



Ways to play Squash

There are several ways members can play. The following table outlines the different ways to play that should be adhered to and are relevant for all levels of ability. Remember that the Government guidelines that have permitted indoor courts to open currently include instructions that activities must be modified in such a way that social distancing can be maintained throughout the activity wherever possible.

Considerations during any type of squash activity (including coaching):

- There should be no more than two players on court at one time (no doubles allowed even within squash bubbles).
- Hand, ball, and touch point hygiene should be maintained before, during and after playing.
- Implement a regime of sanitising balls regularly
- Only one player/coach to touch the court door.
- Players must not touch the court walls.
- Social distancing between members off court, and where possible on court.
- Social distancing between coach and members at all times.
- England Squash strongly recommends wearing protective eyewear at all times during play.
- Players are not allowed to shout or raise their voice.

Who	Activities allowed
Members from the same household or support bubble	Match play/full squash game (indoors) Coach led/supervised activity (indoors or outdoors)
Individuals	Single player (solo) practices (indoors) Coach led/supervised activity (indoors or outdoors)
Two members from different households (not in a squash bubble or support bubble)	Modified version of squash (indoors) – ‘Sides’ (see below) Coach led/supervised activity (indoors or outdoors)
Two members from different households in a squash bubble	Modified version of full-court squash (see below) Coach led/supervised activity (including modified version of full-court squash)
Up to six members from different households and/or within a squash bubble (adults only or adults and children mixed)	Coach led/supervised activity (indoors or outdoors)



Modified version of full-court squash (for squash bubbles)

An adaptation of the full squash game, allowing two players from the same squash bubble play full-court matches. This version of the game is designed to reduce the risk of transmission of COVID-19 by limiting contact time and introducing enhanced hygiene protocols.

- Only two players on court at one time.
- Play best of three games (and play Sides for the remainder of your court booking).
- Play first to 11 points, sudden-death at 10-all.
- Use 'Sides' to maintain social distancing throughout the warm-up.
- During each game, when the first player reaches 6 points, both players should wipe away any excess sweat, sanitise their hands and the ball. Repeat between games.
- The same player to serve/touch the ball until the first player reaches 6 points, switch servers and sanitise hands and the ball.

Modified version of squash – 'Sides'

An adapted version of the game for two players from different households. This cross-court version of squash is designed to comply with social distancing measures, with each player remaining in their own half of the court at all times. During the game, only one player should touch the ball and the court door, and **players must not touch court walls**. All equipment and touch points should be cleaned and players must wash their hands, before and after play – NOTE: please follow standard practice for court care – i.e. walls should not be cleaned with disinfectant to avoid damage to the plaster.

The rules:

- Only two players permitted on court
- The aim is to hit a winner or force an error from your opponent as in regular squash
- Only one player serves during the match, the opponent cannot handle the ball
- Both players must keep to their side of the court throughout each rally, using the full length of the court whilst maintaining safe social distancing throughout
- If a player crosses into the opponent's side of the court, they immediately forfeit the rally
- If there is a danger of players breaching a safe social distance, they must call a let and replay the rally
- Once a rally is complete, players switch sides of the court (maintaining a safe social distance) and the server restarts play

Socially distanced practices

Recommended practices for more advanced players from two different households to play, designed to comply with social distancing measures. If in danger of breaching a safe social distance or hitting your opponent with the ball, players must stop immediately and restart play. Throughout all practices, **only one player should touch the ball and the court door**,



and players must not touch court walls. As with 'Sides', all equipment and touch points should be cleaned and players must wash their hands, before and after play.

a) **Cross court volleys** Both players volley the ball cross court to each other from behind the service box. Switch sides. To make it easier, move closer to the front wall. To make it harder, move further away from the front wall. *Make it cooperative: Aim for as many volleys in a row as possible. Switch sides and see if you can beat your previous total.*

b) **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.

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

d) **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.

e) **Drive or cross court drive vs boast or drop** Front player can play a straight or cross court drive. Back player can play a straight drop or boast. Alternate.

f) **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.

g) **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.

h) **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.

i) **Front vs back on both sides** Front player can play straight or cross court. Back player must always play straight shot short. Alternate. *Make it competitive: Front player can play straight or cross court deep, the back player must always play straight short. First to reach 7 points wins.*

For further details on some of our 'Socially distanced practices', see the video here.

Coach led / supervised activity

A range of activities and practices are feasible, if led by a qualified and experienced coach who ensures that social distancing is always in place, including by having clearly designated positions from which the coach can provide advice or lead the activity.