

# WORKSOP CRICKET & SPORTS CLUB

## Squash & Racketball Newsletter: October 2023

Dear Member

It's that time of the year again...your annual subs are due from 1<sup>st</sup> October. We now have the option to pay via bank transfer – see application form for details. Many of you have asked for this, but it proved to be a bit more complicated than we anticipated. However, the system has been tested and it works! Please remember to add your name to the reference for the bank transfer. **You will still need to complete the application form and return it, so this can be exchanged for a new fob and car sticker.**

Your old membership/discount cards will be valid again this year. New members will get their card together with the fob and car sticker. Unfortunately, we haven't yet been able to update the programming on the light meters so we will be operating the "fob exchange" system as before.

Some new developments this year: We have purchased a new multi-gym and rowing machine as both items were beyond cost-effective repair. We hoped that the installation of the air conditioning in the gym would help reduce condensation, but the benefit is so much less if the door to the sauna is left propped open. Please keep the door to the gym closed if you are using the sauna and help to reduce our electricity costs by switching the aircon & sauna off before you leave. Air conditioning has just been installed in the Ladies changing rooms, and we will soon be adding an additional CCTV feed to cover both squash courts.

Recently the floor on court one has been marked badly by a member (or guest) using black soled/outdoor trainers instead of court shoes. We hired industrial cleaning equipment to try and repair the damage, but this has still left significant staining. We may still need to have the court floor professionally sanded and repainted, which will incur a significant and unnecessary cost. Needless to say, anyone found damaging the courts in this way will have their membership revoked, with immediate effect.

Despite significant rises in utility bills, the increase in membership and court fees last year has enabled us to cover our costs with a small surplus for maintenance and upgrades. No further increase will be necessary this year- all fees will remain the same. Just as a reminder that packs of £1 coins are available from the bar staff (in multiples of £10)

There have been several new members joining last year and one regular question is "how I contact others to arrange a game" as there doesn't seem to be much appetite for leagues or the ladder. The club night on Sunday evening continues, but this year we are introducing a WhatsApp Community group aimed at members looking for a game. This is very new, and of course relies on participation from the members to make it work.

Essentially there are four subgroups, intended for members looking for a partner to play Squash, Racketball or share a workout in the gym. We can also use it for general announcements, for example about social events, court repairs etc. The group will be moderated by the committee, with messages deleting after 90 days for security/data protection. Scanning the QR code with your mobile phone camera should lead to an invitation to join the group(s).

We hope that new members will find this useful, but of course anyone is free to join – the more the better. Please use these groups responsibly and don't post anything that might be considered offensive.

Our website will be updated soon with downloadable membership forms for the 2023-24 season. If you have any friends that may be interested in joining, then direct them to <https://worksopcricketandsportsclub.co.uk>

We are always keen to welcome new members, and if anyone is interested in finding out some more about how the club is run, then why not come down to our AGM in November? The date & time will be displayed in the club foyer and on our website nearer the time.

Finally, if anyone has any queries about their membership forms or would like to report any faults with equipment etc then you can reach the committee by email: [worksopsquash@btinternet.com](mailto:worksopsquash@btinternet.com)



Worksop Squash Members  
WhatsApp community



# 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.