be provided depends on a large range of factors, which apply differently at each venue. It is the responsibility of each squash provider, coach, and facility to assess suitability of activities based on their local circumstances.

Public Health and the World Health Organization's guidelines state that **people should not wear masks when exercising**, as sweat can make the mask become wet more quickly which makes it difficult to breathe and promotes the growth of microorganisms.

The important preventive measure during exercise is to maintain a physical distance of at least one meter from others.

You will need to check with your facility about their approach to this phase of re-opening, and how they will move within this phase, including timing of this progression. Please continue to be patient with them as they work on what the new guidance means for their players and staff.

**SQUASH MANITOBA'S RETURN (R2P) STATUS AS OF
April 28, 2021 12:01 pm**

ELEMENTS	RECOMMENDATION
Enhanced Protocols	Increased personal hygiene, cleaning protocols and symptom screening
Contact Tracing	Ensure complete occupancy information should contact tracing be required.
Group Size e.g. number of people on a court	Singles court – 2 people for games/matches or drills and 3 people & Coach for lessons/drills.
	Doubles court – maximum 4 people on court, plus a coach for drills or lessons. Games/Matches NOT allowed as per Manitoba Health Orders 14(2)
Trusted Bubble/Trusted Pod (Person or people you feel comfortable and safe with. The number of people in your bubble/pod is determined individually)	Squash MB recommends keeping the number of people you play games/matches or drills to individuals you feel safe with.
Cohort Size (A cohort is a group of participants who primarily interact with each other within the sport environment over an extended period of time (e.g. leagues and tournaments))	A cohort of up to 10 squash players is allowable. Note: Facilities may have restrictions on the number in a cohort based on their own safety plans.
Games/Matches	Yes as per Manitoba Health Orders – Individual Play - 14(2)
In-House/Inter-Club	NO as per Manitoba Health Orders
Spectators	NO as per Manitoba Health Orders – one parent/caregiver spectator per youth participant, if physical distancing of two metres (six ft.) is maintained;
Travel for Competition	NO as per Manitoba Health Orders
Continued Safety Protocols on Court	Forego handshake No sweat wall-wiping Court sanitizing
Masks in Facility	As per Manitoba Health Orders PHO, masks must be worn when indoors at all times (even on Court)

APPENDIX A – TIPS AND RECOMMENDATIONS FOR PLAYERS:

See http://www.squashmb.org/uploads/1/7/9/1/17912747/squash_canada_return_to_play_recommendations_for_players.pdf

for expanded information.

BEFORE YOU PLAY

- Play only with individuals considered to be low risk.
- Do not play if you or your playing partner:
 - Exhibit any coronavirus symptoms, such as a fever, cough, difficulty breathing, or other symptoms identified by health experts.
 - Have been in contact with someone with COVID-19 in the last 14 days.
 - Are considered vulnerable or at risk (elderly individuals, immunosuppressed persons, individuals suffering from serious health problems, notably high blood pressure, pulmonary diseases, diabetes, obesity and asthma).

PREPARING TO PLAY

- Protect yourself against infections:
 - Wash your hands with disinfectant soap and water for at least 20 seconds before going onto a squash court.
 - Bring hand sanitizer if none provided at your facility.
 - Clean your equipment, including your racquets and water bottles.
 - Do not share equipment with your playing partner.
 - Bring enough water with you to avoid having to touch a tap or water fountain handle.
 - If you wear a mask or gloves please carefully monitor your health as you exert yourself. Wearing a mask or face covering restricts the flow of air into your lungs, which means your lungs have to work harder to get the same amount of air that they're used to.
 - If you cough or sneeze, do so into a tissue or in your sleeve.
 - If you touch something, make sure to wash your hands and disinfect the surface you have touched.

WHILE PLAYING

- No sweat wall wiping.
- Avoid all physical contact (no shaking hands, high fives, etc.).
- Avoid touching your face after manipulating a ball, racquet or when you hit the ball to another player.

AFTER PLAYING

- Leave the court immediately after you finish playing.
- Consider spraying squash balls with a disinfectant spray after a session and take balls with you. The use of new balls on a regular basis is strongly recommended.
- Wash your hands carefully with water and disinfectant soap or with hand sanitizer.