

# SPACING // SPOTLESS // SPECIFIC // SPIRITED IN SQUASH

THANK YOU

## SPACING



Thank you for:

- Only attending site when you have pre-booked a session
- Adhering to queuing and exercise guidance at all times
- Keeping to your 40 minute session time
- Minimising time on site (arrive at your start time and leave immediately afterwards)
- Not spectating (unless necessary for safeguarding purposes)

## SPOTLESS



Thank you for:

- Wearing clean fitness attire and shoes
- Washing/sanitising your hands on entry and regularly throughout your sessions
- Cleaning down benches and doors after use
- Not wiping your hands on the walls
- Bringing your Sports card to reduce the use of touch-points

## SPECIFIC



Thank you for:

- Adhering to England Squash guidelines found at [www.englandsquash.com/backtosquash](http://www.englandsquash.com/backtosquash)
- Not playing matches (other than 'Sides') with those outside of your 'bubble'
- Coming 'Exercise Ready' and avoiding the use of changing rooms whenever possible.
- Cancelling your session if you can no longer make it
- Keeping bags to the Green Tick spaces in the seating area

## SPIRITED



Thank you for:

- Not attending if you or anyone in your household has symptoms of Covid-19
- Telling us if you become unwell whilst at Sports park
- Being patient, kind and respectful
- Following all guidance