

PICKLEBALL HAMILTON PLAY RULES

All information listed below includes mandatory rules that must be followed by all members to ensure safety during COVID-19. Specific rules will ensure that Public Health can perform contact tracing in the event of a positive case. Failure to comply with the rules may result in revocation of membership and no refund.

These rules were formed using Pickleball Ontario Guidelines and are based on decisions made by Pickleball Hamilton Board in consultation with City of Hamilton Recreation and Emergency Operations Centre. All rules are subject to change and members will be notified of any changes.

1. Physical/Social Distancing

- a. All members are strongly encouraged to wear masks whenever they are not playing on the courts.
- b. Members must be 2 metres apart at all times, including while performing setup, waiting for court time, and court changeovers.
- c. Doubles are allowed.
- d. Do not arrive more than 5 minutes early. Please DO NOT enter the courts until everyone from the previous session has left.
- e. A 10-minute buffer has been scheduled between court times to prevent congregating. You have 5 minutes before your session to arrive at your court, sanitize hands and place belongings 2 metres from other players' items. At the end of your session, you have 5 minutes to gather belongings, sanitize hands and leave the courts.
- f. If a ball strays onto your court, tap it back with your foot or paddle, not hands. Do not enter another court to retrieve your ball.
- g. Benches at the courts may be used if sanitized first. Benches are only available in the old courts. Otherwise, if you need to rest, bring a folding chair.

2. Access

- a. We will have court facilitators that unlock the gate and enforce all rules (however ALL members are responsible for helping the facilitators to enforce the rules).
- b. Please feel free to reach out on WhatsApp to ask for a facilitator for any session that isn't covered. We will try our best to cover as many sessions as possible. If you would like to volunteer to be trained as a court facilitator to make more sessions available to our members, please reach out to jkawamoto@pickleballhamilton.com.

- c. The monitor will ask all players a series of screening questions composed by the Ministry of Health that must be answered before entering the courts (see Appendix A).
- d. **Members must pre-book their court time via a scheduling tool entitled “SignUpGenius”.** Do not play or attend courts unless you have a pre-booked session. Do not play past your booked court time, even if the court is free. The URL will be sent via email upon receipt of membership form, waiver, and fees via e-Transfer.
- e. Court hours: Please check SignUpGenius. There is a cap of 30 people who can sign up per session (including the facilitator).
- f. Due to current COVID restrictions, you may pre-book a maximum per week of 2 primetime weekday sessions (weekday 8-10 AM and 6-8 PM). You may book any of these sessions in addition to the limitations if you book within 24 hours. No cap for all other times.
- g. No drop-ins allowed at this time.
- h. No washroom facilities. Currently, Hill Park Recreation Centre is closed.
- i. Play at your own risk, especially if you are considered vulnerable or at risk.
- j. Members must not go to the courts if they:
 - i. Are exhibiting flu-like symptoms or any known COVID-19 symptoms (e.g., fever, cough, difficulty breathing, etc.); self-assessment tool is available online at <https://covid-19.ontario.ca/self-assessment/>;
 - ii. Have been in contact with someone with COVID-19 and/or flu-like symptoms in the previous 14 days; and/or
 - iii. Have been outside of Canada in the previous 14 days.

3. Cleanliness and Hygiene

- a. Bring hand sanitizer and disinfectant wipes to sanitize lock and gate. Sanitize hands before entering the court and immediately upon leaving. Do not store sanitizer in your car as the alcohol will evaporate which reduces its effectiveness.
- b. Do not share any personal items (e.g., food, paddles, towels, etc.).
- c. Do not touch your face. Sanitize any object or surface you touch (e.g., fence, nets, posts or gate).
- d. If you are touching the gate to enter or exit the courts, please sanitize the gate.
- e. Do not spit! Cough or sneeze into a tissue, discard immediately and sanitize your hands.
- f. Consider using sweat bands to avoid sweat from contaminating equipment or surfaces.

- g. At home, disinfect/wash all items including paddles, balls, shoes and water bottle.

4. Member Communication

- a. If you have symptoms of COVID-19, self-isolate at home, complete Ontario's self-assessment tool and call your primary care provider, Telehealth Ontario (1-866-797-0000) or Public Health Services (905-974-9848) for an assessment; Public Health will provide advice you may need to take to reduce the risk of transmission.
- b. If you have tested positive for COVID-19, if possible, please send an email to info@pickleballhamilton.com to inform us. Due to privacy laws, your name and details will not be disclosed.
- c. Members are required to report accidents. Please email info@pickleballhamilton.com to receive an accident report to be completed and returned.

5. Equipment

Bring the following washed/sanitized items into the court:

- Paddle
- Balls (Members need to purchase and label. Two balls will be supplied to each member while quantities last.)
- Hand sanitizer and wipes
- Water bottle
- Tissues
- Towel and/or sweatbands

Optional items include:

- Mask and gloves
- Eye protection (highly recommended to prevent injury)
- Folding chair

6. Miscellaneous

- a. All members must read and follow the Pickleball Hamilton Code of Conduct.
- b. All members must read and follow the Pickleball Hamilton Etiquette Rules.
- c. All members must read and follow the Pickleball Hamilton Concussion Protocol.
- d. Please encourage other members to follow all rules above.

Appendix A. COVID Screening Questions

Q1

Did the person travel outside of Canada in the past 14 days? If yes, have they had a negative COVID test since returning to Canada?

Q2

Has the person tested positive for COVID-19 or had close contact with a confirmed case of COVID-19 without wearing appropriate PPE?

Q3

Does the person have any of the following symptoms?

- Fever
- New onset of cough
- Worsening chronic cough
- Shortness of breath
- Difficulty breathing
- Sore throat
- Difficulty swallowing
- Decrease or loss of sense of taste or smell
- Chills
- Headaches
- Unexplained fatigue/malaise/muscle aches (myalgias)
- Nausea/vomiting, diarrhea, abdominal pain
- Pink eye (conjunctivitis)
- Runny nose or nasal congestion without other known cause

Q4

If the person is 70 years of age or older, are they experiencing any of the following symptoms?

- Delirium
- Unexplained or increased number of falls
- Acute functional decline
- Worsening of chronic conditions