

LCC Pickleball Safety Guidelines

May 26, 2020

The following pickleball rules have been enacted to maintain social distancing and safe play. They are based on USTPA guidelines and CT phase 1 reopening.

DO NOT PLAY:

- if you are exhibiting any symptoms of the coronavirus to include mild to severe respiratory illness with fever, coughing, difficulty breathing, or other symptoms identified by the CDC.
- if you have been in contact with someone with COVID -19 in the last 14 days.
- if you are a vulnerable individual with serious underlying health conditions.

IF YOU DECIDE TO PLAY:

- wash your hands with soap and water and bring personal use hand sanitizer to the courts.
- clean and wipe down your paddles and water bottles. Do not share paddles or any other equipment or clothing.
- bring a full personal use water bottle(s).
- consider wearing gloves to the courts and avoid touching court gates, fences, benches, etc.
- consider using new pickleballs and a new grip or fresh tape on your paddle handle if possible.
- coordinate with your play group so that each person serves with a different color ball. If multiple colors are not an option, use a sharpie and prominently mark personal pickleballs with your initials.

MANAGING PLAY SESSIONS:

- adhere to social gathering and distancing policies according to local, state, and federal directives.
- avoid contact with others, such as hand shaking and high fives.
- consider playing singles only and avoid doubles play as doubles is not conducive for 6 ft social distancing.
- if you elect to play doubles, consider playing with only those who reside within your household.
- adhere to CDC guidelines by not touching your face (after handling a ball or paddle).
- consider using hand sanitizer between games.
- use you paddle and foot to pick up pickleballs and transfer them to your opponent.
- avoid changing ends of the court.
- maintain proper distancing from other players in between games and during time outs.

WHEN PLAY HAS ENDED:

- leave the court as soon as reasonably possible.
- wash your hands or use hand sanitizer immediately after match ends.
- avoid post play socializing.
- thoroughly wash your paddles, grips, pickleballs, towels, clothes, bags, water bottles, and any other item you have used or touched.