



EQUIPMENT AND SAFETY

BALLS

Use Dunlop squash balls, the Official Ball of Squash Alberta. The Dunlop Pro is the main ball used for tournament play, but other speeds are available for different skill levels and teaching.

RACQUETS

Racquets have been made from wood, aluminum, ceramic material, graphite or graphite composite. Choose one that is the right weight and balance for you. Absorbent grips are recommended to prevent the racquet from slipping in the hand.

SHOES

Shoes must have non-marking soles, strong heel and arch support and should not be raised. Shoes for outdoor activity must not be used because they collect mud, dirt, clay, and other material, which can be left on the court, causing slippery and dangerous conditions.

EYEGUARDS

Eyeguards are protective equipment designed to protect the eyes from the impact of ball or racquet. It is strongly recommended that all players wear suitable eye protection. Approved eyeguards are mandatory for youth participants (under 19). Only eyeguards that

appear on the Squash Canada approved list are acceptable for sanctioned activities. Black Knight is the Official Eyewear of Squash Alberta.

CLOTHING

Recreational Play: Wear loose comfortable clothing designed for tennis, badminton or squash play. Shirts with short sleeves must be worn to absorb perspiration and prevent it from collecting on the floor and becoming slippery and dangerous.