



Abbeydale Park Rackets & Fitness Club

Abbeydale Park
Abbeydale Rd South
Sheffield
S17 3LJ

Tel: 0114 236 1354 or 0114 2357720 Fax: 0114 262 0550

Web Site: www.abbeydalepark.co.uk

E-mail: squash@abbeydalepark.co.uk



BRITISH JUNIOR OPEN CHAMPIONSHIPS 2ND – 6TH JANUARY 2012

Dear Competitor

Abbeydale Park Rackets & Fitness Club looks forward to welcoming you to the Championships and wishes you good luck with your tournament. Please read the following points which will help make your tournament enjoyable.

- 1. Abbeydale Park rackets & Fitness Club** is part of a complex, housing a number of different Sports Clubs including Rugby, Badminton, Table Tennis, Lacrosse and Bowls. Abbeydale Sports Club and its associated Clubs are Members Clubs. Please respect members using the site and allow them to enjoy the Club facilities without interruption.
- 2. Please be aware** that Club members of APRF&C will also be using the Squash Courts and Fitness Suite during the tournament week. Please do not interrupt or disturb their games or training.
- 3. Litter:** Please do not litter the premises. Place litter, drinks cans etc in the litter bins provided, and NOT in the toilets.
- 4. Bags, Kit etc:** To comply with Health & Safety regulations, please do not leave bags, kit etc where they may obstruct the walkways, passages or Fire Exits. Failure to comply with this request may result in bags being moved to the warm up area in Studio 5.
- 5. Studio 5:** Studio 5 may be used for warm-ups. Shoes mark the walls so please remove footwear if you need to put your feet against the wall.
- 6. Courts:** You must not alter any of the thermostat or light control settings in the Club. Any problems with the Courts or equipment should be reported to an England Squash & Racketball (ESR) representative.
- 7. Practice Courts:** Prior to the start of the tournament Practice courts may be booked either at the Club's reception or by phoning 0114 2361354. Courts will be charged at £5 per 40 minute session. The Club will be open from 8.00 am to 6.00 pm on Saturday 31st December 2011 and from 08.00 am to 7.00 pm on Sunday 1st January 2012. After the tournament begins England Squash will control all the Courts apart from Court 4, which is reserved for club members, and may release courts for practice. If Court 4 is not booked out to members, competitors may use it. Please enquire at reception as to its availability. Club Members always have priority on this court.
- 8. Opening Times:** The Club opens at 8.00 am and Reception is staffed from 9.00 am -10.30 pm during the tournament.
- 9. Racket Stringing:** A racket stringing service is available at the Club, organised by Peter Billson. Please ask at Reception for further details.
- 10. Injuries:** In case of injury please ask at Reception for details of local practitioners who may be able to treat you.
- 11. First Aid:** Please report to Reception if anyone is in need of First Aid. There is a First Aid room at the foot of the stairs near Court 7. The key for this is held at Reception.
- 12. Accidents:** We hope there will be none but please report any incidents to Reception who will take the appropriate action.

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13. **Emergency Procedure:** Please read the Fire Emergency Instruction Notice and note the location of Fire Exits on both floors. Please under no circumstances wedge the fire doors open.

14. **Shop:** There is a shop selling kit, rackets, shoes balls etc next to Reception. It also sells soft drinks and confectionery.

15. **Catering:** Catering is provided in the main bar areas in the Pavilion building, from 9:00am to 3:00pm on 31st December, and between 9:00am and 8:00pm during the tournament. Access to the Pavilion from the Squash Courts is gained either via the upstairs bridging corridor or by going out to the front entrance of the Club and walking to the main entrance under the bridge. Please remember Sports Club members will also be the bar and restaurant areas.

No food or drink (other than water) is allowed in the court area. No glasses allowed in the squash club building.

16. **Court 7:** It is not allowed for Health and Safety purposes to sit on the stairs in the Court 7 viewing area. Please comply with any directions from Club or ESR stewards.

17. **Stewards:** Club and ESR Stewards may request anyone not complying with any of the above to leave the premises.

18. **Fitness Suite:** Players and other visitors to the BJO may use the club Fitness Suite for a guest fee of £5 per session. There is a Fitness Instructor on duty at all times, who will advise on the correct use of the wide range of equipment available.

We hope these points will help to make your visit to APR&FC more enjoyable. Thank you for your attention and have a good Tournament.

APR&FC Committee.