



<https://www.winnipegwestpickleball.club>

Return to Indoor play:

All club activities will be following Manitoba Government, City of Winnipeg and Pickleball Manitoba guidelines with regard to group sizing, social distancing, signage and sanitization.

Our Playing Guidelines are as follows: Please take the time to read!

In accordance with provided guidelines, Winnipeg West Pickleball has restarted indoor play. While these guidelines may seem overly strict, we want to ensure the safety of all our members. Health guidelines suggest 50% of facility capacity for our senior population, which would be 25 people for SHCC gym. We believe it is better to have 18 players per session so that chairs do not have to be shared and people get more games per day. The more people the higher the risk!

- **You must not play if you:**

- a) Have returned from outside the province within 14 days, and visited provinces other than allowed by MB Government directives.**
- b) Are under direction to self-monitor or self-isolate.**
- c) 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 loss of taste or smell, nausea, vomiting, or diarrhea.**
- d) Have been in contact with someone who has COVID-19 (tested positive or you suspect may be infected). Wait 14 days after contact before playing. DO NOT put us all at risk.**
- e) You are a vulnerable individual with serious underlying health conditions such as immune compromised, obesity, diabetes or high blood pressure?**
- f) You have babysat children that have been sent home from school. When kids are symptom free and return to school you may return to play. If kids go for COVID test then you should wait for test results before returning.**

- Only registered Members of WWPB will be eligible to play. **No drop-in play can be allowed until further notice.** PCO / PMI membership required for City of Winnipeg Insurance.
- Players are asked to arrive no earlier than 10 minutes prior to their court time and to leave the courts immediately after their play. Note: the building doors are locked between groups, please endeavor to be on time. Otherwise you may not be able to get into the building.
- **Since our 18 person cohorts do not change frequently,** we will not require online signup. Your group leader will verify you against the cohort list at check-in. Notify your leader if you will be late or not coming at all as doors will be locked. Player attendance data is required for contact tracing and must be maintained at least a month per Manitoba Health guidelines.
- Currently we will allow up to 20 people maximum including staff on the courts and surrounding area, per time slot. No larger group gatherings. Not following government guidelines could result in our club play being shutdown along with SHCC. This would also invalidate our PCO Insurance coverage for the City of Winnipeg.
- Each playing time slot of 90-120 minutes will consist of **18 person cohorts.** You will remain in this cohort for at least 90 days, other than for minimal selective movement.
- **Teams (bubbles) of 6 players will be booked per court. Each team is pre assigned a court and chairs.**
- **As indoor play is inherently many times more risky than outdoor.** Team members (bubbles) should remain together for at least 30 days to start the session, cases are increasing and grandchildren are returning to school. After which we and cohort leaders can reevaluate whether or not to allow more player mixing. In our opinion restricting team movement to at least 7-14 days should provide a greater risk mitigation of one person becoming contagious and infecting other players outside your team or in the entire cohort. If your cohort is considering changes ensure every member is comfortable with doing so, bubbles should always be respected. **This should NOT be a majority rules consensus decision! We should not push someone outside their comfort zone doing what another considers fun or that's the way we used to play.**

- **WHAT YOU SHOULD DO PRIOR TO COMING.**
 - a) Make sure you have enough water as water fountains are not available.
 - b) Clean your equipment, including paddle and water bottle.
 - c) **Pack your own wipes,** as no sanitizer is to be used in the gym.
 - d) **Ensure you have packed a mask.**

- **WHAT'S HAPPENING AT SHCC.**

- a) The **City of Winnipeg has mandated masks**, when entering, moving within and leaving the facility. WWPB will have a small supply available, if you do not have one.
- b) Entrance and exit will be via the West door, you are not allowed in the building until your Cohort leader for the session is ready for check-in. Player names will be verified with the cohort group listing. You will also be required to answer a health questionnaire. Social distancing must be observed when queuing to enter.
- c) Hand sanitizer, will be provided at building entrance, please use when entering and leaving. Sanitizer will NOT be available in the Gym. Consider your own small package of wipes.
- d) We can use the seating under the west windows for changing shoes etc. Coats can be left in this area or brought to your chair in the gym.
- e) There is no congregating allowed in the common areas. These areas are also being continuously sanitized by SHCC staff.
- f) Follow staff direction and signs. Entrance to Gym is via front door as normal.
- g) Gym chairs will be sanitized between sessions by SHCC staff or your previous WWPB members. There will be sanitizer spray or wipes at each end of the chair lines for your use.
- h) The unisex family washroom in the hallway will be open for people from the gym, change rooms will NOT! You must exit the gym then around the corner and down the hallway to access.
- i) If you help with setting up or take down of nets, be sure to sanitize your hands after and wear a mask as you will be in close proximity to others.

- **WHEN ENTERING THE GYM.**

- a) **You are required to wear a mask when entering the gym** and moving to your designated chair.
- b) **When you arrive and after check in, proceed directly to your assigned chair in the gym.**
- c) **Each player will be assigned their own chair for the days playing session. This is your home base and not to be shared with others.** Consider re-sanitizing it upon your arrival. Sanitizing spray and towels will be available for each chair area.
- d) If you are the first group in the gym at 8 AM chairs may still be stacked, take one and place it on the locating "X" on the floor. Please fill the chairs on the north wall first. The three players closest to the windows on the north and south walls have the centre court. Please respect other players games when walking behind courts 1 and 3.
- e) Each court will be limited to six players.

- **WHILE PLAYING:**

- a) Sanitized balls will be provided for each game, each game should start with a clean ball. There will be a mesh bag at each side of the court with cleaned balls available.
- b) The six people assigned to a court will be responsible for player rotation.
- c) Use your paddle or feet to return a “stray” ball back to the appropriate court. Optionally, wear a glove on your non – paddle hand.
- d) Avoid physical contact with players (e.g. handshakes, fist pumps, elbow bumps).
- e) Proper social distancing rules (6 feet) must always be followed when moving on to, off of and beside the courts. with exception of brief exchanges while playing.
- f) Recommend to wear protective eyewear.
- g) Currently a mask is not mandatory when playing or moving to and from your chair and the courts.
- h) When leaving the court after your game, sanitize the ball using the spray and towels provided then put in mesh bag for next use.

- **AFTER PLAYING**

- a) **You are required to wear a mask when leaving the gym and SHCC.**
- b) Chairs should be re-sanitized and left in place.
- c) Sanitize your hands.
- d) Leave the facility immediately, the next group cannot be allowed access to the building until we are out, and SHCC staff re sanitizes the entrance.

Everyone needs to understand the consequences of their actions, one person could cause all PB at SHCC to be halted with an infection. That’s close to 150 people, I don’t want to be that person!

On behalf of the Board members of WWPB, thank you for your understanding and support as we all try to navigate our way during this unprecedented global health crisis. Please take care of yourself, be kind to others and stay safe.

Thank You.

WWPB Directors