



COVID-19 RETURN TO PLAY PROTOCOL - SEPTEMBER 16, 2020

The presence of the COVID-19 virus in the Ottawa area has resulted in the implementation of protocols aimed to reduce the risk of transmission of the virus.

Members of the RA Squash Club are eager to return to the courts but need to do so in a safe and responsible manner. Members must recognize that the failure to abide by these measures could result in the reinstatement of activity restrictions to the detriment of all members.

The protocols will evolve in a manner consistent with regulations issued by health authorities (e.g. the use of face masks) and guidelines received from Squash Ontario/Squash Canada.

Overall Protocols

- 1. Provincial/Local Regulations:** All Club activities are to abide by all applicable provincial and local regulations and restrictions for the Ottawa area. Activities are also to abide by any requirements imposed by the RA Centre. These protocols and guidelines are in addition to, not in substitution for, those regulations and restrictions.
- 2. Responsibility for Own Safety:** All Club members and their guests are responsible for their own safety. Any concerns about activities or behaviors that are considered to create an increased risk of transmission of the virus should be communicated to the RA and to the Squash Club Executive Committee members.
- 3. Signing Waivers:** All Club members and guests must complete and sign a participant **Acknowledgement, Assumption of Risks, Waiver and Release of Claims – Coronavirus (COVID-19) form waiver (see appendix A) prior to participating in squash activities.** This form includes clauses exempting the RA Centre and the RASC executives from any and all liability from any injury or illness arising from or in the course of undertaking the activity.
- 4. Removal from an Activity:** Any Club member who is exhibiting or feeling any recognized symptoms of COVID-19 must withdraw immediately from the Club activity and notify the RA before exiting the facility. In addition, if an individual appears to be exhibiting symptoms of COVID-19, the RA may require that the member exits the facility immediately. Given the immediate risk that may be created for the group, the decision of the RA will be final and without right of appeal.
- 5. Notification of a COVID-19 diagnosis:** Any Club member who receives a positive COVID-19 diagnosis and has participated in a club activity within the previous 14 days shall notify the RA and a member of the RASC Executive Committee immediately.

- a. Ottawa Public Health is primarily responsible for contact tracing; however, the RA will also notify its members that a player tested positive and the day / time this player was at the RA in the previous 14 days.
 - b. The RASC Executive Committee will review the booking data and, in collaboration with the RA, determine if additional club members need to observe a quarantine period.
6. **Return after exposure:** In situations where self-isolation has been required, a Club member may only return after mandatory self-isolation has been completed.
7. **Suspension or Expulsion:** Any Club member participant who fails to abide by these protocols faces the possibility of suspension expulsion from the RA.

Squash Specific Measures

- Masks must be worn by members on their arrival at the RA and throughout the RA complex, including washrooms, hallways and stairs. Masks are strongly recommended while participating in physical activities but they are not mandatory once inside the squash courts
- Bring your membership card. Your membership card is absolutely required and must be tapped each and every time you arrive for your scheduled visit. This will allow us to meet Ottawa Public Health's requirements for contact tracing in the unfortunate event that there is a positive COVID test amongst our members or staff.
- The following guidelines are from Squash Ontario and are subject to changes. As of the last update on August 27, Squash Ontario states that:
 - Players from the same household may engage in regular play, including doubles play.
 - Pods: may include on court drills and/or conditioned games by 2 players within a pod who maintain a distance of at least 2 meters. Players within a pod must agree to exclusively play each other to lessen the risk of exposure and facilitate potential contract tracing. Squash Ontario recommendation is maximum 10 players in a pod
 - For Coaching, Clinics and Camps: More than 2 players may engage in on-court drills and/or conditioned games so long as (i) supervision is provided by an NCCP Intermediate Coach (or higher certification), (ii) the players maintain a distance of at least 2 meters at all times, and (iii) the players are all in the same pod.

- The Pods are self-managed but the RASC recommends that:
 - The Pods do not exceed 6 players.
 - Each Pod to not only agree to exclusively play each other, but to define and follow the same “on court” mitigation protocols
- Guests/Day passes cannot be accommodated at this time.
- All programs (city leagues, TNCL....) are canceled until further notice.
- There will be no drop-ins. All courts must be booked in advance.
- Court booking and play time
 - The court booking system is configured for a 45 minutes booking time followed by a 45 minutes cool off period with alternating courts so that only 3 courts share the same start time. For this setup to work with our booking system, the booking will show you 2 activities “Courts 1-3” and “Court 4-6”, if you select both you will be able to see all the start times available to you.
 - While the court booking is set to 45 minutes you may choose to start a few minutes earlier and you may stay up to 15 minutes past your booking time.
 - These measures are in place to reduce the number of players transiting at the same time and to offer one hour of play time while ensuring a minimum of 15 minutes buffer between court bookings to reduce the risk of contamination (droplets...).
- RA cleaning and sanitizing protocols have been greatly increased and all courts will receive a deep cleaning on a daily basis. All members are asked to cooperatively be part of the cleaning and sanitization process by cleaning the squash court door before you enter.
- There is to be no handshaking. The tapping of racquets is a recommended alternative.
- Change rooms and water fountains will not be available. Come dressed to play.

Entering the RA and squash courts

- Enter the RA facility no more than 20 minutes prior to your start time. RA Membership staff at the East desk will clear your entry:
 - Your membership must be up to date
 - Your court booking time must be within 15 minutes
 - You must have completed the online waiver
 - You must have confirmed as part of the self-assessment at entrance that you are symptom free

- Once cleared, proceed down the stairs and to the squash lounge area
 - Always maintain 2m distance
 - Check your court – previous players should have left the court already at least 15 minutes before your arrival.
 - Complete changing into your squash gear

Using a squash court

- Sanitize your hands each time before entering the court.
- Use the cleaning products left at your disposal in the corridor to clean the court door/handle and avoid touching, walls, floors and other court surfaces.
- Bring your squash bag on court leaving the strict minimum outside (shoes...)
- We strongly encourage you to stay on the court for the duration of the play. Outside of the court you will have to wear a mask and you will not find benches or water fountain.

Leaving your squash court and the RA facility

- At most 15 minutes past the end of your allotted booking time you must stop your play, gather your gear, **put your mask on and leave the court**
- Immediately make your way to the gallery using the gallery staircase where you will find hand sanitizers to use before exiting
- Please exercise discipline in quickly exiting the facility

These steps are important to provide as safe an environment as reasonably possible for you and the players coming after. Thank you for your understanding and cooperation.