

STAGE 2 - RETURNING TO CLUB ACTIVITY

Hygiene recommendations:



Do not come to the club if you are having **any symptoms** or have been in contact with someone who has tested positive for Covid-19

Do not share equipment



No breathing on the ball to clean



Wash or wipe balls with disinfectant regularly



Use hand sanitisers on entry and exit of venue, as well as pre, post and during training



Do not wipe your hands on the table



Take responsibility for your own hygiene by bringing your own hand sanitisers

No handshaking/ slapping hands



Wash hands regularly and before the start of any activity



Spatial and facility usage recommendations:

Keep a distance of 2 metres from your training partner at all times

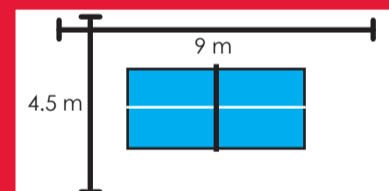


Control number of participants using the facilities at any one time, by restricting session times and using a booking system

Separate tables with partitions, barriers or nets



Table areas should be a minimum of 4.5 metres by 9 metres



After play, wipe down your side of the table



Wait 10 mins before others use the table

Changing rooms and showers are not to be used



Appoint a 'hygiene' officer to ensure guidelines are being followed



Play in bubbles of six people*



*Please refer to the [Hygiene and Facility Guidance](#) document where more detailed information is provided

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