

Covid Rules for LCC Paddle Tennis - 2020/21

Please do not play if any of you:

- o Don't feel well or 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.
- o Have been in contact with someone with COVID-19 in the last 14 days

PREPARING TO PLAY

Protect against infections:

- Wear a face covering (mask, gaiter) when approaching and leaving the court.
- Wash your hands with a disinfectant soap and water (for 20 seconds or longer), or use a hand sanitizer if soap and water are not readily available, before going to the court.
- Clean and wipe down your equipment, including racquets and water bottles. Do not share racquets or any other equipment.
- Use new balls if possible.
- If you need to sneeze or cough, do so into a tissue or upper sleeve.
- Arrive as close as possible to when play begins.
- Avoid touching court gates, fences, benches, etc.

GUIDELINES FOR PLAY

- 1) When possible, play with the same group – pod up!
- 2) Strict adherence to social distancing rules is required. Try your best to maintain 6 ft between players at all times. Do not make any physical contact, such as high-fives or handshaking.
- 3) Do not congregate before or after play.
- 4) Don't share food and drink.
- 5) Players should not keep balls on them. For example: in your pockets.
- 6) Avoid incidental contact with your doubles partner.
- 7) Stay on your side of the court or change sides on opposite ends of the net. Remain apart from other players when taking a break.
- 8) Wear a face covering (mask, gaiter) as often as possible.