

## Returning to competitive play recommendations

Player recommendations before competing in local leagues or other competitive play.

We advise:

- that when returning to play, start with a shortened playing time and build up gradually until you become more used to longer periods of exercise
- you have considered your physical health and the level of activity you have been doing before choosing to return to competitive play
- that you have taken part in several table tennis training sessions before returning to competitive play
- that you warm up and cool down prior and after competing

You must not attend a competition:

- if you have any symptoms of COVID-19 (a new, continuous cough, high temperature, loss or change to your smell or taste)