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

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

Ontario: Reopening Businesses and Public Spaces

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

V1.0 May 9, 2020
Inputs used

• Ontario Govt guidelines
  • https://www.ontario.ca/page/reopening-ontario-after-covid-19
    • 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

• Jennifer Lucore Blog
  • Video: Pickleball in the Time of COVID-19
    • [https://www.youtube.com/watch?v=1lyaSyO_axk&feature=youtu.be](https://www.youtube.com/watch?v=1lyaSyO_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](https://pickleballcanada.org/index.php)
  • USAPA: [https://www.usapa.org/usa-pickleball-statement-on-the-coronavirus/](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
## Pickleball Reopening Recommendations

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

V1.0 May 9, 2020
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

- 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

• 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](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

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

• 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