

## Six Phases for Return to Play

### General Guidelines

- Squash facility managers should be familiar with all COVID-19 CDC, federal, state, and local guidelines for social distancing and update standard operating procedures, as needed
- Facility manager should check their HVAC system and ventilation filters
- Facility manager should also check liability insurance to understand coverage related to communicable diseases
- Additional squash-specific guidelines can be found on [US Squash's COVID-19 Resources](#) page
- Recommended action steps:
  - Maintain database or log with follow-up contact information
  - Require appropriate facemask usage at all times while in the facility, including on court during play
  - Prohibit visitors or other guests in the playing area during practices
  - Sanitize hands before entering court and after leaving court
  - Complete sanitation of court before next permitted usage
  - Bring extra shirts to avoid excessive sweating on court
  - Eliminate wiping of hands or arms on any walls or floor of the court – use personal towel if necessary

### Phase 1: Solo Practice - No Cross-contact - Solo Training Only

- Players are in small groups (2-5 people)
- All practice is restricted to solo practice only
- Each player is assigned their own court, and they stay on it for the full practice session
- Coaches provide instruction from outside the court with a mask on
- Groups are staggered through the day, so that there is no overlap between groups, and there is time for the high touch points on the walls of the courts to be cleaned
- No use of locker rooms (players arrive and leave with their equipment)
- No team governed physical conditioning indoors; any physical conditioning would be given to the same 3-5 person groups outdoors in a cordoned off area with social distancing measures in place
- Players may also be given endurance training sessions that can be carried out independently (outdoors)

### Phase 2 - Assigned Partner Training - 2 Players Together - No interchange of Partners

- Players are assigned a practice partner, and the pair are assigned their own court
- Practices will typically have 2-3 pairs practicing at the same time, but no crossover between pairs
- For all of Phase 2, the assigned partner and assigned court do not change
- Consider partners being based on living arrangements if players live together
- Two parts to Phase 2:
  - A: players sharing court must remain in separate parts of the court
  - B: players sharing court may interact on the same side of the court
- All other conditions from Phase 1 remain the same (staggered times, no locker rooms, coaches work outside court, no inside physical conditioning, etc)
- If a player tests positive during Phase 2, it would require their partner to be quarantined too.

### **Phase 3 - Small Pod Training – 4-5 Players per Pod**

- Players are assigned a pod of 4-5 players
- Players within the pod practice together at the same time, with no restrictions on crossover between players and courts within the pod
- Players can now warm-up together and do S&C indoors together (with social distancing kept by the S&C coach)
- Coaching still from outside the court.
- If a player tests positive during Phase 3 it would require everyone in their pod to be quarantined too.

### **Phase 4 - 2 Training Groups per team**

- A team is split into 2 groups, ideally achieved by merging specific pods from Phase 3 together
- Unlimited crossover between players within a group, but no crossover between groups
- S&C would still be done in Phase 3 pod assignments, though
- Coaching can be from inside the court, including individual lessons, still with masks on
- In the event that a player tested positive, the entire group and the coach assigned to that group would need to quarantine.

### **Phase 5 - Full Team Training**

- This would be considered “full practice” and as close to business as usual as possible
- The entire team would be able to practice together at the same time
- Challenge matches to determine roster order could be played
- If applicable, no co-ed practices or overlap between men’s and women’s practices
- If a player tested positive, it would require the entire team and coach to be quarantined.

### **Phase 6 – Competition Phase**

- Team would be approved to travel together by bus (no stops and no overnight stays allowed)
- Testing conducted before travel is allowed
- Competitions able to resume against opposition schools pre-approved by sports medicine (approved level of testing for both teams)
- No spectators allowed during matches