| **Permitted Activity** | **T1** (Medium) | **T2** (High) | **T3** (Very High) | T4 (Stay at Home) |
| --- | --- | --- | --- | --- |
| **Single player (solo) practices All groups** | **Yes** | **Yes** | **Yes** | **No** |
| **MATCH PLAY/FULL SQUASH GAME:** | | | | |
| **Same household** (including support bubble\*) | **Yes** | **Yes** | **Yes** | **No** |
| **All other groups** | **No** | **No** | **No** | **No** |
| **MODIFIED VERSION OF FULL-COURT SQUASH (see below) or DOUBLES:** | | | | |
| Players in a **squash bubble** | **Yes** | **No** | **No** | **No** |
| **School, college or university groups\*\*,**children who are participating in coach-led/supervised curricular activity or players with disabilities | **Yes** | **Yes** | **Yes** | **Yes** |
| **All other groups** | **No** | **No** | **No** | **No** |
| **SIDES or SOCIALLY DISTANCED PRACTICES:** | | | | |
| **Players from different households** not in a squash bubble | **Yes** | **No** | **No** | **No** |
| **Players from different households in a squash bubble** | **Yes** | **Yes** | **No** | **No** |
| **COACHING ACTIVITY:** | | | | |
| **One-to-one coaching with adults** using socially distanced practices | **Yes** | **Yes** | **Yes** | **No** |
| **Coaching up to 6 adults\*\*** from different households – coach-led/supervised activity | **Yes** | **No** | **No** | **No** |

**\*Note:** Support bubbles are different from squash bubbles, please see Section 5 in the [full guidance document](https://www.englandsquash.com/back-to-squash/guidance/download) for details.