



## Preparing for Stage 2 – Limited club activity

### Topic; Return to club activity

Following the recent government announcement made on the 9<sup>th</sup> July 2020, indoor table tennis will be able to resume from the 25<sup>th</sup> July 2020, with certain social distancing restrictions and hygiene requirements in place.

To enable table tennis to return safely to clubs and other indoor venues, we have produced a set of recommendations that can help table tennis to start again safely. It is important to note that these will be a set of **recommendations** for clubs, leagues, coaches and other organisations to implement and will need to be adapted for individual environments. We have been offering one to one sessions for clubs or leagues with a Table Tennis England member of staff to discuss the implementation of these guidelines in your facility(ies) and this offer remains, please click on the following link to book a session.

<https://docs.google.com/forms/d/1K3s6uwS699xgdElsBv8-ik0iZXSQeZmbxcwVxkwAhI0/edit>

To reiterate, club activity is still unable to take place until the 25<sup>th</sup> July and you must currently only play table tennis at home with members of your household, or from 13<sup>th</sup> May on an outdoor table with people from your own household or one other person.

The recommendations below are also included in our initial template facility guidance documents (more detail is provided in this document for some areas), which can be found on the Table Tennis England website. Guidance may well continue to change and be adapted in line with guidance from DCMS and Sport England.

#### Hygiene recommendations

- Players to not attend any playing facility if they are having any symptoms or have been in contact with someone who has tested positive for Covid-19
- Players use their own bats
- Balls should be washed regularly to minimise risk (this has been adjusted from the previous advice about using different balls for each player)
- No handshaking/slapping hands
- No breathing on the ball to clean
- No hand wiping on the table
- Hand hygiene (hand sanitisers, with a minimum of 60% alcohol level) on entry and exit to venues, as well as pre, post and during training. Emphasis should however be on each individual taking responsibility for their own hygiene and encouraged at all times to bring their own hand sanitisers.
- Washing of hands regularly and before the start of any activity
- Tables should be cleaned and wiped dry using 2-3 sprays of a diluted soapy water solution. Avoid using alcohol-based products, astringent cleaners such as floor cleaners or wipes that may contain other substances that can leave a residue and alter the matt finish on tables.
- Those not exercising should wear a face covering in enclosed public spaces where social distancing isn't possible and where you will come into contact with people you do not normally meet, such as a community facility. This is most relevant for short periods indoors in crowded areas.

### Spatial and facility usage recommendations

- Training partners are separated by at least 2 meters (length of the table) at any time
- Training times are divided so a minimal number of participants are engaged in a hall at any one time. For example, this may require splitting a normal two-hour session into two, fifty-minute sessions.
- Implement a booking system to ensure that any required limits can be adhered to and registers of participants in the hall are kept
- All tables used are separated by partitions/barriers/nets, unless in a one table venue and no-one else is present in the playing hall
- Venue to be kept well ventilated, with any ventilation system kept on and/or windows/doors remaining open wherever possible. Venues should aim to turn any ventilation on and open any windows or doors at least 15 minutes before player arrival. If a venue has no ventilation system or windows and doors that can be left open, this would be difficult to maintain air flow and air quality. Time spent in that indoor space in that instance should be restricted to no more than 30 minutes according to the latest government advice.
- Fixing doors open that can be safely left open where feasible
- Table areas are ideally a minimum of 9 metres by 4.5 metres
- If possible, put in place a one-way system around your venue and playing space
- Individuals ideally train with the same person throughout the session
- Minimum of 10-minute break is used when players using the same table are swapping over, players must wipe down their side of the playing surface upon finishing
- There is no change of sides between the two players
- Doubles play is currently not permitted
- Changing rooms and showers are not to be used for showering or changing, this should be done at home and players to arrive ready to play
- Avoid music in sessions, to avoid players or volunteers/coaches having to shout and increasing the risk of transmission of the virus
- Clubs/leagues should appoint a 'hygiene' officer to help monitor the playing environments to ensure guidelines clubs/leagues have set out are being adhered to. You can find a template role description on our ready to return pages
- Clubs are advised to receive in writing confirmation from your facility that they are cleaning their facility in between different hirers (unless they have informed the club that it is the clubs' responsibility). This can be a formal letter or just confirmation in an email, which is kept by the club.

### Injury and illness

- Players are encouraged to **not** take part in match play and more vigorous exercise straight away, it is important to build up to match play and higher intensity play to prevent ill health and injury
- You should feel you are in the correct physical condition before considering a return to training and match play

### Funding available to support a return to play:

Table Tennis England funding is available to support clubs, leagues and self-employed coaches to return, which can be found on the link below:

<https://tabletennisengland.co.uk/news/archived/be-tt-funding-to-cover-ppe-for-clubs-and-leagues/>

As outlined earlier, please continue to check back to the Table Tennis England website to get the most up to date guidance and advice. We will continue to build on the information and templates provided for clubs and leagues over the coming weeks.

