

# Do plants matter in a squash club?



As the world's healthiest sport, we already promote health for our body and mind. But are we promoting health for our playing environments?

Findings show that indoor air pollution is generally higher than what is found outdoors and as squash is primarily played indoors, it is important we look after the air inside our facilities. Poor indoor air quality can not only be detrimental to the health of members, but also the health of our buildings and structures due to excessive moisture and mould which can accumulate and weaken the building materials.

With all the huffing and puffing that goes on inside our clubs, plants can be used to help to keep the air clean and pure by reducing levels of carbon dioxide - which can accumulate in buildings from human respiration and the by-products of our heating systems and electrical equipment. Plants also absorb background noise and have a great visual impact. This not only creates a healthier club, but a more welcoming facility for our members and guests.

## Benefits of plants

- Research shows that healthy environments increases motivation and reduces stress, making members mentally sharper, happier and more productive.
- Plants lift morale and demonstrate that a club cares about the health of its members.
- Plants make visitors feel more comfortable and welcome.
- Plants protect your members against headaches and respiratory problems.
- Plants release water vapour into the air, counteracting the drying effects of heating and air conditioning and bringing humidity closer to the ideal 30-60% range that prevents colds and flu.
- Plants improve acoustics by both the absorption and deflection of sound.
- Plants provide friendly barriers, allowing the separation of large areas into smaller ones, useful in hiding ugly parts of your facility, and can be used in a subtle way to guide people around your club.
- Plants are inexpensive, require little maintenance and give the impression that your club is environmentally aware.

**If you are concerned about the air quality inside your club, simply place some plants in your facility and relax while your members take a deep breath. Some of the plants that your club could use include:**

- Areca palm
- Mother-in-law's tongue
- Money plant
- Chinese evergreen
- Dracaena
- Heartleaf philodendron
- Pothos
- Snake plant
- Spider plant
- Weeping fig