SQUASH
SPORT INJURY AND RISK MANAGEMENT (SIRM) GUIDELINES
4. RULES & VARIATIONS .................................................................................................................. 17
   4.1 RULES .................................................................................................................................. 17
   4.2 CHILDREN (<16 years) ........................................................................................................ 17
   4.3 FEMALES ................................................................................................................................ 18
       Pregnancy Policy ....................................................................................................................... 18
5. FURTHER INFORMATION .......................................................................................................... 19
6. APPENDICES .............................................................................................................................. 22

Hot Weather Guidelines
Beat the Heat
Drink Up
Play Squash Better
Safety Guidelines for Children and Young People in Sport and Recreation

LEGAL DISCLAIMER

The information contained in this publication has been gathered through widespread consultation with Squash Vic, Squash venues/clubs, coaches, referees and players. All reasonable attempts have been made to ensure that it is accurate, relevant and current at the date of publication. Nevertheless, the Squash Standards are only advisory and general in nature and should not be relied upon to meet individual or specific requirements. They are recommendations for voluntary application to Squash activity providers and participants. They are not binding on any person or organisation and have no legal force.

The Squash Standards will not cover each and every circumstance that occurs during Squash related activity. Nor can they, when adhered to, entirely eliminate the risk or possibility of loss or injury. Consequently, they should be used as a guide only.

If necessary, advice should be obtained from a suitably experienced and qualified professional person. This publication and the information the Squash Standards contains are made available on the express condition that the authors, consultants and advisors who have assisted in compiling and drafting this publication are not rendering professional advice to any person or organisation. No warranties with respect thereto are made, and to the maximum extent permitted by law, disclaim all liability and responsibility for any direct or indirect loss, damage or liability which may be suffered or incurred by any person as a consequence of reliance upon anything contained in or omitted from this publication.

These guidelines are for best practice in Sport Injury Risk Management are not statutory standards by law.
LEGAL LIABILITY - DUTY OF CARE

The courts have shown that the law is involved in sport and recreation in many ways, including civil and criminal negligence. It is important for administrators to understand that there is no automatic legal protection, and that they can be held legally responsible for injuries that occur in the conduct of activities under their control.

Negligence is one area of particular concern. It does not require an intention to actually cause harm or damage, and whilst sporting injuries generally do not come about as a result of a desire to injure, they can involve a careless disregard for another’s safety, so negligence can be an appropriate action for a damages claim.

When undertaking an activity associated with Squash, administrators should consider the following questions:

1. Do I owe a duty of care to the participant and if so is the risk of any injury reasonably foreseeable?

A duty of care depends on establishing some relationship between the parties. If an injury occurs, the courts will ask whether the relationship between the parties was such that the defendant (or administrator) should have foreseen that his or her act would lead to the damage suffered by the participant.

2. What is the standard of care that must be achieved?

The test for the required standard of care is how a reasonably prudent person would behave in the same situation. The law has developed this reasonable person test but what is reasonable will depend on the particular circumstances existing at the time. The standard may vary depending upon:

The type of activity

Generally the more hazardous or risky the activity is deemed to be, the greater the duty of care that is owed to the participants.

The age of the participant

Generally the younger the participant, the greater the duty of care that is owed. Similarly, frail or aged adults may place greater demands on supervision.

The ability of the participant

Age should not be considered in isolation but considered along with the ability of the participant. ‘Beginners’ in any program need greater supervision than more experienced and skilled participants.

The coach’s/instructor’s/administrator’s level of training and experience

The more highly trained and experienced a person is, the greater the standard of care that is expected. For example, a higher standard of care would be expected from a trained and highly skilled instructor than from someone who is volunteering and who may have undertaken only a little training.

3. What steps can I take to avoid the foreseeable risk of harm or injury?

Administrators may not be able to take all possible steps to avoid causing injury but the law requires them to take all reasonable steps. To help establish those ‘reasonable steps’ the administrator should develop a risk management plan for the organisation and the programs or activities it conducts.
**ACTIVITY DESCRIPTION**

Squash is one of the most popular sports played in Australia. Players are required to move quickly around the court area whilst maintaining control over ball placement and being aware of the spatial orientation of the opponent. Squash is a highly competitive sport, demanding a high level of fitness from its players who are usually active the majority of the playing time. The vigorous demands of Squash mean that there is a risk of musculoskeletal injury whilst playing this sport.

Injuries incurred during Squash account for only a small portion of the total injuries to sports participants. However, Squash ranks relatively highly as one of the sports with a high rate of severe injuries which include but are not limited to musculoskeletal and soft tissue injuries, eye and head injuries, cardiac injury, and heat illness\(^1\). Squash is played in 155 countries around the world and the 2005 ABS census recorded 182,300 participants in Squash, with Victoria accounting for 23.3% or 42,600 players\(^1\).

1. **PLANNING**

The planning section of these standards contains the documented policies, which should be reviewed before and during Squash training sessions or matches to reduce the risk of injury to players, coaches, officials and spectators.

- Ensure the activity is appropriate for the skills and experience of the players;
- Ensure the intended activity is appropriate given the known, expected and forecasted conditions;
- Provide adequate supervision;
- Provide competent and appropriately trained coaches and officials;
- Provide a safe playing environment;
- Provide safe and properly functioning equipment;
- Provide reasonable water and safe shelter;
- Provide reasonable guidance, instruction and direction to participants; and
- Provide reasonable first aid.
- Provide information about Squash Vic Personal Accident Insurance Policy

1.1 **WEATHER CONDITIONS**

Squash is an indoor game played all year round in Australia. Extremes in temperature and weather can become factors in the risk of injury and these changes can affect the player, coach, official and spectator and also change the conditions of the playing area. It is recommended that a Squash Court and any adjacent spectator areas (including the space for the marker and referee) shall be provided with a heating and/or air

---

\(^1\) Striking out Squash Injuries – A review of the literature – Research Report #98002, C.Finch, O. Clavisi

Australian Bureau of Statistics

\(^1\) Participation in Sports and Physical Recreation – 2005 - 06
conditioning system which is capable of maintaining a temperature of between 10 and 25 degrees Celsius with an ideal range of 15 to 20 degrees Celsius. However Squash Vic understands not all facilities may have air-conditioning systems, ceiling fans or other ventilation devices and therefore in such cases endorses the following information as a guide for players, coaches, officials and spectators.

**Temperature**

When engaging in any type of physical activity, high temperatures increase the risk of dehydration and heat illness. Further, very low temperatures may increase the risk of injury.

**Hot Weather Conditions**

Exercising in hot weather conditions can place participants at risk of heat illness and in extreme circumstances, even death.

Factors which can contribute to heat illness include:

- High ambient (air) temperature
- Solar radiation
- Humidity
- Dehydration

**Modification or cancellation of a match**

Planning for modification or cancellation during extreme heat conditions for Squash takes into consideration the outdoor temperature and on court temperature.

<table>
<thead>
<tr>
<th>Table A.</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Forecasted temperature as determined by Bureau of Meteorology is 32 degrees Celsius Or above</strong></td>
<td><strong>Forecasted temperature as determined by Bureau of Meteorology is 40 degrees Celsius Or above</strong></td>
</tr>
<tr>
<td>1. Measure the on court temperature and be prepared to modify or cancel your event</td>
<td>1. Measure the on court temperature and be prepared to modify or cancel your event.</td>
</tr>
<tr>
<td>2. Maximize airflow and reduce heat build-up in the Centre and on the Courts</td>
<td>2. Air conditioned centre must measure the on court temperature</td>
</tr>
<tr>
<td>3. Employ air-conditioning</td>
<td>3. For evening Pennant Competitions apply steps 1 to 4 of outline in table B (listed below)</td>
</tr>
</tbody>
</table>

**NB.** The Tournament Director may determine that a junior tournament will be cancelled due to consecutive days of extreme hot weather. Such a decision will normally be taken and communicated at least 24 hours prior to the scheduled event to enable adequate time to notify country participants.

The determining factor is the **on court temperature.**
Table B.

<table>
<thead>
<tr>
<th>33 – 35 degrees on court temperature</th>
<th>36 degrees on court temperature (as advised by Sports Medicine Australia)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Modify game structure or tournament draw</td>
<td></td>
</tr>
<tr>
<td>2. Extend the breaks between each game</td>
<td></td>
</tr>
<tr>
<td>3. Ensure that players take adequate fluid before, during and after the game</td>
<td></td>
</tr>
<tr>
<td>4. Encourage the use of towels and fans during breaks</td>
<td></td>
</tr>
<tr>
<td>1. Measure on court temperature prior to the commencement of play</td>
<td></td>
</tr>
<tr>
<td>2. Cancel match if the on court temperature is 36 degrees or above OR</td>
<td></td>
</tr>
<tr>
<td>3. Wait a further half hour period and re-measure the on court temperature.</td>
<td></td>
</tr>
<tr>
<td>4. Cancel match if the on court temperature is 36 degrees or above</td>
<td></td>
</tr>
</tbody>
</table>

Modification of competition structure - Roles and Responsibilities

Centre Managers during Pennant, in-house or centre bookings should:

- Take steps to maximize airflow and reduce heat build-up in the Centre and on the Courts
- Make an assessment of playing conditions measure on court temperature and advise the Match & Pennant Secretary and Team Captains of the outcome of the assessment. Matches may be cancelled if necessary.
- Advise Team Captain to extend the breaks between each game

Coaches during Competitions, Tournaments, Training should:

- Ascertain whether any players have known medical conditions which may be affected by heat
- Ensure that players take adequate fluid before, during and after the game or training session.
- Encourage the use of towels and fans during breaks
- Adjusting training and competition intensity and conditions.
- Increase amount of breaks/timeouts and modify duration and intensity of play.
- Schedule training and competition involving moderate to high intensity exercise to avoid the hottest part of the day (11am – 3pm).
- Encourage hydration
- Request the extension of breaks between each game

Referees during competitions and tournaments should:

- Be prepared to extend breaks between each game as appropriate
- Be alert and react to any signs of distress/potential distress in players
Tournament Director should:

- Check forecasted temperatures prior to Tournament
- Ensure that players take adequate fluid before, during and after the game
- Be alert and react to any signs of distress/potential distress in players
- Ascertain whether any players have known medical conditions which may be affected by weather conditions and have access to records as required.
- Modify the number of games from the best of 5 to the best of 3
- Be prepared to cancel or reschedule games if playing conditions are considered unsafe

Please Note: Detailed information and strategies relating to participating in hot weather conditions can be found in Appendix A & B “Hot Weather Guidelines” and “Beat the Heat” and “UV Exposure & Heat Illness Guide” on the SmartPlay website at [www.smartplay.com.au](http://www.smartplay.com.au)

Cold Weather

Squash Vic recommends precautions should also be taken where temperatures are below 10°C. On occasions this may be deemed unsuitable for playing competition. Those who are active need to prepare themselves for cold conditions and thus reduce the risk of injury. To help prepare for winter activity, Sports Medicine Australia recommends the following strategies:

- Acclimatise yourself to exercising in cold weather.
- Cold muscles, tendons and ligaments are at a greater risk of injury. Warm up, stretch and cool down for longer than usual.
- Dress in layers to trap heat and prevent heat loss.
- Have warm, dry clothing available to reduce cooling after activity.
- Make sure footwear fits properly. Footwear that is too tight or too loose will affect skin circulation and cause blisters.
- Ensure suitable level of hydration. Drink water before, during and after activity.

Local variations in external temperature and humidity may result in temperatures outside the above being acceptable to players.

Hydration

- Players should be encouraged to sip on a drink bottle for the hour leading up to their training session or match.
- All players should have a filled drink bottle at all training sessions and matches.
- Coaches should provide adequate breaks for the players to consume enough water.
It is advisable that participants only drink either water or a sports drink.

Individuals should not share drink bottles.

Players should be encouraged to continue drinking after their training session or match.

1.2 PLAYING ENVIRONMENT AND EQUIPMENT

Playing Surface

- Court surfaces should be inspected before every training session and match for cracks, holes, debris and defects remedied prior to play.
- All floor surfaces should be cleaned of dust prior to play and maintained according to manufacturers instructions.
- The playing surface should be uniform and constructed of the same material throughout the playing area and free space.
- The playing surface and surrounding area should be free of obstructing materials such as personal belongings, bags and equipment.
- Hard surfaces are likely to be slippery when wet. Surfaces should be free of moisture before the commencement of the game and dried during the course of play, especially in warmer weather when players are more likely to perspire. Court surfaces should be unsealed to absorb sweat.
- The Tournament Director is responsible for establishing whether the playing surface is safe for matches.
- If any spillages occur before or throughout the activity ensure it is cleaned immediately.
- All players, coaches and officials are encouraged to thoroughly clean their shoes before entering the court.
- A ‘Facility Checklist’ should be completed regularly to ensure all areas throughout the club are safe. (checklist form available on the Squash Vic website under About Squash Vic/Resources)

Other Areas

- Squash Vic recommends that each Venue/Club appoint a Court/Facility Manager.
- Managers are to make regular inspections on the court surface, barriers and lighting around the playing area.
- Ensure all grandstand and spectator areas are safe for viewing and are an adequate distance from the playing area.
- Lighting is bright and regularly maintained in training areas, change facilities, thoroughfares and car parks.
- Access for Ambulance is available and clear.
Lighting
(The following Recommendations for Squash Vic Competition Venues are taken from WSF Squash Specifications: www.worldsquash.org)

The court shall be lit by artificial light. The level of illumination measured 1000 mm above the finished floor shall be:

- Recommended standard 500 lux
- Minimum standard 300 lux
- TV standard 1200 lux

The walls of the court shall be lit in such a way as to appear evenly and uniformly illuminated and the lux levels shall not vary at any point by more than 15% from the average level of illumination.

The lighting shall be shadow-free and free from any stroboscopic effects.

Transparent Back Walls
In courts with transparent walls, the level of illumination shall be the same on both sides of the wall.

Equipment
- Players are encouraged to carry a spare uniform in case of a blood spillage where the player is required to change.
- Loose fitting clothing (shirts, shorts and skirt) is best for Squash to enable you to stretch and swing without restriction. For hygiene purposes and respect for fellow players and patrons it is recommended all players wear a shirt as excess sweat ends up on the floor creating a slippery playing surface.
- Protective eyewear must be worn by all Squash players 19 years or younger whenever participating in tournaments, competitions, coaching clinics, or any other Squash related activity sanctioned by Squash Australia and/or any of its member Associations or affiliates.
- Protective eyewear must be worn by all athletes when playing in any Doubles competition, which has been sanctioned by Squash Australia and/or any of its Associations or affiliates.
- It is recommended that senior players above the age of 19 who elect not to wear protective eyewear in any tournaments or competitions sanctioned by Squash Australia and/or any of its Associations or affiliates sign an Indemnity and Waiver form. (form available on the Squash Vic website under About Squash Vic/Resources)
- Coaches in charge of athletes who elect to not wear protective eyewear are recommended to sign an Indemnity and Waiver form. (form available on the Squash Vic website under About Squash Vic/Resources)
- Purpose designed Squash shoes or white soled sports shoes must be worn at all training sessions and matches. Suitable footwear is recommended, as it affords greater grip on the floor and stability to protect from possible impact injury.
- A shoe cleaner/brush should be placed at all courts to ensure players have clean shoes before entering the playing area.
- The type of ball to be used is to be in accordance with Squash Australia National Tournament regulation and/or the specific regulation covering an event (e.g. Regulation 28 – Conduct of the National Junior Series).

- Any jewellery or watches worn by a player shall not be so conspicuous or brightly reflecting as to distract or unsight an opponent and shall not be potentially dangerous. It is recommended that all jewellery is to be removed before the commencement of training sessions and matches. This includes wedding bands, any studs, rings, bars or other body piercing jewellery. In a tournament situation it is to be determined by the Match referee in accordance with the tournament regulations what jewellery may be permitted.

- Equipment is maintained and checked on a regular basis to ensure it is safe for use in training sessions and matches. The equipment is to be used for the purpose for which it was designed. If club equipment needs repair it should be tagged and logged in an ‘Equipment Log’ and signed off when it is fixed. (form available on the Squash Vic website under About Squash Vic/Resources)

Cancellation/Postponement

Cancellation or postponement of Squash training sessions or matches may be deemed appropriate by consultation between officials and captains if the playing environment is unsafe. Cancellation or postponement of training sessions or matches should be discussed if -

- The temperature is above 36ºc.
- The lighting is inappropriate.
- The playing surface is unplayable.
- The court or facility is affected by a power outage or strike

Competition Officials and the match referee may postpone or abandon any fixture due to the extreme weather conditions that may endanger participants such as, but not limited to excessive heat/humidity or poor conditions. The competition manager will determine the rescheduling of the match or event.

1.3 EMERGENCY PLAN

- A comprehensive emergency plan to cover fire, violence, environmental threats and medical emergencies should be in place at all Squash clubs/venue.

- All clubs/venues should have their own emergency procedure. This procedure should include the name/position of the person responsible for contacting emergency services (if required).

- All individuals should be aware of the location of the telephone and all emergency contact numbers should be clearly documented at this location.

- All exits should be clearly signposted according to legal standards. All exits should display signage with appropriate evacuation procedures.

- In the event of an emergency (fire, violence or natural disaster) each coach or appointed person, must be responsible for congregating his or her team at a safe evacuation point and accounting for attendance.
Coaches or Appointed Team Officials are responsible for informing all team members of the evacuation point. If travelling, the coach or appointed person should consult the home team of the appropriate evacuation point.

First aid equipment must be accessible at all times. All individuals should be aware of its location.

Travelling teams should carry first aid equipment to all training sessions and matches.

The first aid equipment should be checked/inspected regularly and used stock recorded and replaced as soon as possible using ‘A First Aid Maintenance Form’ and ‘First Aid Order Form’ or similar.

Coaches or an appointed club/venue official are responsible for informing parents (if under 18) or next of kin of all victims if an emergency occurs.

Ensure appropriate access is available for an ambulance.

1.4 PHYSICAL PREPARATION

SQUASH VIC suggests a warm-up as an essential element of participation in both training sessions and matches. Warming up increases the heat throughout the body, reducing the risk of tearing or straining muscles by increasing their suppleness. The warm up should be performed at a gradual intensity and well within the participant’s capabilities. It should not be strenuous and should not hurt.

A regular warm up should include stretches for body parts used during training sessions and matches. (Refer to the PSCAA ‘Play Squash Better’ Sheet in the appendices)

It is important to include Squash specific activities within the warm up to ensure all body parts used during training sessions and matches are prepared.

1.5 FIRST AID

Squash Vic recommends all venues have a nominated First Aid Officer and suitable First Aid kit at all training sessions and matches.

Squash Vic recommends that Coaches maintain and update their First Aid and CPR qualifications.

Squash Vic suggest teams have a nominated First Aid Officer/Coach at all training sessions and matches.

Squash Vic recommends all players complete an ‘Athlete Medical Profile – Personal Record Form’ or similar before commencing participation in any activities. These forms are confidential and should be stored securely and only viewed by relevant club/venue staff. They should be available if required, for all trainings and matches. (sample form available on the Squash Vic website under About Squash Vic/Resources)

There is access to a clean and hygienic first aid area.

First aid equipment must be accessible at all times. All individuals should be aware of its location.

Ice should be available at all training sessions and matches.

Best practice recommends that a stretcher of good condition is available for use by the First Aid Officer. Venues should ensure their stretchers comply with current Australian Standards and the First Aid officer
(or person using) is appropriately trained to use the stretcher, otherwise the match is to be delayed and an Ambulance is to be called.

- Travelling teams should carry first aid equipment to all training sessions and matches.
- The first aid equipment should be checked regularly and used stock recorded and replaced as soon as possible using a First Aid Maintenance Form.
- In the event of an injury the following steps should be taken:
  - The nominated First Aid Officer should control the care of the injured participant.
  - Under no circumstances should the player be administered a drug of any kind.
  - If required, on instruction from the First Aid Officer, an ambulance or transport arrangements should be made immediately to enable the injured player to seek medical assistance.
  - If under 18, the parents/guardian or next of kin should be notified of injury as soon as possible.
  - An ‘Injury / Incident Reporting Form’ should be completed. (sample form available on the Squash Vic website under About Squash Vic/Resources)
  - at the back of this booklet)

1.6 INFECTIOUS DISEASES

- A number of blood-borne infectious diseases can be transmitted during Squash, as at times is a contact sport. Transmission can occur through contact with infected individuals.
- All open cuts and abrasions must be treated immediately and reported to the First Aid Officer if necessary.
- Players with a history of any infectious disease should obtain clearances from a doctor prior to participation.
- All blood and body fluids should be treated as though they are potentially infectious.

Blood Rule

**Bleeding:** The Referee shall immediately stop play when any player has visible bleeding, an open wound or blood-stained clothing. Before allowing play to continue the Referee shall require that the bleeding be stopped, the wound covered and any blood-stained clothing changed, allowing such time as is reasonable and necessary and is available on the tournament schedule.

If the bleeding was caused solely by the opponent, the Referee shall immediately award the match to the player.

**Recurrence of bleeding:** If the bleeding recurs, for which recovery time has already been allowed, the Referee shall allow no further recovery time except that the player may concede the game in progress and use the 90 second interval between games for recovery. If the visible bleeding continues at the end of this 90 second interval the player shall concede the match. A player may only concede one game for one 90 second interval.
If the covering of the bleeding wound falls off or is removed during the match, thereby exposing the wound, the Referee shall consider this to be a recurrence of the bleeding, unless all sign of bleeding has ceased.

- A player who is bleeding or has blood on their clothing must immediately leave the playing court and seek medical attention.
- The bleeding must be stopped, the wound dressed and blood on the player’s body or clothing cleaned off before they return to the game.
- Play must cease until all blood on the court or any equipment is cleaned up.
- Gloves should be worn at all times when dressing and cleaning a wound and cleaning spillages.
- Ensure all contaminated object (e.g. gloves and paper towelling) are placed in a rubbish bin

1.7 QUALIFICATIONS

Coach

- Coaches are the primary person responsible for the well being of participants under their direct supervision. Coaches are also responsible for the delivery of safe and effective training and playing environments.
- It is recommended that all coaches attain a minimum of the Squash NCAS Level 1 Coaching Accreditation as a measure to assist in coaching the basic rules and strategies of Squash. (Available course dates are on-line via the Squash Vic Website)
- It is recommended that all coaches undertake basic Sports First Aid or Sports Trainer course or identify a suitable Sports First Aid Officer to assist with first aid duties.
- All coaches must read and understand the SA / Squash Vic Member Protection Policy and be aware of the Codes of Behaviour.
- When coaches are responsible for people under the age of 18 years a ratio of one adult per eight children is recommended at all training sessions and matches.
- It is recommended all coaches responsible for players under the age of 18 years, should undergo the Working with Children Check. See Member Protection section.
- All Coaches should be familiar with the SMA Safety Guidelines for Children and Young People in Sport and Recreation (see Appendix)

Referee/Official

- Referees are responsible for a safe playing environment before and during a match.
- It is recommended that all potential Referees obtain a minimum Rules Accredited Player Accreditation as a measure to assist in officiating knowledge and appropriate practices. (Available course dates are listed on-line via the VSRRA Website at www.vsrra.org.au)
- It is preferable that all Referees undertake basic Sports First Aid training.
All Referees should be aware of and understand the SA/Squash Vic Member Protection Policy and Codes of Behaviour.

All Referees and Officials should be familiar with the SMA Safety Guidelines for Children and Young People in Sport and Recreation (see Appendix)

**SA / SQUASH VIC Member Protection Policy**

All coaches, officials, administrators and club managers should be aware of and understand the SA/Squash Vic Member Protection Policy. This document aims to ensure the core values, good reputation and positive behaviours and attitudes of the sport are maintained. It assists in assuring that every person involved in Squash is treated with respect and dignity, and is safe and protected from abuse. The policy outlines procedures for eliminating discrimination, harassment, child abuse and other forms of inappropriate behaviour in Squash.

Under the *Working with Children Act 2005*, only people engaging in ‘child-related work’ must apply for and pass the Working with Children (WWC) Check. Not everyone whose work brings them into contact with children will need to apply for a WWC Check. You need to apply for and pass the WWC Check if you meet all of the following criteria:

- your work or volunteer role involves contact with children
- you volunteer or do this work on a regular basis
- you have direct contact with children under 18 years of age and are not directly supervised
- you do not qualify for an exemption from the need for a WWC Check.

(Further information can be obtained by contacting Squash Vic or from the Dept of Justice Website [http://www.justice.vic.gov.au/workingwithchildren](http://www.justice.vic.gov.au/workingwithchildren))

- The WWC Check helps to protect children from sexual or physical harm by checking a person’s criminal history for serious sexual, violence or drug offences and findings from professional disciplinary bodies. The introduction of the WWC Check creates a mandatory minimum checking standard across Victoria.

- All coaches, officials, administrators and club managers who are in direct and unsupervised contact or work with people under the age of 18 years will be required to obtain a Working with Children Check (WWC Check) by July 2010.

**Insurance**

Squash Vic strongly recommends that all venues/clubs inform their members of the personal accident insurance provided via the Squash Australia National Insurance Program and available through Squash Vic.
2. **POST TRAINING SESSION OR MATCH**

The post play section of these standards contains the documented policies which are recommended after Squash training sessions or matches to reduce the risk of injury to players, coaches, officials and spectators.

2.1 **COOL DOWN**

- Squash Vic suggests all players should complete a routine cool down following participation in training sessions and matches. It is advised that this program is simple to encourage compliance and is enforced by coaches for injury prevention.
- Cooling down is important to help remove muscle waste products produced during exercise.
- A cool down program should include low intensity activity immediately after exercise, and 10 minutes of stretching targeting major muscle groups used during the training session or match.

2.2 **REPORTING**

It is recommended that the following information be recorded and retained in the event of any insurance or legal action.

<table>
<thead>
<tr>
<th>Injuries</th>
<th>SQUASH VIC/SMA Injury Reporting Form</th>
</tr>
</thead>
<tbody>
<tr>
<td>Emergencies</td>
<td>SQUASH VIC/SMA Incidence / Accident Reporting Form</td>
</tr>
<tr>
<td>Equipment failure</td>
<td>SQUASH VIC/SMA Equipment Checklist Form</td>
</tr>
<tr>
<td>Playing Area Maintenance</td>
<td>SQUASH VIC/SMA Facility Checklist</td>
</tr>
<tr>
<td>First Aid Equipment</td>
<td>SQUASH VIC/SMA First Aid Equipment List</td>
</tr>
<tr>
<td>Athlete Medical details</td>
<td>SQUASH VIC/SMA Athlete Medical Profile – Personal Records Form</td>
</tr>
</tbody>
</table>

(all forms available on the Squash Vic website under About Squash Vic/Resources)

2.3 **PACK UP**

- After the completion of a training session or match all equipment is to be stored correctly and safely.
- Change facilities, including shower and toilet facilities are cleaned after each period of use and kept in a clean and hygienic state.
- Ensure all spectator areas are cleaned and all rubbish removed.
3. ALCOHOL AND DRUGS

Alcohol
- Squash Vic discourages the consumption of alcohol before, during and immediately after participation in training sessions and matches.
- In the interests of health, comfort and safety Squash Vic actively encourages a responsible service and consumption of alcohol.
- Squash Vic recommends clubs that sell alcohol register with the Good Sports program.
  (A copy of the Squash Vic Alcohol policy is available on the Squash Vic website – About Us/Policies)

Drugs
- The use of illegal substances is not permitted and all players and coaches should know and comply with the Squash Australia Drug policy.
- If a senior national player is currently taking prescription medication it is important to consult the Squash Australia Anti-Doping Policy as they may be required to fill out a Therapeutic Use Exemption (TUE) application if the medication is prohibited while playing.
  (For further information on drugs visit the community anti doping website www.cleanedge.com.au)

Smoking
- Squash Vic recommends that smoking is strictly prohibited in all indoor areas, including office and administration areas and club rooms.
- Squash Vic recommends prohibiting smoking in spectator areas and up to 10 metres from indoor areas.
- It is strongly recommended that players and officials are prohibited from smoking throughout the training sessions or matches.
- All non-smoking areas are to be supported with appropriate signage.
  (A copy of the Squash Vic Smoking policy is available on the Squash Vic website – About Us/Policies)
  (For further information on smoking visit www.quit.org.au)

4. RULES & VARIATIONS

4.1 RULES
- All players, coaches and officials are to be aware of and have an understanding of the appropriate Players, Coaches and Officials Codes of Conduct.
- All players, coaches and officials should have an understanding of the Rules of Squash. (A list of Rules Accredited Player courses is available on the Squash Vic and VSRRRA websites).

4.2 CHILDREN (<16 years)
- Modified rules exist for the Totball (5 – 8 years) program.
4.3  FEMALES

Pregnancy Policy

1. While many sporting activities are safe for pregnant women to participate in, there may be particular risks that apply to some women during pregnancy. Those risks will depend on the nature of the particular sporting activity and the particular pregnant woman’s circumstances.

2. Squash Vic will take reasonable care to ensure the safety, health and well being of pregnant women and their unborn children. Squash Vic advises pregnant women that there may be risks involved, and encourage them to obtain medical advice about those risks. Pregnant women should be aware that their own health and wellbeing, and that of their unborn children, are of utmost importance in their decision making about the extent and manner in which they participate in Squash.

3. Squash Vic encourages all pregnant women to consult with their medical advisers, make themselves aware of the facts about pregnancy in sport, and ensure that they make informed decisions about participation in particular sporting activities.

The full copy of the pregnancy policy can be found in the Squash Vic Member Protection Policy available on the Squash Vic website - About Us/Policies
FURTHER INFORMATION

- Rules + Regulations
- Coaching
- Referees

Squash Vic

Blood Rules
Pregnancy
Training Courses
First Aid Kits

Sports Medicine Australia

- Hydration
- Heat Policy
- Physical Preparation
- Mouth guards
- Emergency Plan
- First Aid Equipment
- Cool Down

SmartPlay

- Injury research and data

Accident Research Centre

- Temperature
- Rain/Hail/Snow
- Electrical Storms

The Bureau of Meteorology

(03) 9682 2199
www.squashvic.com.au

(03) 9674 8777
www.sma.org.au

(03) 9674 8777
www.smartplay.com.au

(03) 9905 4371
www.monash.edu.au/muarc

(03) 9669 4054
www.bom.gov.au/weather/vic
<table>
<thead>
<tr>
<th><strong>SunSmart</strong></th>
<th><strong>World Squash</strong></th>
<th><strong>Clean Edge</strong></th>
<th><strong>Australian Red Cross</strong></th>
<th><strong>Department of Justice</strong></th>
<th><strong>Good Sports</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>▪ Sun Protection</td>
<td>▪ Playing surface</td>
<td>• Drugs</td>
<td>▪ First Aid Equipment purchases</td>
<td>▪ Working With Children check</td>
<td>▪ Alcohol ▪ Drugs</td>
</tr>
<tr>
<td>(03) 9635 5000</td>
<td></td>
<td></td>
<td>1300 367 428</td>
<td>1300 652 879</td>
<td>(03) 9667 9200</td>
</tr>
</tbody>
</table>
Smokefree Victoria

- Smoking
  - [www.smokefree.org.au](http://www.smokefree.org.au)

Australian Sports Anti-Doping Authority

- Drugs
  - [02 6206 0200](tel:02%206206%200200)

VicSport

- General enquiries or comments
  - [VicSport](http://www.vicsport.asn.au)
  - [www.vicsport.asn.au](http://www.vicsport.asn.au)
  - [02 6206 0200](tel:02%206206%200200)

[Smokefree Victoria](http://www.smokefree.org.au)
[Australian Sports Anti-Doping Authority](http://www.asada.gov.au)
[VicSport](http://www.vicsport.asn.au)