

# WORKSOP CRICKET & SPORTS CLUB

## *Squash & Racketball Newsletter: October 2022*

Dear Member

Your annual subscriptions are due once again, and as you may expect, we will need to increase our revenue this year to cover the significant increase in utility costs that are expected this autumn. We try to keep our fees as low as possible, and in fact our membership fees were last increased in 2016...and the light fees have been £4 for at least 20 years! Sadly, this is no longer sustainable, so after considering the options available to us we will need to increase both to ensure that our club remains viable in these difficult times.

The club remains committed to encouraging juniors and so, children of squash club members (under 18y) will remain eligible for free membership. We have also introduced a new category of "Young Adult" membership for players aged 18-21y. This will be at the much-reduced rate of £60 per year.

Heating & lighting the courts is generally covered by income from the light meters, and therefore from 1<sup>st</sup> November 2022 the court fees will rise to £6 for 40 mins...but this is still cheaper than most private clubs and leisure centres. The additional guest fee of £2 remains unchanged.

We recognise that as many transactions are now by card, fewer opportunities exist to obtain £1 coins for the meter. Therefore, we will trial a coin-exchange system, to be managed by our bar staff. This will be in multiples of £10 only so please bear this in mind. Sorry, but we can only accept notes to the value of £10 and cannot split the bags of coins as this would cause difficulties for our bar staff.

The air-conditioning/heating works well and helps to reduce humidity in the gym, which in turn helps to prolong the life of the equipment. We do need your co-operation to ensure that it is used appropriately and turned off when no longer required. The same is true of the sauna of course. Please report any problems with the equipment to Mark Sissons (our house manager). Junior members (under 16y) must be always supervised by a responsible adult, and please **UNDER NO CIRCUMSTANCES** play squash in shoes worn outdoors or with black marking soles. This will cause significant damage to the wooden floor and dirt/debris can make the courts slippery and potentially dangerous.

I am delighted to say that the Sports club now has a dedicated website for each of the sections and is now live.

<https://worksopcricketandsportsclub.co.uk>

This is an early version and I'm sure it will evolve in time. We have plans to link our court booking to this if we can find a secure way of managing this. We hope to have the booking calendar as a "view only" page very soon, to allow you to check whether the courts are available at a specific time/date.

Looking to the future, we are exploring options to develop coaching for squash and racketball (squash 57) and hope to reinstate the drinks/snack machine in the lobby now that we have CCTV and a fully functioning alarm system. The machine should be able to dispense balls and grips too. If anyone can help us find such a machine, please contact any one of the committee or send an email to: [worksopsquash@btinternet.com](mailto:worksopsquash@btinternet.com)

There has been some interest in reinstating the "club night" that we ran prior to COVID restrictions. Sunday night seems to be a popular choice. We will update the website and display posters asking you to register an interest. The club night was a useful way for new members to meet more established players and led to a few good social nights out too. Our club relies on a steady stream of new members, so please help to spread the word. If you know of anyone perhaps new to the area who may be interested in squash or racketball please ask them to get in touch, call into the bar one evening for information, or just direct them to our website!

We will need to replace your fobs as the upgrade to the meter hasn't been possible yet. So, we will post notices in advance of the changeover in good time. Meanwhile your existing fobs will continue to work for another month or so to enable the annual subs to be collected first. The new fobs & parking stickers will be available at the bar from early November once your subs have been paid. Finally, if you have any suggestions or think you can help with the running of our section, simply send an email or come along to our Squash AGM which is usually held towards the end of November. The date & time will be displayed in the club foyer and on our website

**The Committee:** Allan McMillan - John Reid - Mark Sissons - Cliff Briggs - Pete Newbold - Heather Reid

# Physical Activity Readiness Questionnaire

By joining Worksop Squash Club, we assume you will be engaging in strenuous athletic and physical fitness activities.

If you have recovered from severe COVID infection or have any doubt about your own fitness or health, we strongly suggest that you seek medical advice before returning to play or use the gym.

Please understand that squash, racketball and physical training do involve certain risks and exposure to personal injury. The gym facility and associated equipment has been purchased for use by members to assist in training. However, our gym, squash courts and sauna are all unsupervised and therefore successful safety and operational procedures are reliant on co-operation from our members.

Worksop Squash Club cannot be held liable for injury sustained during any sporting or fitness related activities including use of the sauna. It is conditional that parents ensure that their children are supervised whilst using the facilities.

Safety requirements will vary for specific weight training and fitness apparatus. Instructions for all equipment is clearly displayed in the Gym, so please ensure that you read and understand how to use the equipment safely.

Sports injuries occur often suddenly. They can result from over-exertion, inattention, poor technique, or through the incorrect use of equipment. Some injuries can develop more slowly, particularly overuse injuries.

It is important that members are alert to body signals that can identify early warning signs of impending injury. The best approach to preventing sports injuries is to identify the risks and avoid injury in the first place

## ***Stretching / warm up / cool down***

Warming up before exercise is one of the best ways to reduce the risk of injury. Inactive joints, tendons and muscles are more likely to get strained or sprained by sudden movement or exertion. In normal conditions, a five to ten minute warm up is all that is generally needed, increasing this slightly in colder weather. Focus on "warming" (activating) the muscle groups used in the activity. "Cooling down" after exercise is also important injury prevention strategy. Cool down should include light movement to stop the blood pooling in the body. Consider static and dynamic stretches during both the warm-up and cool down period.

## ***Hydration***

Maintaining body fluid levels is essential and best done throughout any activity, as thirst may not indicate dehydration. Take fluids before, during and after the activity depending on its nature and extent. Water is often the most effective fluid although some Sports Drinks, or specific dissolving additives, can help replace essential electrolytes lost through a rapid depletion of body fluids.

The Physical Activity Readiness Questionnaire or PAR-Q is designed to help you help yourself! It is particularly aimed at new members and those of returning to play after a break. Many health benefits are associated with regular exercise, and the completion of a PAR-Q is a sensible first step to take if you are planning to increase the amount of physical activity in your life. For most people, physical activity should not pose a problem or hazard. PAR-Q has been designed to identify the small number of people for whom physical activity might be inappropriate, or those who should take medical advice concerning the type of activity most suitable to them.

Common sense is your best guide to answering these few questions:

1. Do you have a heart condition or advised only to have medically supervised activity?
2. Do you have chest pains brought on by physical activity?
3. Have you developed chest pains in the last month?
4. Do you tend to lose consciousness, faint or fall over as a result of dizziness?
5. Do you have bone or joint problems that could be aggravated by the proposed physical activity?
6. Has your doctor ever recommended medication for your blood pressure or heart condition?
7. Do you know, through your own experience, or doctor's advice, of any other physical reason why you should not exercise without medical supervision?
8. Are you pregnant now or have you given birth within the last 6 months?
9. Have you had recent surgery?

If you have answered **NO** to all the above questions accurately, it is likely that you will be suitable for a structured exercise programme, perhaps some light training in the gym or courts before returning to competitive squash or racketball.

Finally, if you are over 40y, it is strongly recommended that you have your blood pressure checked before starting any exercise programme, either gym work or on the courts. Your local GP surgery or pharmacy will normally be happy to arrange this.

**PLEASE DO NOT RETURN THE QUESTIONNAIRE** - it is for your information only. However, if you have answered **YES** to **ANY** of the above questions, we strongly recommend you seek medical advice before commencing any exercise related activity.