



Hygiene and Facility Guidance (v15)

2nd October 2020

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/facilities and this offer remains, please click on the following link to book a session.

<https://docs.google.com/forms/d/1K3s6uwS699xgdElsBv8-ik0iZXSQeZmbxcwVxkwAhl0/edit>

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.

New Governmental restrictions in some areas of the North East and North West (listed below) mean that:

Hartlepool, Middlesbrough, Halton, Liverpool City Region, (Liverpool, Knowsley, Sefton, St Helens, the Wirral), Warrington, Durham, Gateshead, Newcastle, North Tyneside, South Tyneside, Northumberland and Sunderland

- Over 18's from one of these areas can only take part in indoor sport or physical activity when playing with someone from their own household or support bubble.
- Clubs in one of these areas should not host sessions for anyone over the age of 18, unless they are from the same household or support bubble.
- U18's and/or adults with a disability can continue to take part in indoor sport with other participants from outside their own household, in bubbles of no more than 15 (more information on bubble sizes for U18's is included later on in this document)
- Over 18's should not travel outside of their area to take part in indoor sport
- Over 18's can play table tennis outdoors with someone from another household

This information could change regularly to be extended across other areas or restrictions reduced back to allow Over 18's to mix with other households again when playing indoor sport, and we will keep this document updated accordingly.

Pre activity

- 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
- Ensure club/venue risk assessment and method statement are complete (templates available)



- Implement a booking system to ensure that any required limits can be adhered to and registers of participants in the hall are kept for 21 days to support the NHS track and trace process.
- 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.

Hygiene recommendations

- Players use their own bats and equipment
- 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 or bat 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.
- Face masks to be worn when not playing and by anyone else that enters the facility that is not playing, i.e. parent/carers. There is no guidance from Government about wearing face coverings in between exercise but Government guidance states that face masks do not have to be worn when to avoid harm or injury, or the risk of harm or injury, to yourself or others - including if it would negatively impact on your ability to exercise or participate in a strenuous activity. Players would be expected to wear a face covering if they believe after exercising that wearing a face covering would not unduly affect their recovery and not put you at risk of harm or injury.

Bubbles – adults and mixed groups

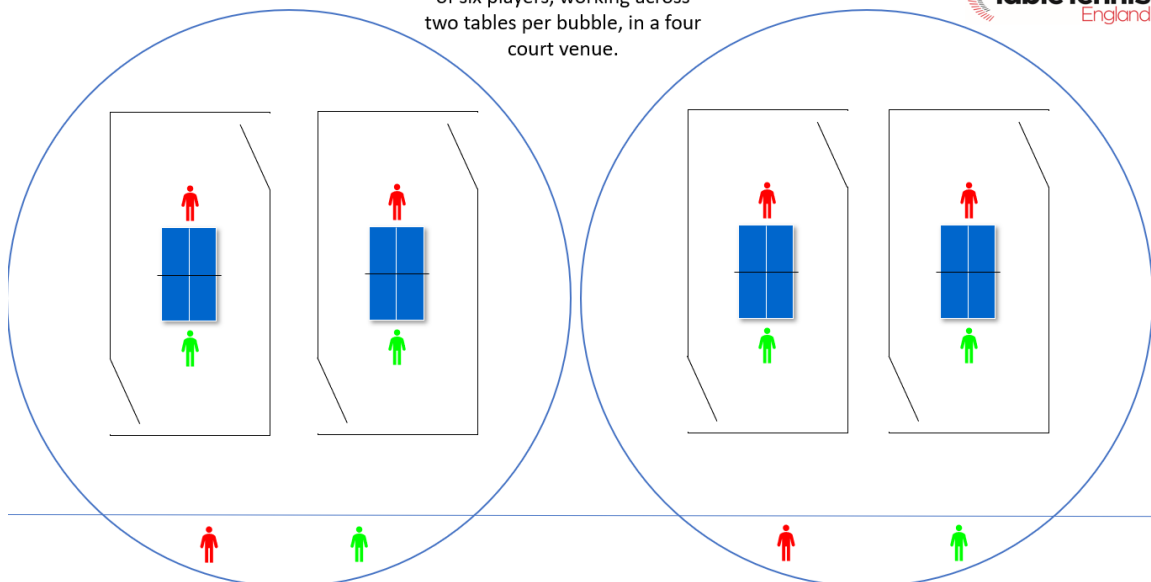
The information below applies to all areas, with the exception of Hartlepool, Middlesbrough, Halton, Liverpool City Region, (Liverpool, Knowsley, Sefton, St Helens, the Wirral), Warrington, Durham, Gateshead, Newcastle, North Tyneside, South Tyneside, Northumberland and Sunderland) where you can now only play indoor sport with people from your own household or support bubble.

In areas outside of the areas listed above, there is also an exemption for indoor sport for people (including adults) with disabilities, so this can continue in any number as long as undertaken in line with published COVID-secure guidance.

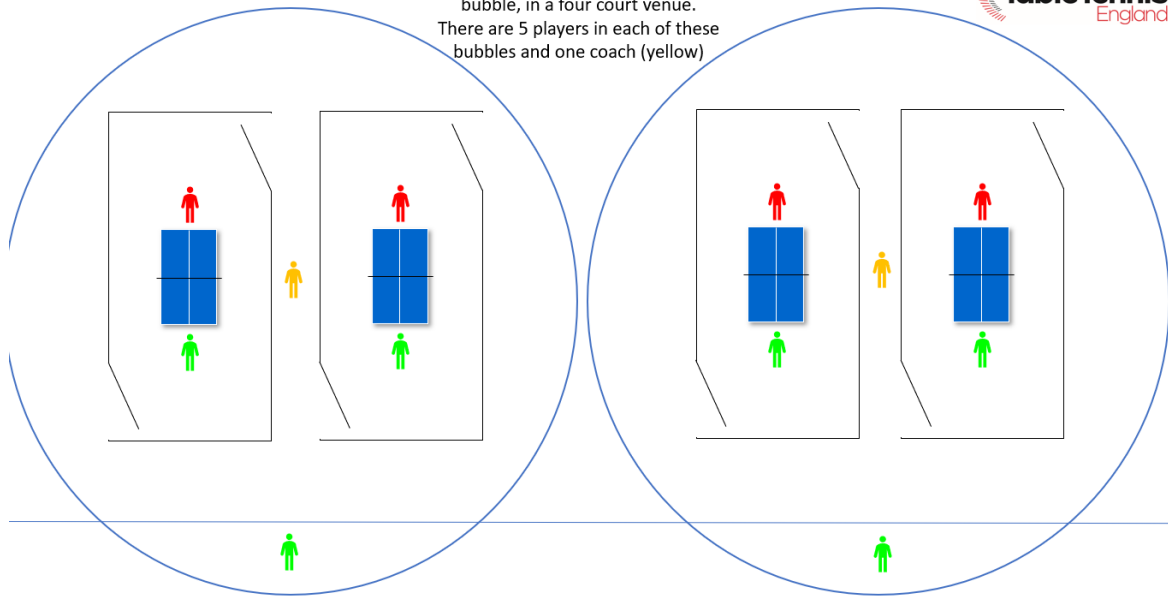
- Individuals to train in bubbles of 2-6 people across 1-3 tables with no more than two people on each table at any time. It is important that a record of the players in each bubble are kept to help inform any track and trace procedures.

- Players in a bubble of six can play with any other player in that bubble, but not from players outside of their bubble in that session.
- There can be multiple bubbles in a hall at any one time, as long as the following conditions are met;
 - To accommodate up to four players, you must have a space that is a minimum of 40.5 sqm. For multi-purpose venues the court size (playing area) should be 9m X 4.5m, for one table rooms the dimensions of the space may vary, as long as the space is a minimum of 40.5sqm and the venue can meet all social distancing and hygiene guidance set out by the Government and Table Tennis England.
 - To accommodate up to six players, you must have a space that is a minimum of 55 sqm (this 'space' includes the playing area and any surrounding areas around the playing area where people may sit), for example 10m X 5.5m or 9m X 6.5m. For multi-purpose venues the court size (playing area) should be at least 9m X 4.5m, as long as the whole space for the match meets the 55 sqm guidance. For one table venues the dimensions of the space may vary, as long as the space is a minimum of 55 sqm and the venue can meet all social distancing and hygiene guidance set out by the Government and Table Tennis England.
- A coach needs to form part of a bubble; therefore, five players and one coach would make a bubble of six.
- Currently a coach cannot oversee multiple bubbles
- Players cannot change bubbles within the same session – they must stay within their allocated bubble but can play in a different group at the next session (as long as this is not on the same day).
- Examples of bubbles and how they work are below, please bear in mind these are to depict the types of bubbles that can exist and are not to scale

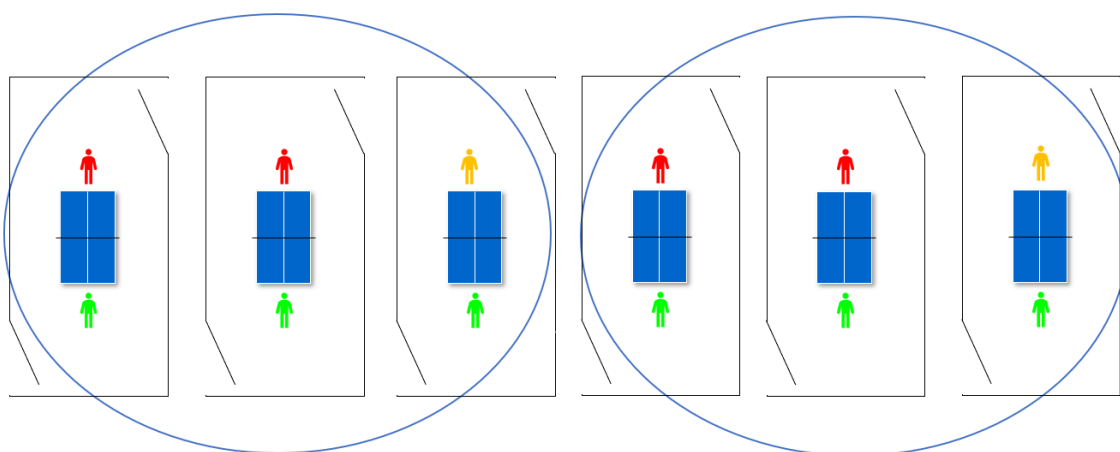
This image depicts two bubbles of six players, working across two tables per bubble, in a four court venue.



This image depicts two bubbles of six, working across two tables per bubble, in a four court venue. There are 5 players in each of these bubbles and one coach (yellow)



This image depicts two bubbles of six, working across three tables per bubble, in a six court venue. There are 5 players (red and green) in each of the bubbles and one coach (yellow)



Bubbles – U18's

Following the recent Government announcement, we have been able to gain additional clarity of the difference between adult activity and activity for U18's. Providers who run community activities, holiday clubs, after-school clubs, tuition and other out-of-school provision for children are now able



to work with up to fifteen participants, with at least one coach, provided that they follow the protective measures set out by Government and Table Tennis England.

For any clubs looking to run sessions for U18's in bubbles of up to 15 participants, will need to abide by all of the guidance in this document and the Department of Education guidance document for running activities in an out of school hours (OOSS) setting, which can be found [here](#). We have highlighted some of the key areas below, but please also ensure you have read the Department of Education guidance document to.

- Please check the Department of Education guidance, referenced above, to ensure you are able to operate OOSS activity
- OOSS generally provide tuition, training, instruction or activities outside normal school hours (such as evenings, weekends, school holidays), although some OOSS are run part-time during school hours to help meet the needs of those who are typically educated at home. OOSS should not, however, be operating full-time (preventing a child attending a lawfully operating school)
- OOSS can occur in many kinds of venue, from a person's home to much larger and more formal places such as community and youth centres, sports clubs, and places of worship. Fees may or may not be charged, and some settings may operate on a commercial basis.
- Working to Government guidelines U18's need to be under 18 years of age on the day they play and is not calculated from school year or Table Tennis England age group categories.
- It is absolutely imperative that a risk assessment is put in place and is refreshed regularly
- Individuals to train in bubbles of 2-15 people, with no more than two people on each table at any time. It is important that a record of the players in each bubble are kept to help inform any track and trace procedures.
- If there is more than one coach/activator for each bubble of 15, the player numbers should be reduced, to ensure that no more than 16 people are in each bubble size.
- Decisions on group sizes for your setting should be based on the below, ensuring you also do not exceed the maximum numbers for the size of your facility laid out in this document:
 - the current government guidance on social distancing
 - the ability of the children in attendance to maintain social distancing and practise hand hygiene
 - the age of the children in attendance
 - nature of your activity or provision (for example, static, classroom set-up rather than an activity that requires a range of movement)
 - the size or layout of your premises
- Players in each bubble of fifteen can play with any other player in that bubble, but not from players outside of their bubble in that session
- Once a bubble of 15 has been established, participants should then stay in those consistent groups for future sessions wherever possible
- Providers should also ensure that where they have multiple groups of children in their setting, that these groups are not mixing within the setting itself.
- There can be multiple bubbles in a hall at any one time, as long as the following conditions are met;
 - To accommodate up to four players, you must have a space that is a minimum of 40.5 sqm. For multi-purpose venues the court size (playing area) should be 9m X 4.5m, for one table rooms the dimensions of the space may vary, as long as the space is a minimum of 40.5sqm and the venue can meet all social distancing and hygiene guidance set out by the Government and Table Tennis England.
 - To accommodate up to six players, you must have a space that is a minimum of 55 sqm (this 'space' includes the playing area and any surrounding areas around the



playing area where people may sit), for example 10m X 5.5m or 9m X 6.5m. For multi-purpose venues the court size (playing area) should be at least 9m X 4.5m, as long as the whole space for the match meets the 55 sqm guidance. For one table venues the dimensions of the space may vary, as long as the space is a minimum of 55 sqm and the venue can meet all social distancing and hygiene guidance set out by the Government and Table Tennis England.

- Currently a coach cannot oversee multiple bubbles of 15 children
- Players cannot change bubbles within the same session – they must stay within their allocated bubble
- The guidance above does not apply to mixed sessions where adults and U18 participants are participating together, in these circumstances, you must keep to a bubble size of six.
- Our understanding at this moment, is that that bubbles of 15 children, as outlined above, cannot be used for competition purposes, including local leagues, 1*'s and any other local competitions. Therefore these competitions must continue to operate in bubbles of six.

Spatial and facility usage recommendations

- Training partners are separated by at least 2 meters (length of the table) at any time
- Following the recent Government announcement regarding leisure activities, gyms and Leisure Centres, sports clubs can still operate 24hours per day providing there is no café/restaurant as part of your club. If you (the club) have your own café/restaurant, this does mean that your club would need to be closed at 10pm until 5am (i.e. not just the café).
- Implement a booking system to ensure that any required limits can be adhered to and registers of participants in the hall are kept for 21 days to support the NHS track and trace process.
- All tables used are separated by partitions/barriers/nets wherever possible, 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
- Minimum of 10-minute break is used in between sessions, players must wipe down their side of the playing surface upon finishing. A 10-minute break is not required when players in the same bubble, in the same session are swapping over, however it is advised to clean down any equipment that the players may have come into contact with
- Doubles play is currently not permitted, unless with members of your own household
- 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

Local lockdowns



- Following the recent restrictions being put in place by the Government for local lockdowns or forms of, there are not always changes to 'organised' sport operating (which includes table tennis). Sessions which are formally organised by a club or similar organisation, in line with Table Tennis England ready to return guidance, can therefore usually continue to operate as they have been doing.

Leisure facilities will need to close by 10pm and not open again until after 5am, while individuals must avoid attending amateur and semi-professional sporting events as spectators.

Please check your local authorities' website in case of any additional measures that may be put in place locally.

*Please refer to the statement on page one of this document relating to increased restrictions that have been put in place in some areas of the North East and North West.

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

Support available to support a return to play:

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.

<https://tabletennisengland.co.uk/our-sport/major-events/ready-to-return/>