

TABLE TENNIS NORTH
COVID 19 – RETURN TO PLAY

Return to Play for Table Tennis North includes schools, community centres, recreational centres, Elders Homes and all indoor venues. All affiliated clubs and venues must follow the maximum capacity of 20 members as per Table Tennis North, public health order for indoor gatherings in NWT.

Before you play:

- If you are feeling unwell or sick with a cough, runny nose, shortness of breath, do not enter an affiliated club or venue, please stay home.
- If you have been out of the country in the last 14 days, please refrain from visiting an affiliated club under your quarantine period is over.
- Sanitize your equipment prior to visiting an affiliated club, rackets, balls, etc.
- Masks are required upon entry and exit of an Affiliated Club or venue; this does not include during play.
- Hand sanitizer upon entrance of a venue

While you play:

- Caution of 6 ft, physical distancing measures at all times.
- Athletes are encouraged to use their personal ball, preferably different colors to differentiate between players. Players may use club balls as long as they have been sanitized by a coach prior to and after use.
- Players must refrain from putting personal items on a playing table, towels, rackets, hand sweat, etc.
- Players must refrain from touching table surfaces or nets
- No handshakes permitted during this time.
- Group training sessions are permitted as long as physical distancing measures can be maintained
- During group training sessions, if an athlete does not have access to equipment, they may use Table Tennis North provided equipment, this equipment will be sanitized and ready for use, please refrain from sharing equipment
- During group training sessions, players may use Table Tennis North provided balls which have been sanitized, please refrain from sharing this equipment
- If a ball lands on an opponent's side of the table, the ball may be kicked back to the "owner" of the ball, or the "owner" may pick it up, as long as 6 ft. physical distancing measures are used
- If in a High-Performance training session with a coach, players will receive a basket of balls in which they will keep for drills.

After you play:

- Sanitize hands thoroughly, either with hand sanitizer or washing your hands for 20 seconds or more

- If cleaning up equipment, tables, balls, etc. spray down the equipment before doing so. Only those who have sanitized their hands may be able to put away equipment.
- After High-Performance training sessions, players must sanitize their basket of balls which were provided to them
- Sanitary Measures:
 - Tables will be sanitized at the end of each training session, only those who have sanitized their hands may be able to put tables back in to the storage area of a club.
 - Equipment will be sprayed down with a machine and chemicals, in which the chemical will disinfect the equipment after a few minutes of sitting on sprayed equipment, no wiping will be necessary
 - Refrain from using water fountains during a training session
 - No spectators will be allowed at this time
 - Parents will not be allowed to enter the building; athletes must exit the building after their training sessions
 - Tournaments and competition are currently not allowed

This return to play plan applies to any individuals who may be visiting any affiliated Table Tennis North facilities, including coaches, parents, volunteers and players. It also applies to any individual who visits a Table Tennis North venue, or attends any Table Tennis North sanctioned training sessions or events.

Table Tennis North reserves the right to add, delete or amend the previously listed guidelines and protocols at any time. Keep up to date with all Return To Play restrictions, by visiting our website: www.tabletennisnorth.ca