



## Return to Play for Squash Players at Langley Fitness Unlimited Ltd. Updated January 2021

There are a new set of guidelines we must follow to keep the safest environment possible for both our staff & members. You must understand your risks as mentioned by Squash Canada.

1. In squash, players are in close physical contact; much less than two meters apart.
2. This virus transmits readily by respiratory droplets and contact.
3. Squash is played indoors and in an enclosed, confined space.

Due to the nature of the game of squash, even with the below recommendations in place, it remains an activity with a high risk of transmission IF an on-court opponent, partner, or coach is Covid-19 positive or contagious.

The following are the changes you will see at Fitness Unlimited for members who wish to use the squash courts:

- Members will be asked a series of health questions when arriving. Anyone who is sick, quarantined, or self-isolating will not be permitted to enter.
- Fitness Unlimited will provide you with your own cloth and sanitizer. You must wipe down your own racquets and squash balls before and after each use. Please return the cloth and sanitizer to reception after using.
- Please follow all tape or floor decals designed to keep safe distancing and follow all signage posted throughout the facility.
- Currently, we are not allowing Squash leagues or tournaments.
- No rentals available.

To ensure we are doing everything we can to meet our goals, we are requesting of you:

- No hand shaking. Alternatively, consider a racquet tap or nod.
- Practice good hygiene (frequent hand washing with soap and water or use the hand sanitizers and avoid touching your face).
- Do not congregate after play.
- Absolutely no alcohol is allowed on site at Fitness Unlimited.
- Arrive in workout clothes and avoid using the locker rooms on site.
- Use non-medical masks or face coverings is mandatory in all common areas.
- Please bring your own water bottles.
- Certified squash eyewear should always be worn on court, even if squash rules and policies do not normally require them for you, to prevent transmission of droplets to eyes.
- Avoid contact with other players. Apply a more liberal 'Let' rule to do so.
- It is strictly PROHIBITED to wipe sweat from hands or forearms on any court wall.

You can play with up to three other members that are in your household. Please see reception to communicate with us who your three members are.

Please be assured we are striving to provide a safe and healthy environment. We thank you for your patience and understanding in following these new policies and procedures to keep us operating safely during these unprecedented times.