

# Squash Wales

## Return to Play – Latest update 17.07.2020



Squash Wales (SQW) have welcomed the Welsh Government's moves to ease restrictions on outdoor sports, which will see organised activity in groups of up to 30 people being permitted from last Monday and continue to work with the government and bring indoor sports facilities back into use when it is safe to do so.

Indoor sports facilities have been given notice that reopening may be possible after the next lockdown review, they are being urged to use the coming weeks to speak to their customers and prepare for a return.

We are now looking towards the next review and what we can do to assure Government that procedures are in place to enable people to participate indoors safely. We've made huge progress in the last few weeks, and our colleagues across the sector are working incredibly hard to get everything ready.

At the next review, we hope to have even more good news about the return of indoor sports, and the health, wellbeing and economic benefits that will bring.

**Be Active Fund** - Launched Tuesday 07<sup>th</sup> July 2020 – the Be Active Wales Fund to support grassroots, sport and physical activity in Wales. £4 million lifeline fund launched to save a rebuild community sport. The grant funding has been made possible thanks to Welsh Government and re purposed money from the national lottery, which continues to be one of Welsh sports biggest supporters. Further information can be found at <https://www.sport.wales/beactivewalesfund/>

Latest Welsh Government guidance on sport and recreation: <https://gov.wales/sport-recreation-and-leisure-guidance-phased-return-html>

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.

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

- Pembrokeshire AGM will be held on Monday 20<sup>th</sup> July 2020

## 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

- Further Squash Wales virtual session planned for Wednesday 15<sup>th</sup> July for U11/13 Academy players and also senior players. Then Thursday 16<sup>th</sup> July for U15+ Academy players.
- Senior elite athletes training is ongoing 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.

## Referee pathway

- Virtual referee workshop will be held on Tuesday 21<sup>st</sup> July 2020 email [info@squash.wales](mailto:info@squash.wales) for further details.

## Support

- **Be Active Fund.** £4million Sport Wales funding available: at <https://www.sport.wales/beactivewalesfund/>
- **Welsh Sports Association:** [www.wsa.wales](http://www.wsa.wales) (contact [info@squash.wales](mailto:info@squash.wales) for club login details)
- **The Welsh Government written statement outlining the changes to regulations is here:** <https://gov.wales/written-statement-review-health-protection-coronavirus-restrictions-wales-regulations-2020>

## General

- WSA weekly Covid-19 update: <https://mailchi.mp/0ceaf994cd4b/wsa-weekly-newsletter-130720?e=9966f77627>
- 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](mailto:info@squash.wales)