

# Pickleball, South River

## **Items you will need to play:**

- Hand sanitizer
- A Paddle
- Balls with your name on them

## **Optional:**

- Chair (Set up chairs keeping a 2 metre distance)
- Mask
- Gloves
- Water

Singles play is recommended. For doubles play household member is recommended. In order to play doubles with a non household member, keep a 2 metre distance.

It is important to keep a 2 metre distance with non household members at all times.

## **Misc.**

- No sharing of equipment between non household members
- There will be no access to the arena for washroom use. (There is an outhouse on site)
- You need to keep a record of the dates you play. This is important in case anyone testing positive for Covid-19 and tracking is required.
- Nets are set up for tennis. An adjustable wrench and tape measure are required to lower nets to 34". Ensure the nets are raised back to 36" for tennis.
- If there are too many players or Social Distancing is difficult, we will need to stagger playing times.

## **Recommendations from Pickleball Canada**

Do not play if you or your playing partner:

- Exhibit any coronavirus symptoms, such as a fever, cough, sore throat, difficulty breathing, or other symptoms identified by health experts.
- Have been in contact with someone with COVID-19 in the last 14 days.
- Are considered vulnerable or at risk (elderly individuals with underlying health concerns, immunosuppressed persons, individuals suffering from serious health problems, notably high blood pressure, pulmonary diseases, diabetes, obesity and asthma).
- Ask players under the age of 18 for a written consent from a parent/guardian authorizing them to participate in their Pickleball session.