



COVID – 19 Return to Play Recommendations For Indoor Play

PICKLEBALL MANITOBA RETURN TO PLAY RECOMMENDATIONS:

The information is to outline recommendations for play that will align with the Government of Manitoba and Pickleball Canada directives.

DO NOT PLAY IF YOU:

- Are exhibiting any symptoms of coronavirus, including fever, chills, cough, shortness of breath or difficulty breathing, muscle pain, headache, sore throat, congestion or runny nose, new onset of loss of taste or smell, nausea, vomiting, or diarrhea.
- Have been in contact with someone who has COVID-19. Person(s) who have been in contact with someone who has tested positive for COVID 19 must self-isolate for 14 days before playing.
- Are a vulnerable individual with serious underlying health conditions such as immune compromise, obesity, diabetes or high blood pressure.
- Have travelled into Manitoba from eastern and southern Ontario, Quebec and Atlantic Canada; A 14 day self-isolation remains in effect.

SPECIAL CONSIDERATION: COVID-19 is still a threat across Manitoba. During the period of heightened awareness, please consider playing only at one venue.

WHAT TO BRING:

- Bring a mask.
- Bring prominent marked balls with permanent marker to differentiate between play groups (Explained below in “*When Playing*” section).
- Sanitize balls by washing in a 10% solution of bleach in water or with sanitizing wipes.
- Bring hand sanitizer and/or sanitizing wipes.
- Bring a personal use water bottle. Do not touch public water fountains.
- Bring a chair if you do not wish to stand while waiting in between games. Do not sit in other players’ chairs.

PREPARING TO PLAY:

- Go before you go, washroom facilities maybe closed.
- Pack your bag
 - Make sure you have enough water before leaving the house to avoid having to touch a tap or water fountain.
 - Bring your own hand sanitizer.
 - Ensure pickleballs are sanitized/disinfected prior to using them on the courts.
- Clean your equipment, including paddle and water bottle.
- Do not share equipment with other players.
- Do not congregate in parking lots.
- Consider having a sign-up sheet or other method for keeping track of players each day. If there is a sign-up sheet, the pen should be sanitized between uses.
- Sanitize your hands before play.
- Wear a mask upon entry to the facility.
- Wear a mask when setting up and dismantling nets.

WHILE PLAYING:

- Recommend to wear protective eyewear.
- Recommend to wear a mask when physical distancing is not possible, some exceptions apply.
- Bring your own water bottle and do not share.
- Wash or sanitize hands often before and after each game, for at least 20 seconds.
- Players waiting for a court should sit or stand at least 6 feet from each other and from players on the court.
- Consider wearing a mask while waiting.
- Avoid touching your face with your hands.
- Try to refrain from blowing your nose, coughing, sneezing while on or near the courts.
- Cough and sneeze into your sleeve or tissue. If sneezing into a tissue, dispose of tissue safely.
- Use a sanitized ball for each game or more often if you feel uncomfortable using the same ball.
- Use your paddle or feet to return a “stray” ball back to the appropriate court or wear a glove on your non – paddle hand.
- Play with the same partner or switch partners very infrequently, but do so in a safe manner.
- Avoid physical contact with players (e.g. handshakes, fist pumps, elbow bumps).
- Maintain a 2-meter distance from other players, with exception of brief exchanges.



AFTER PLAYING

- Wash and sanitize your hands and equipment.
- Wear a mask when leaving the facility or when leaving the gym area.
- Leave the facility immediately, so that the next group can arrive and commence play as per *club/facility directions.
- Do not congregate in the parking lot.
- Sanitize your balls in bleach solution or with wipes.
- If you or a person you have been in contact with someone who tested positive for COVID-19 the facility should be notified.

REFERENCES:

Restoring Safe Services Manitoba’s Pandemic and Economic Roadmap For Recovery;
State of Emergency and Public Health Orders

<https://manitoba.ca/covid19/restartmb/prs/orders/index.html>

Provincial Response Level: CRITICAL <https://manitoba.ca/covid19/index.html>

World Health Organization Coronavirus https://www.who.int/health-topics/coronavirus#tab=tab_1

**PLEASE REMEMBER:
PICKLEBALL IS ONLY A GAME,
YOUR HEALTH AND SAFETY ARE NOT.
RESPECT YOURSELF, RESPECT ONE ANOTHER AND BE SAFE!!**