

Extraordinary Summer!

What an extraordinary summer! Terrible in many respects that need no repetition here, but tremendous for tennis relative to other sports once play resumed on 13 May.

The demand for courts and coaching was overwhelming. Court utilisation shot up to levels I cannot remember ever having seen before at Stormont, initially 75% and averaging 65% of theoretical capacity over the period to the end of August. For those who love charts, one is set out on page 4 that shows utilisation by month. Our membership also rose dramatically, thanks primarily to the surge in interest in tennis after lockdown, assisted by coaching which has been a major attraction, and the welcome the club gives which Dinny Ravet, our club manager, has worked hard to ensure continues even in these exceptional times. However, I recognise that without club play, leagues and tournaments which we would normally have, it is harder for new members to appreciate that our strapline as a “friendly neighbourhood club” really means what it says. Again, a chart serves to show how our membership developed this year relative to the last eight years (see page 4). Welcome to all our new members.

Sadly, squash could not resume until 25 July and even then, only on a partial basis. I will leave Simon Ruff, our squash captain, to comment on whether “Sides” is any substitute for the real game. By way of comparison, squash court utilisation for August averaged 15%, though that month would be a low point of the year even in normal times. We will see whether the introduction of “bubbles” for squash players, groups of up to six who can play the full game, helps encourage players back on court from 1 September.

Lots of new members and demand for coaching present some dilemmas for the club that have long existed but not in such a stark fashion as now. How do we balance the use of courts for coaching and member play, juniors and seniors, new members and existing members? It has been easier to ignore these issues in the past, but I recognise that we need to face up to them more explicitly and openly. Coincidentally, Howard Barrett chaired a working party formed in April and reporting in late June looking at the relative decline in junior membership over the last few years and what we should do about that. Its conclusions highlighted the dilemmas we face. Ironically of course, its immediate recommendations were overtaken by the membership growth post lockdown; but the report contains useful insights and recommendations in any event. My thanks to Howard and those members who contributed to the working party for their input.

Our plan therefore is to use a working group to develop the club's decision-making framework between now and our mid-November committee meeting. In that group, we will attempt to articulate the criteria we should use to assess opportunities and to determine the appropriate level of risk we are prepared to take. Depending on the response, we can then decide whether the working group should move on to a second stage to articulate the club's strategy.

We are already clear that we want to acquire the St Luke's court. As you know from my previous reports, we made an offer which Anchor Hanover, the owners, accepted in principle some time ago. Progress since then has been slow, not for lack of intent on both sides, but because Haringey's planning department has failed to clarify how the public access conditions they imposed on Anchor Hanover will apply in practice to us. We believe we can implement Pay-to-Play arrangements for the public in a way that benefits the club and gives us the court access we want. However, one of the dilemmas to resolve will be where we want to pitch the balance between revenue from Pay-to-Play and member access. There are also other questions such as the scale of investment we make at St Luke's, for instance electronic gate access, floodlights and a refuge (aka toilet). The working group is not charged with answering those questions directly, but in providing the framework to support the decisions we are making, the answers should be easier to justify.

In my March report, I talked about the opportunities that would probably present themselves in a post-Covid-19 environment. For instance, if we want to



First steps back on court in May

increase our coaching offering to members, especially juniors, we need access to more courts. Obviously, there is no room for that at Lanchester Road and St Luke's, but there are possibilities in the immediate neighbourhood we will explore. Again, the findings of the working group should help us with a framework within which to assess the risks and rewards associated with those possibilities. Members can be assured that no major decision which through growth could affect the club's friendly neighbourhood ethos or which puts its balance sheet at risk will be made without consultation with them. In the meantime, we will proceed with exploration of these possibilities.

You will see that we have put subscriptions up by 5% from 1 October 2020. This is slightly more than in recent years and reflects the investment we need to make at St Luke's and the other opportunities we hope to grasp. However, we have also offered all members at 24 March 2020 a discount of about 15% on their renewal to reflect the non-availability of the tennis courts for the subsequent 49 days of lockdown. The precise subscription prices are set out in the respective new member and renewal application forms. The 10% discount for early renewal still applies, so please take advantage of the significant net reduction in membership subscriptions this represents. Whilst I recognise that squash members have been deprived of access to the squash courts for longer, our combined tennis and squash subscription means that we are not giving a different discount for squash-only players. However, the club will bear all the cost of England Squash membership, so there will be no extra charge this year for that. Regular squash players, including team and county squash players, should tick the appropriate box on the application form to benefit from this additional discount.

It is a sign of these extraordinary times that I have signed off more circulars to members in the last six months than ever before in dealing with the various permutations of lockdown and resumption of play. That is clearly not a cause for celebration, but I would like to thank the club committee and my colleagues on the Covid-19 sub-committee (Patricia Prichard and Dinny Ravet) whose diligence on your behalf have made that possible. It is a cause of celebration that we have been able to adopt each relaxation of play on the first day it was available. You could reasonably be confused by now as to what precisely are Stormont's current rules for managed play and, accordingly, we have included a reminder on page 4 for tennis and on page 6 for squash. Regrettably, the rules are bound to change further, hopefully for the better but there is always the risk of regression, so please continue to look out for updates to guidance.

As I say each year, Stormont is a private members' club so what we do is entirely with the interests of members in mind, having regard to the local community in which we operate and seek to cooperate. If there are improvements or changes you would like, please let me or any committee member know.

I wish you all the best possible season of tennis and squash.

Tony Hulse, Chairman, 2 September 2020

TENNIS

TENNIS TEAMS

FLOODLIT WINTER SEASON 2020-21 DOUBLES LEAGUES

There was no summer season but the Winter Floodlit Leagues will go ahead, Coronavirus permitting, with some slightly adjusted rules.

There will be no food or socialising after matches.

Each team each time will decide how many cars they are going in.

There will be no tie breaks, so if you get to 6-6, each team will get one point rather than two for a win and none for a loss.

It's suggested we take masks for comfort breaks and sitting inside whilst waiting for the next round/the rain to stop.

Please confirm with captains which matches you are able to play in.

We will need reserves for all the matches as you must pull out if you are feeling unwell on the day or you have Coronavirus symptoms.

The fixture list will be posted on the Stormont website and notice board as soon as it is finalised.

Any members interested in playing in the teams please contact Dinny or the team captains

LADIES' FIRST TEAM

Ladies' 1 just managed to stay in Division 1.

It's been wonderful to have players of all standards out there hitting more balls than usual.

Practice makes better and there was plenty of time as most other activities were prohibited.

Dinny Ravet, First Team Captain

LADIES' SECOND TEAM

Ladies' 2 probably dropped to Division 4.

Many second team players have enjoyed plenty of social tennis interspersed with occasional coaching during these tricky last few months. As we approach the Middlesex Winter Season with some trepidation, there are understandably a number of players who are reluctant or unable to make themselves available for matches. I had indicated that in order for the second team to enter the season we would need a minimum of six players offering themselves up for both home and away matches. Even though I have only half that number I have been persuaded to keep the team going and I will endeavour to do my best to support those people who are keen to play. What does seem to have been met with more enthusiasm by those few I have talked to is the resumption of second team practices. I will aim to organize one each month on evenings where there are no home matches.

Jeni Walwin, Second Team Captain

LADIES' THIRD TEAM

The 3rd team had a nail biting finish to the Winter season with only four points separating the four teams in the lower half of the Division, so we stay up by one point. There seems to have been lots of activity of 3rd team players over the summer, so hopefully many will be playing in the winter teams.

Sheena MacCallum, Third Team Captain



A reminder of pre-Covid days at Stormont

MEN'S FIRST TEAM

Men's 1 should stay in Division 2

Fabien Zinsner, First Team Captain

MEN'S SECOND TEAM

Men's 2 probably dropped to Division 6.

Stormont Men's Seconds had managed to complete our 2019-20 fixtures before lockdown, unfortunately just in time to be relegated, so we will start the new Winter campaign determined to achieve immediate promotion back to Division 5. Since the resumption of play in May lots of our squad have been enjoying the tennis, though the enforced singles for the first few weeks was a bit of a challenge for those of us who much prefer doubles. And on a personal note, please can I warmly thank the many club members who so generously supported either my own Imperial Health Charity's Covid-19 appeal, or the national NHS Charities Together appeal – we are really grateful.

Ian Lush, Second Team Captain

MEN'S THIRD TEAM

Men's 3 won Division 8 and should be in Division 7.

We look forward to being in action there for the Winter season. This time we should be competing in East Division 7, having conquered Division 8 in March. Victory was achieved in the thrilling final match of last season, although we haven't collected our trophy yet. Hopefully we will be equally competitive this year. Please contact me at gregnowitz@hotmail.com if you would like to play.

Greg Nowitz, Third Team Captain

St Luke's padlock code is written at the bottom of your booking confirmation email. It is changed periodically



Pay your Stormont subscription NOW or by 1 October to get 10% off.

Please note that paying by bank transfer and physically filling in the form and returning it to the Membership Secretary are the most helpful ways of renewing.

Further details are on the membership application/renewal form and on the Stormont website www.stormontlsrc.com

MIXED 1

Should drop to Division 2

Sally James, Mixed 1 Team Captain

MIXED 2

Should drop to Division 3

Dinny Ravet, Mixed 2 Team Captain

MIXED VETS TEAM

Mixed Vets matches are played on Saturdays and Sundays. We came sixth of seven last year but this league is played by convenience of travel so we may still be in Division 5 East.

Ladies must be over 40 and Men must be over 45 on 31 December 2020. The format is two sets of men's doubles and two sets of ladies followed by two sets of mixed. Each player plays four sets.

Dinny Ravet, Mixed Vets Team Captain



TENNIS CLUBTIMES

Wednesday 6-9pm starting 16 September and Sunday 10-1pm starting 13 September. See guidelines on page 4

TENNIS

JUNIORS

Teddy Tennis (under 4s)

The perfect introduction to tennis for pre-school & reception age children. Generic ball skills, balance, co-ordination and dexterity exercises all introduced through fun games and exercises with a fully qualified Teddy Tennis coach. Sponge balls, mini nets and rackets provided. To book online, visit Teddy Tennis at teddytennis.com or ring Janine Sitcher on 07917 150787.

Mini Red 1 (5-7yrs)

For children who may have tried Teddy Tennis or who are now in year 1 or 2. This class will provide a focused but fun path addressing some technique, basic grips, sending and receiving skills, timing and connection of racket and ball bounce, understanding spacial awareness into full red court rallying and introduction of some point play and games.

Mini Red 2 (5-7yrs)

For older or more competent red ball players. Those now able to control the direction and speed of the ball better. Will be looking to build to more consistent point play.

Mini Orange 1 (7-9yrs)

Children who are relatively new to tennis in this age, or who have played a limited amount of red ball. Classes will focus on fun, developing skills through games and exercises to build hand/eye confidence and co-ordination.

Mini Orange 2 (9-11yrs)

For older orange ball players. Focus is again on fun with interactive games to develop tennis skills - sending and receiving, ball control, drills, stroke production and rallying exercises.

Mini Matchball (8-10yrs)

Competent orange ball players. Matchplay consistent. Looking to play hard. High skill level for ages. Will move into green ball seamlessly and eventual U14 team training.

Mini Transition (10-12 yrs)

This class will bridge the gap from mini orange to full court green ball tennis recreation level with fun games and drills.

Mini Green (10-12 yrs)

Players will be competent enough to play points and games comfortably on a full court with green balls. Potential to break into the U14 team training class.

Yellow Ball 1 (12-14yrs)

Older juniors with some experience. Fun and learning combined to help you rally more, serve better and volley with more confidence with the yellow ball.

Yellow Ball 2 (13-15yrs)

More competent in all the four areas. Scoring, playing points and fun drills are the focus for this class.

Yellow Ball 3 (14-16yrs)

You can now hit the ball hard with spin and serve/return well. Lots of drills to keep you busy and improving.

U14 Team Training (11-14yrs)

Open to girls and boys of similar ability. Match play drills and exercises in both singles and doubles to help you improve your skills. Players will be representing the club in Middlesex league matches.

Girls Squad (13-17 yrs)

Looking for a more competitive yet fun environment with other girls. Match play, drills and exercises in singles and doubles to help you improve your skills. Girls in this class will also be representing the club in Middlesex league matches.



Stormont Tennis Coaching Programme

Juniors

Course	Day	Time	Weeks
Teddy Tennis (Under 4s) teddytennis.com	Friday	4pm - 4:45pm	Per term
Mini Red 1 (5-7 yrs)	Monday	4pm - 4:45pm	Per term
Mini Red 2 (5-7 yrs)	Tuesday	4pm - 4:45pm	Per term
Mini Orange 1 (7-9 yrs)	Monday	4:45pm - 5:30pm	Per term
	Thursday	4pm - 4:45pm	Per term
Mini Orange 2 (9-11 yrs)	Wednesday	4:15pm - 5pm	Per term
Mini Matchball (8-10 yrs)	Friday	4pm - 5pm	Per term
Mini Transition (10-12 yrs)	Tuesday	4:45pm - 5:30pm	Per term
Mini Green (10-12 yrs)	Thursday	4:45pm - 5:30pm	Per term
Yellow Ball 1 (12-14 yrs)	Monday	5:30pm - 6:15pm	Per term
Yellow Ball 2 (13-15 yrs)	Thursday	5:30pm - 6:15pm	Per term
Yellow Ball 3 (14-16 yrs)	Tuesday	5:30pm - 6:15pm	Per term
U14 Team Training	Wednesday	5pm - 6pm	Per term
Girls Squad (13-17 yrs)	Friday	5pm - 6pm	Per term

Number of weeks vary per term. Please check on the bookings page for this. All junior classes to be booked online at tptennis.net

Adults

Course	Day	Time	Weeks
Four Fundamentals	Wednesday	10am - 11:30am	Ongoing
	Saturday	10am - 11am	Ongoing
Reliable Ralliers	Tuesday	10am - 11:30am	Ongoing
	Saturday	11am - 12pm	Ongoing
In Full Swing	Thursday	12pm - 1:30pm	Ongoing
Team Practice - Men	Saturday	12pm - 1:30pm + 30 mins free play	Ongoing
Team Practice - Ladies	Saturday	2pm - 2:30pm + 30 mins free play	Ongoing

Please e-mail tptennis@live.co.uk or ring 07958 903 021 for any queries.

All classes to be booked online. tptennis.net

ADULTS

Four Fundamentals

So you want to learn the game and are looking for a fresh challenge. Or you haven't picked up a racket for so long you can't remember which end to hold! Ok... this is for you. Four Fundamentals will teach you the grips, techniques and ball skill elements of all the 4 major strokes to get you playing properly. With the use of co-operative "in pairs" exercises and lower compression green balls for better control you'll be on your way to Wimbledon in no time. (To watch!)

Reliable Ralliers

You now have the capability to control and rally a ball from the baseline with both forehand and backhand. You like to come to the net and volley sometimes and you can get the job done on the serve. So what's to learn? This class will look at how to develop a greater understanding of tactics as well, through the use of spin variation, better placement and how best to use time and distance when playing points.

In Full Swing

You've played alot of tennis over the years. You've racked up many miles on the court. Slicing and dicing it, serving with spin, placement and consistency are old friends but you're not done yet. Want to know more?? Ok! This class will re-invigorate your game and add a few extra dimensions you didn't think possible.

Team Practice - Men

Men representing the club are welcome to this session. 2 hours of doubles drills, tactics, match based scenarios, point play and competitive games.

Team Practice - Ladies

Ladies representing the club are welcome to this session. 2 hours of doubles drills, tactics, match based scenarios, point play and competitive games.

Paul Salter, Head Coach

PRICING

Team Training

£10 for 90 minutes max 8 people

Adult Classes

£10 for 60 minutes max 8 people

£15 for 90 minutes max 8 people

Children's classes

See website www.tptennis.net

payments via Stripe to TP Tennis account

Individual lessons

£45 per hour

Shared individual lesson

(2 people)

£25 each per hour

Small private groups (up to 4 people)

£60 per hour

All charges are inclusive of court fees. A card machine payment system will be available on court for each adult class and individual lessons.

TENNIS

COVID-19 GUIDELINES FOR TENNIS AT STORMONT

The basic principle of the Covid-19 guidelines adopted for tennis at Stormont is to follow the LTA's guidance on Managed Play. This has been updated regularly over the last few months and is on the LTA's website at lta.org.uk/coronavirus. However, Stormont's small size and particular facilities mean that a number of adaptations are necessary, as follows:

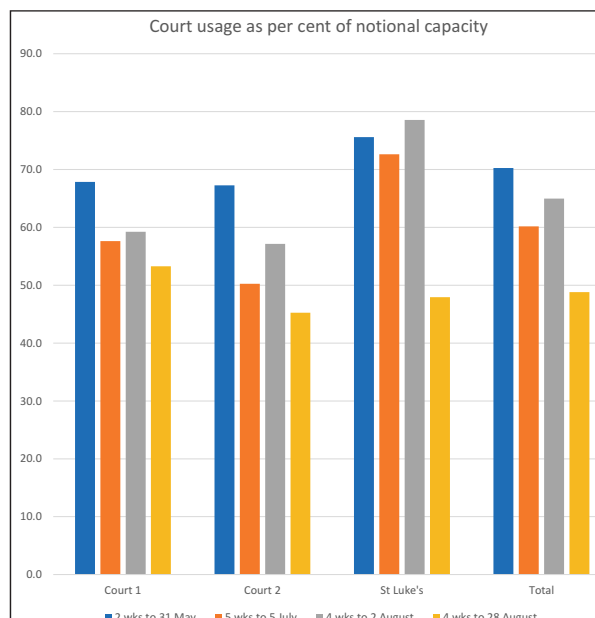
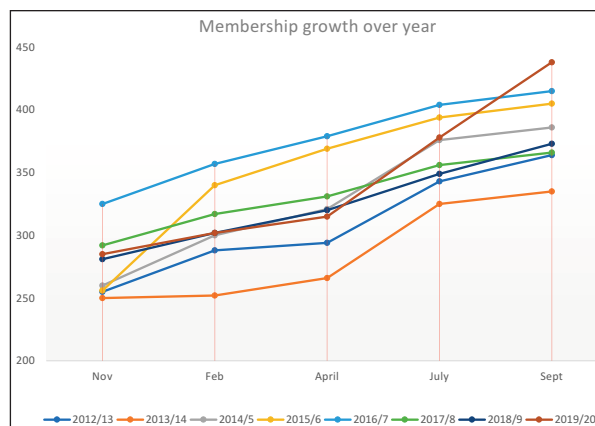
1. All court usage to be booked on ClubSpark. Only one hour per member per day can be booked by that member. No ad hoc use
2. Members to take care to socially distance whilst at the club, whether playing in groups, club time, coaching or private play or waiting to play (unless members of the same household or bubble)
3. Members to wipe down indoor surfaces touched and indoor equipment used. Sanitiser and wipes are in the clubhouse and squash court entrance
4. The number of players in any one coaching session is restricted to eight (plus up to two coaches) on two courts
5. Coaching sessions for regular club scheduled weekly groups of this size to be run on the main courts at Lanchester Road, but at these times no other coaching permitted at St Luke's
6. All private coaching to take place at St Luke's. Numbers on court there limited to a maximum of four players plus the coach. No more than three coaching sessions to be booked in a row
7. Club time (ie Sundays 10am to 1pm and Wednesdays 6 to 9pm) to resume at Lanchester Road from 13 September but restricted to 12 individuals at a time on a first come first served basis. If one person leaves, another can join. Please sign in to the "Red Book" in the Club House on arrival. It is necessary for the club to retain a temporary record of attendees in the event that we need to contact them; this will be destroyed in due course
8. Club indoor facilities may be used but please ensure that there are no more than five people in the club house or squash courts at any one time. If using the toilet, please wipe down handles etc before and afterwards
9. Members are strongly encouraged not to change or shower at the club as we cannot assure the regularity of cleaning needed to support that. If you must use the changing rooms, please remember to wipe down all surfaces touched
10. Floodlights may be used as per normal. Remember to wipe down the meters and sanitise hands before and after use of the meters
11. Prospective new members permitted one free visit and three further visits as paying visitors. All visitors to be recorded for tracing and monitoring purposes in ClubSpark by their host (who must be a member) or the coach
12. Visitors/guests permitted to play from 7 September on payment of a visitors' fee of £5. This may either be paid in advance by bank transfer to the club's bank account (Barclays 20-36-16 no. 00839965 in name of Stormont Lawn Tennis and Squash Rackets Club); or, if in connection with coaching, by paying the coach who will settle up to the club. Maximum of four visits per year.

Keep a watch out for further changes from us as the LTA updates its guidance.

3 September 2020

Extraordinary membership growth and tennis court usage

We have experienced unprecedented growth in membership since 13 May 2020. Likewise tennis court bookings are up from 38% for the 6 months to 30 September 2019 to 65% for the 15 weeks to 28th August 2020. We will continue to monitor court usage closely.



Volunteer sought!

An unexpected vacancy for the role of Honorary Treasurer has arisen.

Please contact Tony Hulse on 07802 608580 or speak to any committee member if you are interested to take this on.

TOP TIPS

Hi there everyone. I thought I would share with you my: "BIG FIVE"

1. **Be Steady!** Too many of you want bigger serves or harder forehands, but they're not the most important. You need consistency. Don't go for broke when out of position, instead hit high balls deep; this will give you time to recover and get back to the ready position.
2. **Get In Shape!** Winning takes patience, and to be patient you have to be in shape. If you're carrying a few extra pounds you won't survive longer rallies and will look to finish the points quickly and play low percentage shots.
3. **Play to your Strengths!** It's 30-40 and you have a strong serve but erratic ground strokes and you decide to be cautious and take a little off the serve, **DON'T!** If the serve is your strength, go for a big serve, maybe two and forget about your second serve. Ask yourself, "What's my best chance of winning this point?" Then use that shot.
4. **Play, don't Pray!** Make things happen rather than hope your opponent misses. Unforced errors lose matches, but your opponent isn't going to make too many if you're hitting weak down the middle. Move the ball side to side as much as possible.
5. **Attitude!** You need a mental edge to win a tennis match. Never give in. Think every point is a new one, different from the last and it can be won! Never dwell on the point just played.

HAPPY HITTING

Paul Salter



SQUASH



Opening the door again – 25 July

SQUASH COACHING @ STORMONT

I am delighted to say we are back!!!!

We will start our junior and ladies squash coaching programme at Stormont again the week commencing 14th September 2020. Please see right and below.

We have had to make significant changes to the coaching programme. This means we have to limit the number of participants per group to adhere to England Squash guidelines (see page 6) (<https://www.englishsquash.com/back-to-squash>). Groups will be organised into bubbles and social distance groups so that we remain safe at all times. Please take some time to familiarise yourself with this guidance.

The changes to the groups sizes have meant that we have had to increase our fees slightly to cover our costs. We will no longer have equipment available for our participants, except balls. All participants will need to have their own racket and goggles. Equipment will be available from me to buy or for long term hire.

Please let me know as soon as possible if you would like to book a place on one of the junior or ladies coaching sessions.

Refunds for last term: if you would like a refund, please advise at the time of booking your next session.

I look forward to hearing from you and don't hesitate to contact me if you have any questions.

Vickie Prow

Play Squash!

Driving Participation in Squash



at
**Stormont Lawn Tennis and Squash
Rackets Club**

13 Lanchester Road, London N6 4SU

www.stormontltsrc.com

Junior Squash Coaching 14th Sept – 12th Dec 2020

12 Week Programme (Term Time)

no coaching during half term (26th – 31st October)

Tuesdays: 5pm – 5.50pm beginners

6.05pm – 7.30pm Advance Training (£180 per term)

Weds: 4.30pm – 5.30pm beginners 7-10 years

5.45pm – 6.45pm beginners/intermediate 10 yrs +players

7pm – 8pm Intermediate players

Fridays: 4.30 – 5.30pm beginners 7+ yrs

5.45pm – 6.45pm beginners/intermediate 11+ yrs

7pm – 8pm intermediate/advanced 11+ yrs

Fees: £100 members/£130 non members per term. First session is free for new junior participants & fees calculated pro-rata on joining.

Groups will be restricted to 4-6 players, sessions spaced and organised in accordance with England Squash COVID19 guidance

Payment should be made for all term sessions in advance by BACs to Sort code: 30-96-26, Acct: 22867560. Payment in cheque (payable to "Play Squash")

Due to COVID19 guidance no equipment will be available to borrow.

Booking is essential for all group coaching and can be made at any time.

Contact: Vickie Prow 07796181286 or email: northlondonsquashcoaching@gmail.com.

With England Squash & Middlesex County Coaches Tawanda Mawushe and Vickie Prow

**For fun, fitness and
social squash for
ladies & girls.
Great for beginners**

SQUASH LADIES/GIRLS CAN

WHEN: Every Weds at 10-11am from 16th Sept

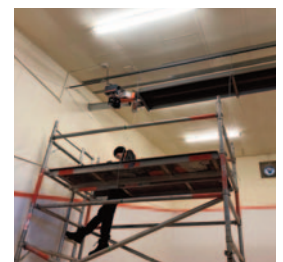
WHERE: Stormont Squash and Tennis Club
Lanchester Road, N6 4SU (term time)

COST: £10 per session or £50 for 6 week booking

CONTACT: Vickie Prow (Booking required)
07796181286

northlondonsquashcoaching@gmail.com

englishsquash.com/squashgirlscan



The infamous court 2 heater replaced in February 2020

BRIDGE AT STORMONT

Our final session before lockdown was held on Friday 13 March 2020. We do not expect to meet again this year but will remain optimistic for 2021. Please contact Patricia or Jon on 0208 883 7567 or 07774 146644 for further information.





STORMONT SQUASH SOMEWHAT SUBDUED

It's important to keep a sense of perspective during these difficult times. So I don't think it's any exaggeration to say that the four-month closure of the Stormont squash courts has been the worst thing that's ever happened to humanity. I took it upon myself to undertake a dawn pilgrimage to the wise and prophetic squash squirrel of southern Surrey every day since lockdown began, seeking arcane knowledge of the future. This bushy and insightful creature arranged a pile of acorns for me to interpret, which left me in no doubt that a strategy of mothballing the squash racket until St Leger's day was the best policy.

Fortunately we haven't had to wait quite that long (St Leger's Day falling on 12 September this year) as England Squash has been gradually loosening the restrictions on play. Competitive games became possible via the ingenious socially-distanced version of squash named "Sides", and it seems we will shortly be able to play full-court matches once more within "Bubbles". Hopefully we will continue moving in the direction of normality and we'll start to see more people on the courts as autumn draws in.

Simon Ruff, First Team Squash Captain



COVID-19 GUIDELINES FOR SQUASH AT STORMONT

The basic intent of the Covid-19 guidelines for squash adopted at Stormont is to follow England Squash's Return to Play guidance. Play initially resumed on 25 July with Phase 1. Phase 2 commenced on 1 September with the introduction of 'squash bubbles' and forms the basis of the rules below. There are a further two phases envisaged before returning fully to normal squash.

The requirement for social distancing remains key at all times but this is inevitably more difficult for squash than for tennis. The guidance introduces a menu of options for different sorts of play that puts a significant onus on players to follow the new rules. A central tenet of the rules for an unstaffed club like Stormont is that only "responsible members" who can certify that the relevant rules and safety measures are being adhered to will be permitted to book courts and play.

England Squash's guidance, together with helpful videos and posters on the rules proposed, are available on England Squash's website <https://www.englishsquash.com/back-to-squash> and we are following the approach set out there, subject to minor adaptations for our circumstances. The posters are on the notice board in the squash court entrance.

The resultant rules are quite lengthy and prescriptive, but in summary that means:

1. There should be no more than two players on a squash court at any one time (plus a coach if absolutely necessary who must maintain social distancing).
2. There should be no more than five people in the squash court building at any one time (six people if one is a coach).
3. All court usage must be booked on ClubSpark and the name of your opponent must be recorded when booking so that we have a mechanism for tracing all players, should that be necessary. Coins will still be required for the light meters.
4. No ad hoc play.
5. By booking the court, members are self-certifying that they have read the guidance and will ensure that the relevant safety measures set out there will be adhered to, including:
 - a. social distancing on and off court
 - b. keeping the court fans on, the external windows open and the viewing gallery sliding windows fully open

- c. handwashing and hygiene, and not wiping your hands on the court wall
- d. bringing your own towel and water, and not sharing equipment
- e. not coming to the Club if you or anyone in your household is unwell, and
- f. reporting to Dinny Ravet, the Club Manager, if you become sick or display symptoms afterwards.

We recommend that only juniors aged 12 and over self-certify; younger members are welcome to play but should be accompanied by a parent or other responsible member who can ensure compliance with the relevant rules and safety measures.

6. Members are strongly encouraged to arrive changed and shower at home afterwards. Take your kit bag on court with you. If you must use the changing rooms, please remember to wipe down all surfaces touched.
7. On arrival and departure, members should wash their hands using the sanitiser provided and wipe down all door handles and, if necessary, the toilet fittings using the antiseptic wipes provided. (Do not attempt to clean the court walls or floor, except if there has been a serious spillage/accident, as cleaning materials damage the plaster and wood).
8. Court bookings remain an hour; however, members should only play for 45 minutes and then depart so the court can ventilate for 15 minutes before the next players arrive. Please show consideration to other members by vacating the court promptly after 45 minutes.
9. Prospective new members are permitted one free visit and three further visits as paying visitors. All visitors to be recorded for tracing and monitoring purposes in ClubSpark by their host (who must be a member) or the coach.
10. Visitors/guests are permitted to play from 7 September on payment of a visitors' fee of £5. This may either be paid in advance by bank transfer to the club's bank account (Barclays 20-36-16 no. 00839965 in name of Stormont Lawn Tennis and Squash Rackets Club), or if in connection with coaching, by paying the coach who will settle up with the club.
11. Maximum of four visits per year, except for non-member junior squash coaching.

England Squash has prescribed five ways to play:

1. Members from the same household or support bubble may play the full squash game/matches.
2. Individuals can practise on their own.
3. Two members from different households (not in a bubble) may play a modified version of squash called "Sides".
4. Up to five players from different households may undertake coach led/supervised activities (but only two of them on court at a time).
5. Up to six players from different households may form 'squash bubbles' and play full-court squash, as follows:
 - Only two players on court at one time.
 - Play best of three games.
 - Play first to 11 points, sudden-death at 10-all.
 - Use 'Sides' as a way to maintain social distancing throughout the warm-up.
 - During each game, when the first player reaches six points, both players should wipe away excessive sweat, sanitise their hands and the ball. Repeat between games.
 - The same player to serve/touch the ball during each half of a game, and at the halfway point, switch servers.
 - Protective eyewear or visors are strongly recommended at all times.
 - Players must not wipe their hands on the court walls.

Players wishing to form a bubble should notify Simon Ruff (frautgowse@yahoo.com) of the members of the bubble and each player must provide him with confirmation (email/text etc) that they will follow the England Squash bubble guidance. If a player wishes to switch bubbles, they must take a seven-day break from playing the full version of the game before joining a different bubble. 'Sides' or socially distanced practices can be played during this seven-day break. Express permission will be required from the parent/guardian of any juniors before they can join a squash bubble.

3 September 2020