

## **Playing Squash and Racketball at the Lansdown Club**

### **Remember.....**

**No more than 2 players on court at any time.**

**If you are members from the same household or support bubble you can play a full squash game.**

**Two members from different households (not in a support bubble) can play a variety of different practices. See the bottom of the sheet and the notices on the wall in the squash lobby area.**

**Before booking a court you must have assigned up to abide by the rules using the form [here](#)**

### **Rules**

1. You must complete the squash court booking form before you arrive at the club, giving details of your opponent and that you agree to adhere to these rules.
2. Always follow the one-way system through the Club and ensure 2 metre social distancing at all times. Exit is only allowed by the side door.
3. You can only play if you have booked a court.
4. You must use the hand sanitiser on arrival and departure.
5. The balcony is closed to members and spectators.
6. To ensure we have social distancing of 2 metres, there is to be no stretching/warming down outside the courts or during any play.
7. Arrive promptly (no more than 5 mins ahead of playing) and leave squash courts immediately after playing.
8. Players are to arrive at the club in kit and ready to play. The changing rooms are out of use.
9. Do not wipe hands on court walls.
10. There is to be no sharing of equipment and the ball is only to be touched by one player. Only one player serves during the match, the opponent cannot handle the ball.
11. Take your belongings on court and place them in front of the tin.
12. After playing, please wipe the door handles and light switches with the alcohol-based wipes that are provided outside of the court.
13. Spot cleaning: where a member has touched the floor or the wall they should use an alcohol-based cleaning wipe to clean that area immediately (do not use a member's towel). Any liquid should be dried off immediately with paper towels that are placed outside of the court.
14. Members are responsible for informing their visitor of the rules before they arrive at the Club and ensuring that they adhere to the rules whilst they are on the premises.
15. The water fountains are out of use so please bring your own water bottle. Bottled water will be available for sale from the bar

16. Please be aware that after your game, you may need to use a towel to wipe yourself down before you enter the clubroom. Likewise, please wait until your breathing has returned to normal before you access any area where there are other people present.
17. Failure to abide by these rules may result in booking rights being removed.

### **Socially Distanced Practices**

**Cross court volleys** - Both players volley the ball cross court to each other from behind the service box. Switch sides. Make it co-operative. Aim for as many volleys in a row as possible. Switch sides and see if you can beat your previous total.

**Straight to self then cross court volley** - Stood behind the service box, both players play two shots, volley straight to self then cross court to your opponent. Switch sides.

**Straight lob vs straight volley drop** - Front player plays straight lobs and back player plays straight volley drops. Alternate and switch sides.

**Boast vs straight drive** - Front player plays straight drives. Back player boasts. Alternate.

*Make it competitive: front player can play straight or cross court, back player must always boast. First to reach 7 points wins.*

**Drive or cross court drive vs boast or drop** - Front player can play a straight or cross court drive. Backplayer can play a straight drop or boast. Alternate. *Make it competitive: first to reach 7 points wins.*

**Straight drop then straight drive vs straight to self then boast** - Front player plays two shots, a straight drop followed by a straight drive. Back player plays two shots, a straight drive followed by a boast. Alternate.

**Straight drop then cross court deep vs straight to self then boast** - Front player plays two shots, a straight drop followed by any shot cross court deep. Back player plays two shots, a straight drive followed by a boast. Alternate and switch sides.

**Front vs back on one side** - Front player can play any straight shot deep. Back player can play a straight shot short. Alternate and switch sides.