

COVID 19 - TIPS AND RECOMMENDATIONS FOR PLAYERS



If you wish to play pickleball, please remember that you play at your own risk. With that in mind, if you choose to play, we strongly suggest you follow the below recommendations:

BEFORE YOU PLAY

- Make sure that your city or region allows pickleball play based on the government authority criteria for the progressive lifting of confinement measures and that your municipality permits the use of pickleball courts.
- Don't arrive early. Go directly to courts upon your arrival.
- Play only with family members, persons living in your household or individuals you believe to be low risk.
- Do not play if you or your playing partner:
 - Exhibit any coronavirus symptoms, such as a fever, cough, sore throat, difficulty breathing, or other symptoms identified by health experts.
 - Have been in contact with someone with COVID-19 in the last 14 days.
 - Are considered vulnerable or at risk (elderly individuals with underlying health concerns, immunosuppressed persons, individuals suffering from serious health problems, notably high blood pressure, pulmonary diseases, diabetes, obesity and asthma).

PREPARING TO PLAY

- Protect yourself against infections and the spreading of such:
 - Wash your hands with disinfectant soap and water for at least 20 seconds, or use hand sanitizer, before going on a pickleball court.
 - Bring hand sanitizer and use it before you begin play, between games and again when you complete play and leave the courts.
 - Clean your equipment, including your paddles and water bottles, with an appropriate disinfectant.
 - Do not share equipment with your playing partner or others.

- Make sure you have enough water before leaving the house to avoid having to touch a tap or water fountain handle.
- Wear gloves and/or a mask while playing.
- If you cough or sneeze, do so in a tissue or in your sleeve.
- Avoid touching door handles, gates, benches and all other objects where the virus could survive. If you touch something, make sure to wash your hands and disinfect the surface you have touched.

WHILE PLAYING

- Keep a 2-metre distance from other players. To respect this measure, we strongly suggest only playing singles or skinny singles or just doing safe drills. If doubles can be played, this 2-metre distance is required, except for brief exchanges (referred to as incidental contact).
- Avoid all physical contact, for example shaking hands or tapping paddles, with other players.
- Avoid touching your face after touching a ball or paddle, or when you hit a stray ball to another player.
- Stay on your side of the court.
- Use only a sanitized ball and change to another freshly sanitized ball after each game.

AFTER PLAYING

- Wash your hands carefully with water and disinfectant soap or with hand sanitizer.
- Do not use locker rooms or changing areas.
- Leave the court immediately after you finish playing.