

Return to Play Recommendations for Pickleball in Ontario

V1.0 May 9, 2020



Introduction

- The purpose of this package is to outline recommendations for pickleball play that will align with government issued protocol
 - The recommendations need to be matched against each specific province/territory requirements for reopening
 - This example references the Ontario Govt reopening plans
 - If there is disagreement between this package and government requirements, the govt requirements take precedence
 - Players need to understand that the virus is not totally understood, and that the following recommendations will reduce the risk of catching or transmitting the virus, not eliminate the risk
 - As we understand more about the virus, these recommendations will change

Ontario: Reopening Businesses and Public Spaces

p 1 of 2

Stage 1: In the first stage, we will consider:

- opening select workplaces that can meet current public health guidelines
- allowing essential gatherings of a limited number of people
- opening some outdoor spaces
- continued protections for vulnerable populations

Stage 2: In the second stage, we will consider:

- opening more workplaces with significant mitigation plans
- opening more public spaces
- allowing some larger public gatherings
- continued protections for vulnerable populations

From Ontario.ca: <https://www.ontario.ca/page/reopening-ontario-after-covid-19>



V1.0 May 9, 2020

Ontario: Reopening Businesses and Public Spaces

p 2 of 2

Stage 3: In the final stage, we will consider:

- opening all workplaces responsibly
- relaxing restrictions on public gatherings
- continued protections for vulnerable populations

Stage 4: Added by Pickleball Ontario

- When population immunity allows
 - Opening of all workplaces
 - Opening of all sports
 - Cancelling restrictions on public gatherings
- Continued protections for vulnerable populations



Inputs used

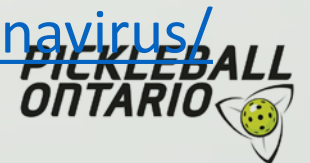
p 1 of 2

- Ontario Govt guidelines
 - <https://www.ontario.ca/page/reopening-ontario-after-covid-19>
 - <https://news.ontario.ca/opo/en/2020/04/health-and-safety-association-guidance-documents-for-workplaces-during-the-covid-19-outbreak.html>
 - Nothing on Sports activities referenced yet
- Suggestions from PO membership, including Ambassadors
- Facebook posts
 - Pickleball Forum
 - Pickleball Underground
- US Center for Disease Control

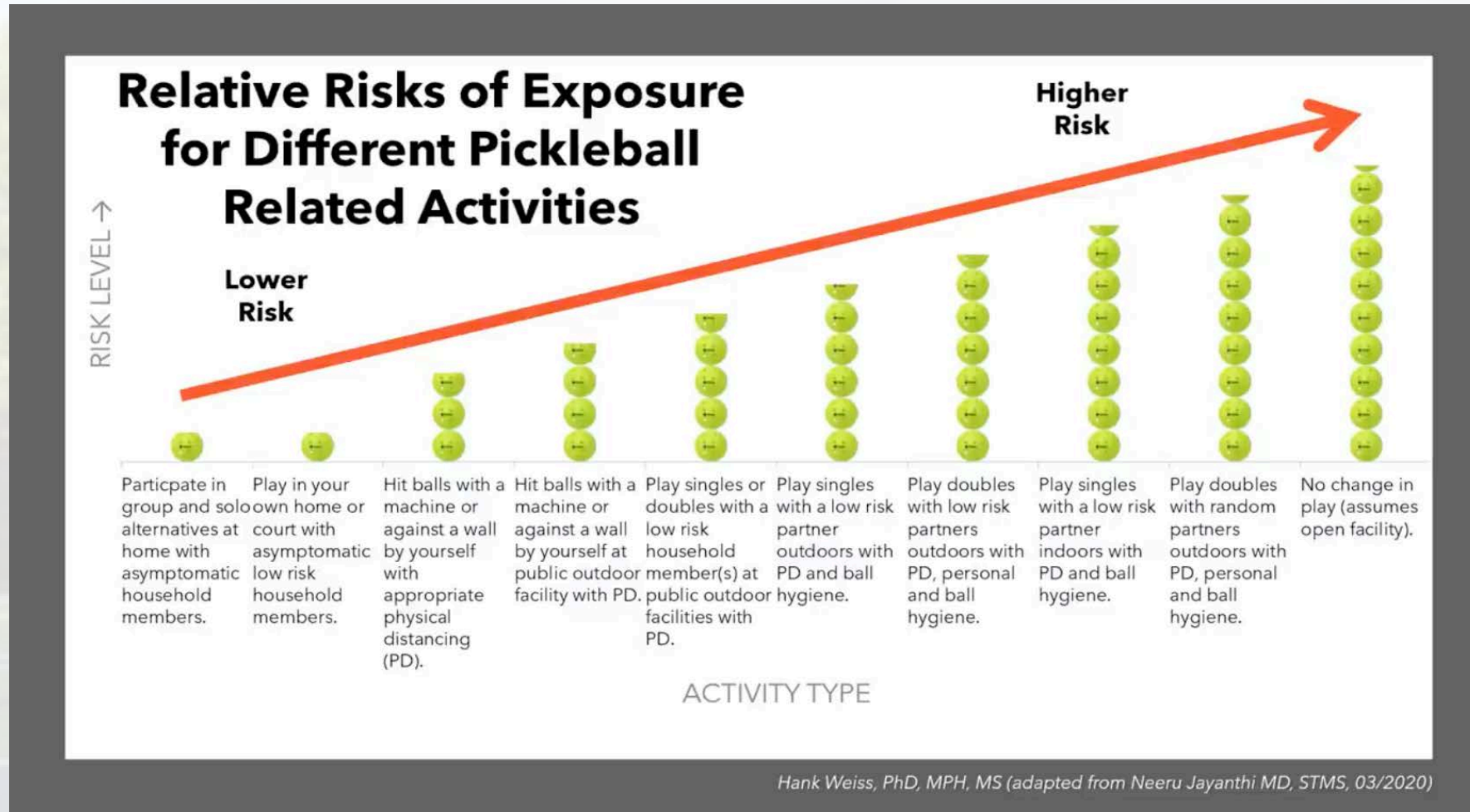
Inputs used

p 2 of 2

- Jennifer Lucore Blog
 - <https://allpickleball.com/jennifersblog/pickleball-play-facts-during-covid/>
 - Video: Pickleball in the Time of COVID-19
 - https://www.youtube.com/watch?v=1IyaSyo_axk&feature=youtu.be
 - Hank Weiss, PhD, MH, MS, Epidemiologist
- 4/30/20 Webinar: COVID-19 Legal Issues Facing Sport and Recreation Orgs
 - Hilary Findlay, PhD, Centre for Sport Capacity, Brock University
- National Pickleball Organizations
 - PCO: <https://pickleballcanada.org/index.php>
 - USAPA: <https://www.usapa.org/usa-pickleball-statement-on-the-coronavirus/>



Risks of Exposure vs Degrees of Play



Source: Video: Pickleball in the Time of COVID-19
 Hank Weiss, PhD, MH, MS, Epidemiologist



V1.0 May 9, 2020

Pickleball Reopening Recommendations

	Lower Risk	Moderate Risk	Higher Risk	Highest Risk
Play Healthy	Highly Recommended			Recommended
Personal Hygiene	Highly Recommended			Recommended
Equipment Hygiene	Highly Recommended			Recommended
Partner Selection	Home Bubble	Select Bubble	Social Bubble	Cautious Open
Type of Play	2/court: Games, practice	4/court: Games, Practice, Dedicated	4/court: Games, Practice, Rotation	All formats
Locations	Home only	Outdoors with spacing	Outdoors, indoors with spacing	Outdoors and Indoors
Event Size	Per Government criteria			Open



Detail Provided for each Category in Chart

- Play Healthy
- Personal Hygiene
- Equipment Hygiene
- Partner Selection
- Type of Play
- Locations
- Event Size
- Personal Equipment Checklist

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
- Arrive no more than five (5) minutes before your scheduled court time and depart as soon as court time has ended

Personal Hygiene Responsibilities

p 1 of 2

- Wash or sanitize hands often before and after each game, for at least 20 seconds
- Cough and sneeze into tissue, and dispose safely
- Wear clean clothes to the playing area
- Avoid touching hands to face
 - Use clip on towel or sweat bands to wipe face
- Wear protective eyewear
- Avoid physical contact with players (eg. handshakes, fist pumps, elbow bumps)

Personal Hygiene Responsibilities

p 2 of 2

- Avoid spitting on or near the courts
- Try to refrain from blowing your nose, coughing, sneezing while on or near the courts
- Wear disposable, non-permeable gloves and/or mask during play
<https://www.cdc.gov/vhf/ebola/pdf/poster-how-to-remove-gloves.pdf>
- Disinfect soles of shoes before and after play (e.g. on mat soaked with solution)
- Bring your own water bottle and don't share
- Maintain physical distancing when not playing
- Avoid touching doors, gates, fences, benches with your hands

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 ball strays to another court, tap back with foot or paddle, not hands
 - Dedicated ball per server (mark the balls)
- Disinfect paddle before and after each game or practice (with each change of balls)
- Do not share paddles or other equipment
- Do not allow paddle to paddle contact e.g. a bucket system

Partner Selection and Tracking

p 1 of 2

Screening 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 their own pen
 - Use an online scheduling application such as PlayTime Scheduler
<https://playtimescheduler.com/login.php>

Partner Selection and Tracking

p 2 of 2

- Lower Risk: Home Bubble
 - Those who are living with you within the same self-isolation window
- Moderate Risk: Friend Bubble
 - Those who are not living with you, but follow the same self-isolation window, and who you trust
- Higher Risk: Social Bubble
 - Expanded version of Friend Bubble
- Highest Risk: Cautious Open
 - Anyone who does not show symptoms

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

Locations

Notes: Outdoor courts are considered safer than indoor

Avoid lockers and change rooms

Avoid changing ends during games

- Lower Risk: Home
 - Only at place of residence, not shared with others
- Moderate Risk: Outdoors with Spacing
 - Minimum of 6 ft spacing between courts
- Higher Risk: Outdoors, Indoors with Spacing
 - Outdoor courts with no minimum spacing between courts
 - Indoor courts with minimum of 6 ft spacing between courts
- Highest Risk: Outdoors and Indoors
 - No minimum spacing between courts

Personal Equipment Checklist

- Hand sanitizer
- Ball(s) marked
- Paddle
- Water
- Chair
- Gloves and masks
- Protective eyewear
- Pen or pencil

Personal Choice

- Bottom line, if you don't feel comfortable with the situation or environment, walk away and don't play