



Return to Play Recommendations

Bottom line, if you don't feel comfortable with the situation or environment, walk away and don't play. Always follow the guidelines established by your local municipality and/or club.

Play Healthy

- Protect yourself. These conditions increase the risk of severe results, so if you have any of these, be extra cautious
 - Age: 60+ significantly more vulnerable
 - Obesity
 - Diabetes
 - High blood pressure and cardiovascular disease
 - Immune system dysfunction or suppressants
 - Smoking
 - History of respiratory disease
- If you feel sick, have a cold and/or have symptoms, stay home, don't play
- Self-isolate for 14 days if you've been in close contact with sick or those returning from travel within self-isolation time, and don't play
- Don't play with or against people who show signs of symptoms

Personal Hygiene

- Wash or sanitize hands often before and after each game, for at least 20 seconds
- Wear a mask when physical distancing is not possible
- Wear clean clothes to the playing area
- Avoid touching hands to face
- Wear protective eyewear
- Avoid physical contact with players (e.g. handshakes, fist pumps, elbow bumps)
- Avoid spitting on or near the courts
- Try to refrain from blowing your nose, coughing, sneezing while on or near the courts
- Cough and sneeze into tissue, and dispose safely
- Bring your own water bottle and don't share
- Maintain physical distancing when not playing
- Avoid touching doors, gates, fences, benches with your hands

Only play what is allowed by the Government of Ontario.

Equipment Hygiene

- The person who assembles or disassembles each net should wear gloves and wash his/her hands afterwards
- Disinfect balls before and after each game
- In game (or in practice) balls to be dedicated to a court
 - If a ball strays to another court, tap back with foot or paddle, not hands
 - Use a dedicated ball per server (mark the balls)
- Do not share paddles or other equipment
- Do not allow paddle to paddle contact e.g. a bucket system

Partner Selection and Tracking

- Screen players in your bubble
 - Proven to have immunity
 - Any contact with high risk people
 - Any contact with people in high risk occupations
 - Isolation status
- Document who you play with and who you play against
- Keep a signup sheet, with each player using his/her own pen
- Use an online scheduling application

Type of Play

- Lower Risk: 2 per court
 - Practice sessions/Singles games
 - Dedicated court times per set of players
- Moderate Risk: 4 per court - Dedicated
 - Practice sessions/Doubles games
 - Dedicated court times per set of players
- Higher Risk: 4 per court - Rotational
 - Rotational system
- Highest Risk: All formats
 - Open practice sessions/Open games
 - Rotational system

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