

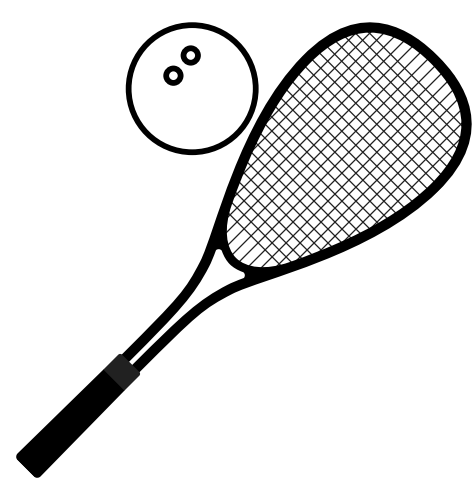


SQUASH | **SBONCEN**
WALES | **CYMRU**

Return to squash post lockdown

A guide for players & parents

Top tips for pacing your return to training and matches following the latest lockdown



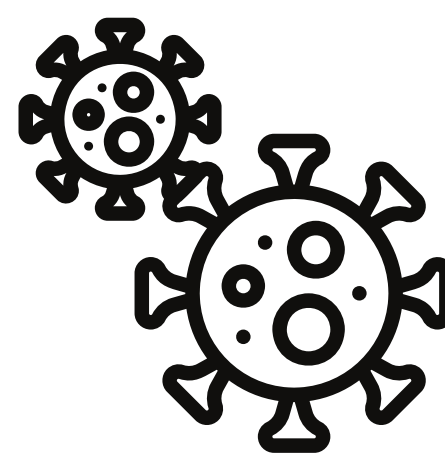
Enjoy being back

We've been looking forward to this for a while – enjoy being back out there



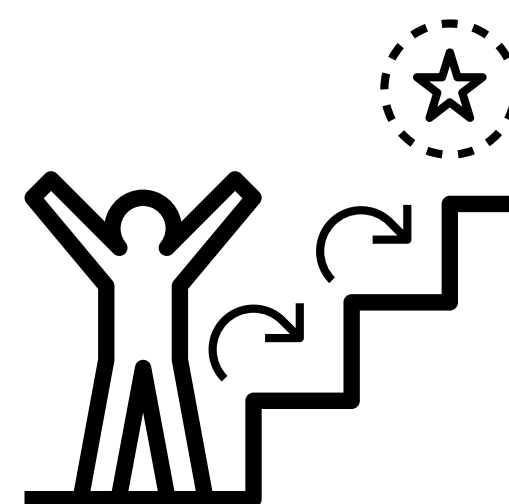
Warm up and cool down

Be sure to look after your body when returning to squash specific activities



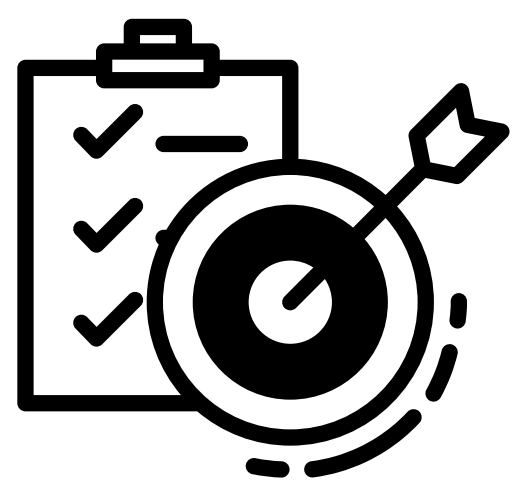
Follow COVID guidelines

Continue to follow the guidelines to keep you and your teammates safe



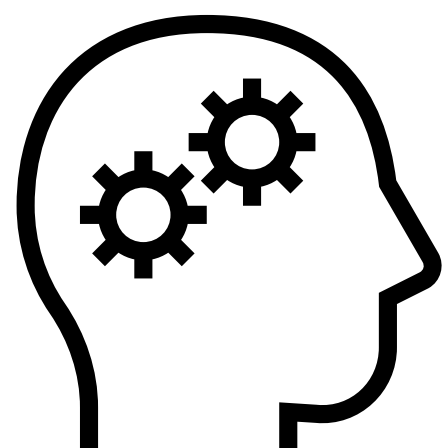
Build back up step by step

Take your time to readjust and build back up to your "normal"



Reconnect with goals

Use the next few weeks to reconnect with your game and set goals for the summer ahead



Lockdown learning

See how you can apply what you have learnt through the weekly timetable and webinars to your game



Mind your expectations

Keep in mind it's been a while since you last played, so be patient and don't expect too much too soon



Communicate with coaches

If you're unsure about anything, coaches are there to help – ask questions!