

Preparing to Return- Phase 2

Guidance for Limited Club Activity

Currently table tennis is not allowed to be played indoors unless at your home address, with someone from your own household. The guidance listed below is to help clubs start preparing for a return and clubs should not try and return until government advice allows, which we are still some time away from.

To enable table tennis to return safely to clubs and other indoor venues, we have been working on a set of recommendations that can enable 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.

The areas outlined below are some initial thoughts about how the game may return with restrictions in place. This is an area in which we are all still learning and we welcome any challenges that your club or league may have identified. Official recommendations when set out will be strictly following government advice.

To reiterate, club activity is still unable to take place and you must currently only play table tennis at home with members of your household, or on an outdoor table with people from your own household or one other person.

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
- Players must use their own ball and only touch their own ball, there should be a mark/change of colour to separate the two balls. E.g. one player using a white ball, one player using an orange ball. Players should kick/hit with racket the others player ball back.
- 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

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, one-hour 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
- Table areas are a minimum of 5 metres by 10 metres
- Individuals 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
- Multi ball training is only permitted where the feeder also picks up all balls and the player and feeder stay a minimum of 2 metres apart at all times
- There is no change of sides between the two players
- Changing rooms and showers are not to be used for showering or changing, this should be done at home
- Clubs/leagues could appoint a 'hygiene' officer to monitor the playing environments to ensure guidelines clubs/leagues have set out are being adhered to

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

As outlined earlier, this is not currently a live document and please continue to check back to the Table Tennis Wales website to get the most up to date guidance and advice. We will continue to build on the information and advice over the coming weeks.

The latest government guidance on COVID-19 is available on the Welsh Government's website (www.gov.wales/coronavirus)

Table Tennis Wales Preparing to Return resources via our website www.tabletennis.wales

Sport Wales Club solutions: www.clubolutions.wales/coronavirus/

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