

ALERT LEVEL 2 ACTIVITY GUIDELINES TOOLKIT

This toolkit to help provide clarity to clubs around different squash activities that can take place at Level 2. In order for clubs to provide a safe environment for participants it is vital for clubs to ensure they have created a plan for this to happen. A template for clubs can be found on our website here <https://www.squashnz.co.nz/for-clubs/covid-19.cfm> The tool kit is made up of the following elements



Level Two Alert Table

This document has been put together by Squash NZ, affiliated Districts and external sources, with the purpose of informing our squash community how we are responding to Covid-19, and to provide recommendations for what we believe is the best course of action for all squash organisations, clubs, coaches, and facilities.



Top Five Tips For Clubs

The top five things clubs need to think about to operate there club at Level 2



Poster Kit

Key messages that clubs can put up around the club including guidelines for players to help keep the club safe.



Digital Tools

A range of tools that could be of benefit to clubs during this time.



Disclaimer

Please note that Squash NZ are not experts on pandemics and as such all New Zealand Government and Ministry of Health information, guidelines and directives supersede this information.

Squash in New Zealand - COVID-19 Level 2 Guidelines @ 8 May

Level 2 – Reduce	Key Central Government measures	Squash New Zealand Measures	Recommended measures for all other squash organisations (These recommendations will consistently be reviewed by Squash New Zealand and associated parties)
<ul style="list-style-type: none"> - Household transmission could be occurring. - Single or isolated cluster outbreaks 	<ul style="list-style-type: none"> - Physical distancing of two metres from people you don't know when out in public is recommended, with one metre physical distancing in controlled environments like workplaces unless other measures are in place. - No more than 100 people at indoor or outdoor gatherings. - Sport and recreation activities are allowed, subject to conditions on gatherings, contact tracing, and – where practical – physical distancing. - Public venues can open but must comply with conditions on gatherings, and undertake public health measures. - Health services operate as normally as possible 	<ul style="list-style-type: none"> - All National, Premier and Major events are being risk assessed in conjunction with host venues. - Squash NZ High Performance National Squads may take place at a Squash NZ approved facility. - All Squash NZ in person workshops, education, face to face meetings and external activities risk assessed. - Squash NZ offices open on rotation basis to limit staff numbers and practice safe social distancing. - No international or domestic travel (outside of home region) for Squash NZ staff. - Squash NZ will conduct majority of internal and external business remotely 	<ul style="list-style-type: none"> - Facilities able to open but should follow the measures listed below. <ol style="list-style-type: none"> 1. Ensure a safety plan is in place 2. Ensure that you can enforce no more than 100 people in the facility at one time 3. Ensure that no high-risk people enter the facility 4. Ensure you can meet contact tracing requirements 5. Ensure your facility has extensive signage and information regarding precautions for managing COVID-19 6. Ensure your facility has an up to date cleaning schedule & soap and hand sanitiser is available and is consistently refilled 7. Ensure the facility staff and volunteers are properly briefed on all information regarding precautions for managing COVID-19 8. Social distancing is not required while on court playing, however, ensure that processes are put in place to ensure social distancing in all areas outside of the courts (hallways, common areas, changing rooms, and bar) 9. If opening the bar, ensure that in all bar and food areas the three 'S' are applied (Seated, Separation and Single Server) and people are present for less than two hours (further guidance for clubs will be made available shortly) - District/club events and competitions may take place once risk assessed by the coordinating body. Facilities must adhere to all necessary guidelines and safety measures (above) - All workshops, face to face meetings and external activities are risk assessed. - Coaches should ensure that before any activity occurs, they have a safety plan in place that ensures contact tracing, physical distancing and health and safety obligations are met.

TOP FIVE CLUB TIPS

1

Create a safety plan that is manageable for your club

2

If your not ready to open safely on the day level 2 starts don't feel pressured to.

3

Take your time with reopening. Start small and see how it goes.

4

Communicate with your members what is happening

5

Keep up to date with government guidelines

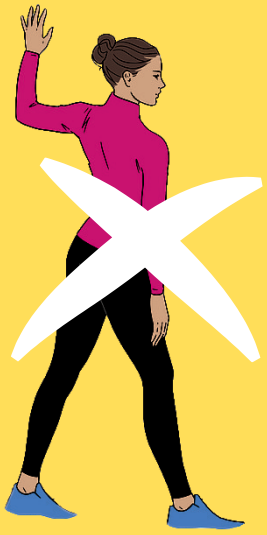
For the most up to date information visit:

**covid19.
govt.nz**

**squashnz
.co.nz**

**sportnz.
org.nz**

PLAYER GUIDELINES



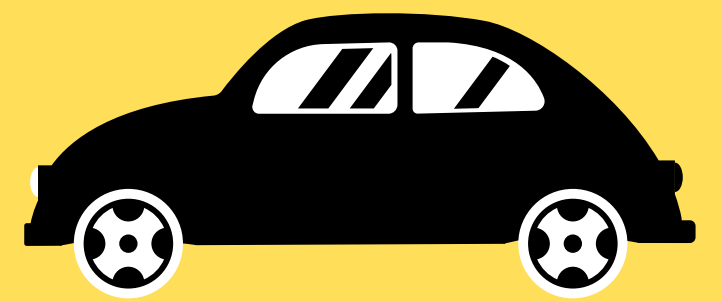
No wiping hands on walls

Bring your own water bottle
and towel



Wash your hands before and
after you play

Vacate the club in a timely
manner



Follow the club sign in
process

Follow the clubs rules and
help keep them open



If you're sick
Stay Home

PLAYER GUIDELINES



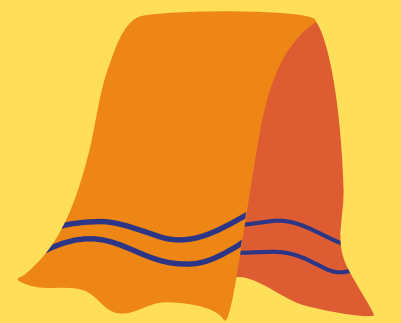
Sneeze and cough into your elbow

Maintain physical distancing off the court



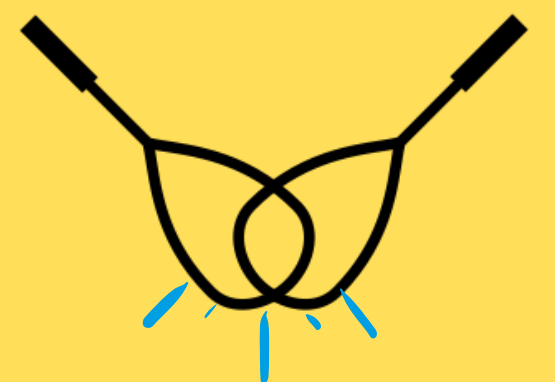
Use online booking tools

Wipe your sweat after play



Avoid touching shared surfaces

Bump racquets after games instead of shaking hands



Bring your own balls, avoid sharing equipment

STOP!

We want to keep you and others safe...

All venue users must check in prior to playing. This is for the purposes of contact tracing.

- **DO NOT** play if you are sick, even with mild symptoms
- Minimise touching of common surfaces
- Don't share equipment with anyone
- Leave the club in a timely manner

Enjoy Your Game but **PLAY SAFE**. If people don't follow these guidelines, we may be forced to close the courts.

Squash NZ has detailed guidelines for play under level 1, 2 & 3 at <https://squashnz.co.nz/for-clubs/covid-19.cfm>

**Unite
against
COVID-19**

HELP US CREATE A SAFE ENVIRONMENT



1

GOOD HYGIENE

Cover your coughs or sneezes with a tissue or into the elbow. Use hand sanitizer or wash your hands with soap.

2

CHECK-IN WHEN YOU ARRIVE

To enable contact tracing, we need to maintain a guest register. Please ensure you follow the clubs policy and check in.

3

PHYSICAL DISTANCING

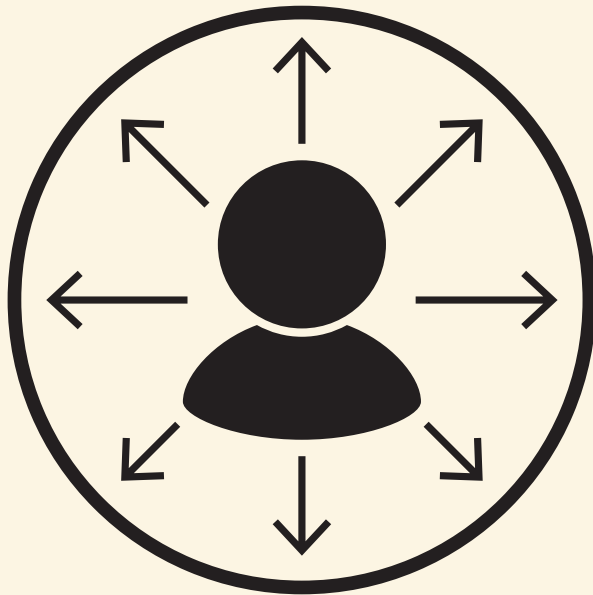
Maintain a 1 metre distance from other people at all times.

4

STAY AT HOME

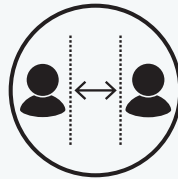
If you are feeling unwell, please stay at home and seek medical care.

CONTACT TRACING REGISTER



Business name: _____

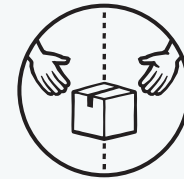
We require **ALL** people on these premises to exercise the strictest precautions possible to help avoid the transmission of COVID-19.



Physical distancing



Correct hygiene practices



Contactless payment and delivery

Please sign the register form (underneath this coversheet) which acknowledges:

- You do not have any symptoms associated with COVID-19 (e.g. fever, cough, sore throat, shortness of breath, sneezing/runny nose or loss of sense of smell)
- You do not have COVID-19 nor are you awaiting the results from being tested for COVID-19
- You have not been in contact with any known or suspected cases of COVID-19 in the past 14 days
- You have not returned, or been in contact with anyone else who has returned, from overseas in the past 14 days.

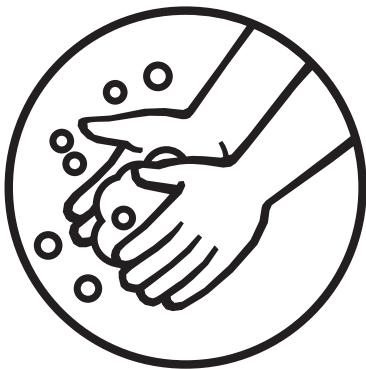


Signing this form acknowledges that:

- You do not have any symptoms associated with COVID-19 (e.g. fever, cough, sore throat, shortness of breath, sneezing/runny nose or loss of sense of smell)
- You do not have COVID-19 nor are you awaiting the results from being tested for COVID-19
- You have not been in contact with any known or suspected cases of COVID-19 in the past 14 days
- You have not returned, or been in contact with anyone else who has returned, from overseas in the past 14 days

[illegible]

Protect yourself and others from COVID-19



Wash your hands
with soap and water
often (for at least 20
seconds). Then dry.



Cough or sneeze
into your elbow or by
covering your mouth
and nose with tissues.



Clean and disinfect
frequently touched
surfaces and objects,
such as doorknobs.



Don't touch your eyes,
nose or mouth if your
hands are not clean.



Put used tissues
in the bin or a bag
immediately.



Stay home if you
feel unwell.

For updates and more information on
keeping yourself safe, visit **Covid19.govt.nz**

New Zealand Government

Unite
against
COVID-19



Clean and disinfect all surfaces and objects

Wipe. Spray with disinfectant. Wait 20 seconds. Then clean.

Don't forget frequently-touched objects like door knobs, light switches, stair rails and lift buttons.

Find out more at
[Covid19.govt.nz](https://www.covid19.govt.nz)

New Zealand Government

**Unite
against
COVID-19**



Be kind

Please be patient with our staff and others,
while we deliver this service for you.

Thank you for your support.

New Zealand Government

Unite
against
COVID-19



Washing and drying your hands kills the virus

Wash often. Use soap. 20 seconds. Then dry.
This kills the virus by bursting its protective bubble.

Find out more at
Covid19.govt.nz

New Zealand Government

**Unite
against
COVID-19**



DIGITAL TOOLS

Below are some examples that digital tools that could be of use for clubs as they reopen. Most of these providers have COVID-19 deals running with most products having a free option for clubs.



Online Booking. For more contact admin@squashnz.co.nz



Online Booking and Contact Tracing www.pay2play.co.nz

For more information contact dean@pay2play.co.nz



Online Booking and Contact Tracing helloclub.com/covid-19

For more information contact info@helloclub.com



To capture health and safety information through an app that provides your committee with oversight in real time. Functions include risk reporting, incident reporting, and checklists e.g. cleaning to ensure you stay of top of your requirements to open.

For more information www.safe365global.com/nz/safe365-app/



Touch free sign in and contact register. <http://id.idme.co.nz/about-1?em=0>



Contact Tracing Tool <https://simpletrace.nz/>

Scoring Made Easy

Social App to automate social or club nights using your own device. This product auto rotates players to reduce wait times and simplifies the process for those running the night. <https://scoringmadeeasy.com/sport/>

For more information email scoringmadeeasy@gmail.com

Squash Leagues & Ladders

Free online squash club league and ladder management. <https://www.squashleagues.org/>

Scorehorse

Simple online software for managing and sharing clubs leagues for squash. <http://www.scorehorse.io/>

CLEANING PRODUCT

To order this product please contact your local ALSCO branch. For contact details click the ALSCO image below;



VIRUCLEAR

PRODUCT INFORMATION

Broad Spectrum Surface Sanitiser

Viruclear has been developed specifically for reducing the infectivity of coronaviruses, known to persist on surfaces such as metal, glass and plastic for up to 9 days. Suitable for use in commercial, industrial, health care and other public facilities. It is a concentrated hard surface sanitiser with 7.99% hydrogen peroxide combined with chelating agents and surfactants to increase its performance.

The efficacy of any bactericide/virucide is a function of the concentration of the sanitiser and the contact time. Whilst laboratory results have shown 0.5% hydrogen peroxide to be effective on coronaviruses in as little as 60 seconds, the longer the contact time the greater the efficacy. Viruclear has been designed to leave minimal residue so in most instances it can be left on the surface and not rinsed. However, if time allows the surface can be wiped with a damp cloth. This will help remove any biofilm present. Biofilms build up on most surfaces and help protect bacteria and viruses. The oxidising nature of Viruclear helps breakdown the biofilm and wiping the surface helps remove it. Once the oxidation/sanitising process has taken place and killed bacteria and viruses, Viruclear will breakdown to hydrogen and oxygen.



CONCENTRATED SANITISING SUPERHERO

JUST A
SINGLE



5 LITRE
CONTAINER

MAKES
83L

OF READY-TO-USE
SANITISER*



*BASED ON DILUTION RATIO: 60ML OF PRODUCT WITH COLD WATER TO MAKE 1L OF READY-TO-USE SOLUTION. USE A 30ML PLUNGER TO EASILY DISPENSE THE RIGHT AMOUNT OF PRODUCT FROM A 5L CONTAINER TO A 1L SPRAY BOTTLE.