**PICKLEBALL HAMILTON PLAY RULES – MEMBERS**

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**
   1. Players must be 2 metres apart at all times when not playing (except for cohabitants). No high fives or paddle taps.
   2. Do not arrive more than 5 minutes early. Stay at your car or away from the courts until your assigned court is free. Once your assigned court is free, sanitize your hands and go directly to your court.
   3. 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.
   4. Each person must bring their own balls. Use only your own labelled ball to serve. Body shots are a part of the game, but during this time, attempt not to use as a deliberate strategy.
   5. 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.
   6. Benches at the courts will be out of use. If you need to rest, bring a folding chair.
2. **Access**
   1. We will have court monitors that unlock the gate and enforce all rules (however ALL players are responsible for helping the monitors to enforce the rules).
   2. Please feel free to reach out on WhatsApp to ask for a monitor 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 monitor to make more sessions available to our members, please reach out to [info@pickleballhamilton.com](mailto:info@pickleballhamilton.com).
   3. 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.
   4. Unrestricted doubles and singles play is permitted.
   5. **Players 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 completed and signed membership form and waiver, and fees via e-Transfer.
   6. Court times will be 1 hour and 50 minutes per session (except the early morning 7:00 AM – 7:50 AM session. There is a cap of 32 people that can sign up per session.
   7. Court hours: 7:00 AM – 10:00 PM, seven days per week.
   8. No washroom facilities. Currently, Hill Park Recreation Centre is closed.
   9. Play at your own risk, especially if you are considered vulnerable or at risk.
   10. **Players must not go to the courts if they:**
       1. 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/>;
       2. Have been in contact with someone with COVID-19 and/or flu-like symptoms in the previous 14 days; and/or
       3. Have been outside of Canada in the previous 14 days.
3. **Cleanliness and Hygiene**
   1. Bring hand sanitizer and disinfectant wipes to 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.
   2. Do not share any personal items (e.g., food, paddles, towels, etc.).
   3. Do not touch your face. Sanitize any object or surface you touch (e.g., fence, nets, posts or gate).
   4. If you are touching the gate to enter or exit the courts, please sanitize the gate.
   5. If you touch someone else’s ball, please sanitize the ball and your hands.
   6. Do not spit!
   7. Cough or sneeze into a tissue, discard immediately and sanitize your hands.
   8. Consider using sweat bands to avoid sweat from contaminating equipment or surfaces.
   9. At home, disinfect/wash all items including paddles, balls, shoes and water bottle.
4. **Communication**
   1. 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.
   2. If you have tested positive for COVID-19, if possible, please send an email to [info@pickleballhamilton.com](mailto:info@pickleballhamilton.com) to inform us. Due to privacy laws, your name and details will not be disclosed.
   3. Players are required to report accidents.  Please email [info@pickleballhamilton.com](mailto:info@pickleballhamilton.com) to receive an accident report to be completed and returned.
5. **Equipment**
6. 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

Additional resources by City of Hamilton Emergency Operations Centre:

<https://www.publichealthontario.ca/-/media/documents/ncov/factsheet-covid-19-environmental-cleaning.pdf?la=en>

<https://www.publichealthontario.ca/-/media/documents/ncov/factsheet/factsheet-covid-19-guide-physical-distancing.pdf?la=en>

<https://www.publichealthontario.ca/-/media/documents/ncov/factsheet/factsheet-covid-19-hand-hygiene.pdf?la=en>

<https://www.publichealthontario.ca/-/media/documents/ncov/factsheet/factsheet-covid-19-how-to-wear-mask.pdf?la=en>

<https://www.publichealthontario.ca/-/media/documents/ncov/factsheet/2020/05/factsheet-covid-19-non-medical-masks.pdf?la=en>