



Squash Québec - Return to play recommendations **Authorized activities**

Red zone regions

- The practice of squash is prohibited except for Sports-Études programs and athletes who have received authorization from the public health.



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Orange zone regions

- Individual practice (solo).
- Practice between 2 people living at the same address without physical distancing.
- Practice between 2 people respecting physical distancing (no match)
- Private or semi-private lesson with a coach respecting physical distancing.
- Mask or face covering are mandatory for practice between 2 people that do not reside at the same address.
- Doubles play not allowed.



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Yellow zone regions

- Individual practice (solo).
- Practice between 2 people living at the same address without physical distancing.
- Practice between 2 people respecting physical distancing (no match).
- Private or semi-private lesson with a coach respecting physical distancing
- Group lessons with a maximum of 12 participants and a coach. We recommend a maximum of 3 participants per court. Physical distancing must be respected at all times.
- Doubles play not allowed.



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Green zone regions

- All activities in the yellow zone and:
- Match between 2 people not residing at the same address.
- Leagues and tournaments with a maximum of 25 participants to which can be added staff, officials and volunteers.
- Maximum of 25 spectators who wear the mask and respect physical distancing.
- Group lessons with a maximum of 25 participants and coaches. We recommend a maximum of 6 participants per court. Brief contacts are permitted.
- Duplicate play allowed.
- Play with a maximum of 3 players per court and 25 participants in total.