

**1. Facilities**

- a) Squash court doors should be flush-fitting and have internal handles and locks so that incoming players cannot open the door during a rally. Alternatively, eye-pieces in the door can warn incoming players that a game is currently on court.
- b) Courts should be swept regularly to prevent slippery floors - caused by excessive dust - and the flooring should not have more than one coat of seal after sanding with a medium paper. Floors should be checked regularly for defects such as splinters or depressed boards.
- c) All court lighting should be in full working order during all periods of play.

**2. Dress**

- a) Spectacles, if worn, should be of non-breakable glass or plastic. Players should wear suitable clean footwear, i.e., plimsolls or training shoes, which must have white soles which do not mark the court floor. White kit must be worn in competitive matches. Players are strongly advised to wear protective eye shields.

**3. Equipment**

- a) Racquets must be within the specification laid down by the Squash Racquets Association, e.g., racquets with metal heads are not allowed.

**4. The Game**

- a) The players should have coaching from a suitably qualified coach, e.g., the Squash Rackets Association, in the early stages to ensure correct (safe) swings, i.e., backswing and follow-through. This is important as players are in a confined space and excessive swings can be dangerous.
- b) Players must not 'crowd' (get too close to) their opponent in the execution of their stroke.
- c) Education on the rules, especially with regard to 'turning' and obstruction, cuts down injuries which have occurred in the past from this situation. 'Turning' is when a player follows the ball round in one of the back corners of the court and plays the ball

on the forehand in the backhand side and vice-versa. The opponent cannot then anticipate, and so avoid, the subsequent shot, and if the striker feels he may hit his opponent, he should refrain from playing the ball.

- d) He should also refrain in a normal rally situation, if he feels that there is any risk of striking his opponent with ball or racquet.
- e) Players should ensure that:
  - (i) Door handles are in the flush position when playing.
  - (ii) All personal effects are kept close to the front wall.
  - (iii) They use some type of gripping agent on hot days to prevent racquets flying out of their hands.
  - (iv) Watches are not worn.