



LODDON SQUASH CLUB

MEMBER'S HANDBOOK

1. Introduction

Welcome to Loddon Squash Club, we are happy to have you as new members. The court is thought to be one of the oldest in Norfolk having been built in 1929 and you can see the original drawings for the construction of the facility in the viewing gallery. We feel that the club is one of the friendliest about and that we offer an affordable opportunity to play one of the healthiest and most exciting sports there is. This handbook will give you all of the information that you need to enjoy the sport at Loddon Squash Club.

2. Facilities

Loddon Squash Club was refurbished fully in early 2015 and has two small changing rooms, showers and a toilet on the ground floor, as well as access to the squash court, and a viewing gallery and seating on the first floor.

On entering the building using the code provided to you when you joined, you will first need to activate the timer switch that governs the electrical system in the club. This is located to the right-hand side of the squash court door and looks like light switch with a green light above it. It will allow you to operate all of the internal lights and heaters, with the exception of the squash court lights which operate independently.

The club uses the Clubspark online booking system to manage court bookings. When your subscription is confirmed you will have access to the LSC Clubspark booking system, Please do remember to delete bookings if you can no longer play. You can find the website at <https://clubspark.net/LoddonSquashClub>

To operate the squash court lights you will have needed to purchase a token from one of the following outlets in Loddon:

Loddon Seed and Feed

Loddon Doctors Surgery

The White Horse (Chedgrave)

Each token costs £5 and will give you 45 minutes playing time, which is very cheap compared to the nearest public courts in South Norfolk.

A number of automatic sensors control the temperature and humidity on the court—these will kick in if the court temperature is below a certain temperature, for example.

Please ensure that you wear light and/or non-marking indoor footwear when playing at the club to ensure that the playing surface remains in good condition. If you require clarification, please contact the committee on

loddonsquash@outlook.com

3. Committee

The club is run and managed by a number of volunteers who give their time freely to allow members to benefit from use of the club. The committee consists of the following officers:

Chairman

Secretary

Treasurer

Premises Officer

Fixtures Secretary

Ordinary Committee Members

A number of committee meetings take place throughout the year and an AGM happens in April of every year, to which every club member is invited. At the AGM, officers are elected and the club looks at other policy decisions such as membership and court fees.

4. Playing Squash and Racketball

The club's coach, Dale Foreman, runs regular coaching and club nights, full details of which can be found on the club notice board.

Coaching is also available from Dale, who can be contacted on 07849 511997 or 01508 548870.

England Squash and Racketball have provided the club with some racketball equipment for members to try. This is a variant of squash but with bigger, bouncier balls. It is a little easier to pick up and less harsh on joints making it ideal for beginners or those looking for something less physically demanding. This equipment can be found in the storage cupboard at the club

The club also operates a website at <https://clubspark.net/LoddonSquashClub> and any general queries can be sent to the clubs email address at loddonsquash@outlook.com. This is checked on a regular basis and somebody will respond. The Club also operates Facebook and Twitter feeds which can be used to communicate with committee members.