

Squash Wales

Return to Play – Latest update 30.06.2020



On Friday the 19th June 2020, the First Minister for Wales announced further easing of restrictions in Wales - [The continued lifting of certain lockdown rules](#)- and has given the green light for elite sports people to get back to training.

National Governing Bodies have been preparing Elite Athletes Return to Play Policies to enable our Elite Athletes to return to the court with their health and safety being the priority. The first steps for return to elite training now paves the way for further restrictions to be eased for the whole sport in future reviews. Squash Wales continues to work in collaboration with other National Governing Bodies and our partners for a safe return to our sport.

Four groups have been established by the Welsh Sports Association which are concentrating on the following:

- Outdoor sport
- Indoor sport
- Elite Sport
- Facilities

Sport Wales, Welsh Government and the Welsh Sports Association are represented on each of the groups. Squash Wales is represented on 3 of these groups. The subsequent recommendations are submitted to Welsh Government officials for discussion and consideration as part of the wider review of the Regulations every 21 days. [WG Phased Return Guidance](#)

The [Squash Wales Return to play Roadmap](#) will give members an overview of the phased return to play over the coming months. We will publish additional detailed guidance as appropriate in the coming weeks.

As ever keeping active is so important for our physical and mental health, and Welsh sport has a big role to play in helping Wales be active. **#BeActiveWales** campaign is there to encourage activity and to enjoy the amazing benefits for both mental and physical health.

Please see the following external links that provide some excellent advice and guidance around maintaining your physical and mental well-being:

[Age Cymru](#) has information about staying safe during the COVID-19 outbreak as well as on how to prevent loneliness during periods of self-isolation.

The [British Heart Foundation](#) has some great links and resources for those looking for advice on how to stay healthy during periods of self-isolation.

The [Mental Health Foundation](#) has advice for people concerned about how the COVID-19 outbreak and self-isolation may impact on their mental health.

[Mind](#) has advice for people who might be worried about coronavirus (COVID-19) and how it could affect your life.

[Club Solutions website](#)

Continues to offer practical advice for clubs and is a great tool to support and guide clubs through the pandemic.

Competitions & Leagues

- Following feedback from the South Wales AGM, Squash Wales will be holding a virtual squash session for all league players in Wales on Wednesday 8th July 2020.
- Gwent AGM will be held on Sunday 05th July 2020 at 6pm. Please contact Steve Thomas for further information.
- West Glamorgan AGM will be held on Tuesday 07th July 2020. Please contact Mike Howe.

Courtwatch

- Please support Caldicot Squash Club in keeping open their facility by filling in a survey - access the link below:
<https://monlifeleisuredevelopment.co.uk/>

Player Pathway

- We are running another two virtual squash sessions led by PSA physio Derek Ryan for our Academy players this week as it proved to be a huge success.
- Senior elite athletes are to resume training on Tuesday 07th July 2020 at SWNC under strict COVID guidelines.
- Squash Wales continue to update coaches corner. This section of the website is updated weekly with new information to help guide and support all our members through this lockdown period.

Support

- **Emergency Relief Fund.** The Welsh Government have now increased this fund to £550,000 to help clubs across Wales get through these difficult times.
- Sport Wales funding – Emergency relief fund :
<https://www.sport.wales/content-vault/emergency-relief-fund/>

General

- WSA weekly Covid-19 update:
<https://mailchi.mp/3da777ac5967/wsa-weekly-newsletter-290620?e=0495b5dddde>
- Squash Wales Covid-19 update:
<https://www.squash.wales/covid-19/>

Coaches Corner

<https://www.squash.wales/coaching/coaches-corner/>

Squash Wales are here to support our members during these difficult times.

Please get in touch with us if you have any concerns or questions.

Please distribute this email to all your members within your club.

Any further information required contact Squash Wales: info@squash.wales