

# **PICKLE BALL/TENNIS COURTS**

## **RULES RELATED TO COVID-19 PROTOCOLS**

**DO NOT PLAY IF ANY OF YOU:**

- 1. Are exhibiting ANY symptoms of the coronavirus: mild to severe respiratory illness with fever, cough and difficulty breathing, or other symptoms identified by the CDC**
- 2. Have been in contact with someone with COVID-19 in the last 14 days**
- 3. Are a vulnerable individual (or live with or care for a vulnerable individual) with serious underlying health conditions, including high blood pressure, chronic lung disease, diabetes, obesity, asthma, or whose immune system is compromised such as by chemotherapy for cancer and other conditions requiring such therapy.**

**IF YOU DECIDE TO PLAY:** Please remember that following a period of inactivity as many have experienced during the Covid-19 stay at home orders, there is an increased risk of injury upon returning to sport. Please use caution and ease back into conditioning and playing.

## BEFORE PLAY:

1. Wash your hands with soap and water and bring personal hand sanitizer to the courts.
2. Clean and wipe down your paddles/rackets, water bottles and balls. Do not share any equipment or clothing (including chairs)
3. Bring a full personal use water bottle
4. Use new balls and new grip, if possible
5. Consider wearing gloves & a mask to the courts and avoid touching gates, fences and benches
6. If you need to sneeze or cough, do so into a tissue or upper sleeve
7. Arrive as close as possible to your designated play time

## AFTER PLAY:

1. Leave the court as soon as your reserved time has concluded.
2. Wash your hands thoroughly or use a hand sanitizer after coming off the court
3. Avoid post play socializing
4. Thoroughly wash your pickleballs, racquets, paddles, grips, towels, clothes, bags, water bottles and other items you have used or touched.

## WHEN PLAYING:

1. Arrange to play only with family members or others who live in your household or with individuals who are considered to be low risk
2. Consider playing singles only and avoid doubles as doubles is not conducive for six foot social distancing and leads to incidental contact with playing partners
3. If you do elect to play doubles, consider playing with only those who reside in your household
4. Try to stay at least six feet apart from other players. DO NOT make physical contact – such as shaking hands, high fives, or end of game “paddle taps”
5. Avoid touching your face after handling a ball, racquet or other equipment.
6. Use hand sanitizer between games
7. Have each player use their own ball
8. Use your paddle/racquet/foot to pick up balls and hit them to your opponent. Avoid using your hands to pick up the balls.
9. Avoid changing ends of the court – if you do, teams should switch via opposite sides of the net
10. Maintain proper social distancing from other players in between games and during time outs.

**FAILURE TO ABIDE BY THESE RULES MAY RESULT IN LOSS OF PRIVILEGES OR CLOSURE OF THE COURTS**

**ALL USE IS AT YOUR OWN RISK**