



## Use these guidelines to play Squash safely Capitol Squash Club

Squash and racket ball are competitive sports and their physical nature presents a risk of injury.

One of the roles of the sport's governing body, England Squash (ES) is to promote safe play and help to minimise the risk involved. All ES guidelines can be found [here](#)

If you have never played the game before we strongly recommend a number of lessons from a qualified coach before playing competitively  
Coaches will assess your fitness, capability and tailor the lessons to suit you. They will also ensure you know the basic rules

Capitol Squash is firmly committed to creating and maintaining a safe and positive environment for all of its members. We accept our responsibility to safeguard the welfare of all young people and protect them from poor practice, abuse and bullying We adhere to Capitol Squash's Safeguarding policy

Here are a few simple guidelines to follow before training or competing to prevent injury or illness ...

- Don't play if you feel unwell
- If you begin to feel unwell whilst playing, then stop immediately
- Don't play for at least 2 hours after a heavy meal; take fluid between games
- Don't play after alcohol and avoid smoking
- Always warm up before playing, and warm down afterwards
- Wear suitable clothing and foot ware
- Ensure the Courts are clean and free from any potential hazards. Report any such hazards to a Committee Member
- Wear eye protectors whilst playing
- Familiarise yourself with the rules of Squash before playing. Your opponent's safety is also in your hands
- If you can't play your shot without risk of hitting your opponent STOP AND ASK FOR A LET
- Avoid colliding or bumping in to your opponent - STOP AND ASK FOR A LET
- When showering after a game use warm rather than hot or cold water. Both hot and cold water can lead to collapse

In the event of an accident or injury there is a First Aid kit available in the Kitchen area

A DEFIBRILATOR is located in the Lounge area