



# COVID-19 Safe Pickleball Plan

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USA Pickleball Association has provided information on the safe return to play and this plan was developed using the information provided.

The purpose of this document is to summarize the current best practices that support safe and appropriate recreational play for players during the expected transition period back to regular pickleball activity.

Provided local stay-at-home or shelter-in place mandates are not in force and our courts are available for play, you are nonetheless encouraged to take every precaution and follow these safety recommendations.

## Our Commitment

COVID-19 best practices need to be embraced. All pickleball players have a responsibility to limit their own circle of contact and follow social distancing and safe hygiene and cleaning practices. The SilverDge Pickleball Club (Club) is committed to providing the safest activity possible for both physical and mental health. These are extremely challenging times for all of us but it is our collective belief that pickleball can be as safe as any other outdoor activity if common sense safety measures are followed.

### **DO NOT PLAY IF YOU:**

- Are exhibiting any symptoms of the coronavirus as identified by the Centers for Disease Control and Prevention (CDC).
- Have been in contact with someone with COVID-19 in the last 14 days.
- Are a vulnerable individual with serious underlying health conditions as identified by the CDC.

### **IF YOU DECIDE TO PLAY:**

- If COVID-19 continues to be a concern for you, you might consider forming a small group (2-10) of players, i.e. a “trusted circle”, composed of others who share your position about social distancing and virus protection practices on and off the court. Then, whenever you play, you always partner with someone from your trusted circle.
- Wash your hands with soap and water and bring personal use hand sanitizer to the courts.
- Use hand sanitizer to clean and wipe down your pickleballs, paddles and water bottles. Do not share paddles or any other equipment or clothing.
- Bring a personal use water bottle(s) and avoid touching or using public water fountains.
- Bring tissues or a handkerchief for contained sneezing and coughing or consider wearing a mask.
- Do not arrive early before your allotted court time. 10 minutes or less prior is appropriate.

### **DURING PLAY SESSIONS:**

- Adhere to social gathering and distancing policies according to the CDC and local authorities.
- Do not behave critically of others if their comfort level differs from yours. Every person’s health and safety concerns are different and should be respected.
- Consider bringing your lawn chair to sit on and safely social distance from others. Gathering inside the gazebo at the pickleball courts should only occur if you remain 6 feet apart.
- Maintain a distance of six feet or more from other players whenever possible.
- Try to minimize touching court gates, benches, fences, etc.
- Take your water bottle and anything you need for your playing session on to the court area with you.
- Enter the gate closest to your court to eliminate crowding of players coming and going.
- Consider playing ‘skinny singles’ versus doubles. It may even provide better exercise and skill development.
- If you elect to play doubles, consider playing with only those who reside within your household or trusted circle.



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- Do not participate in paddle taps at the end of the game. Use your paddle to wave at your opponents at the end of the game while practicing safe distancing.
- No waiting or socializing in the areas between the courts unless you are transitioning to the next court to play.
- Consider using hand sanitizer for your hands and pickleball between games.
- Adhere to CDC guidelines by not touching your face (after handling a pickleball or paddle) while playing.
- Maintain proper social distancing from other players in between games and while not playing.

## **WHEN PLAY HAS ENDED:**

- Leave the court area as soon as reasonably possible.
- Wash your hands or use hand sanitizer immediately when you finish playing.
- Thoroughly wash your pickleball equipment and other items you have used or touched.

Original: October 15, 2020

Revised: September 25, 2021

Reference: [https://usapickleball.org/wp-content/uploads/2020/05/COVID-19-RETURN-TO-PLAY\\_USAPA.pdf](https://usapickleball.org/wp-content/uploads/2020/05/COVID-19-RETURN-TO-PLAY_USAPA.pdf)