



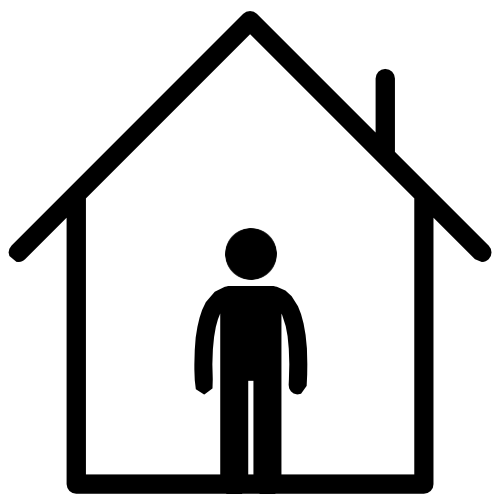
SQUASH  
WALES

SBONCEN  
CYMRU

## SUT I CHWARAE / **WAYS TO PLAY**

SUT I CHWARAE'N DDIOGEL A GYDA PWY /

**HOW TO PLAY SAFELY AND WITH WHO**



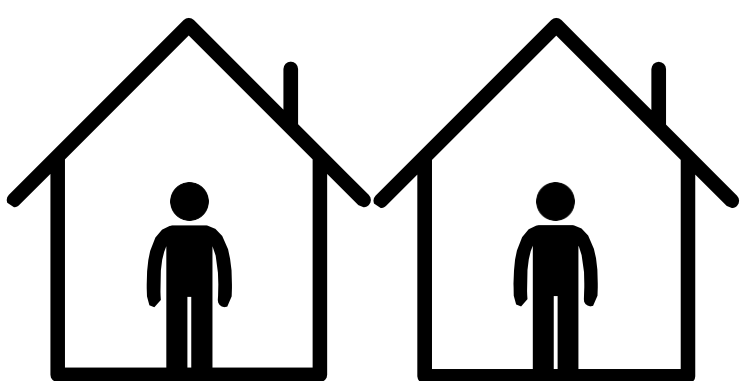
### Unigolion / **Individuals**

- Chwarae neu ymarfer unigol / **Single player (solo) practices**
- Gweithgaredd yn cael ei arwain neu ei oruchwylio gan Hyfforddwr / **Coach led / supervised activity**



### Aelodau o'r un aelwyd a'u haelwyd estynedig / **Members of the same household and their extended household**

- Chwarae gornest / fem sboncen gyflawn / **Match play / full squash game**
- Gweithgaredd grŵp wedi ei drefnu lle mae hyfforddiant / **Organised, coached group activities**



### Dau aelod o aelwyd gwahanol / **Two members from different households**

- Fersiwn diwygiedig o sboncen / **Modified version of squash**
- Ymarfer pellhau cymdeithasol / **Socially distanced practices**
- Gweithgaredd grŵp wedi ei drefnu lle mae hyfforddiant / **Organised, coached group activities**

Parhewch i ddilyn canllawiau cyfredol y Llywodraeth dros unrhywreolau clwb/lleoliad - Please continue to follow current Government guidelines. These will always supersede any club/venue or Squash Wales guidelines.

Gweler/See: [www.squash.wales/covid-19/](http://www.squash.wales/covid-19/) or [www.gov.wales/sport-recreation-andleisure-guidance-phased-return](http://www.gov.wales/sport-recreation-andleisure-guidance-phased-return)