

# STAGE 2 - RETURNING TO CLUB ACTIVITY

## Hygiene recommendations:

<p><b>Do not</b> come to the club if you are having <b>any symptoms</b> or have been in contact with someone who has tested positive for Covid-19</p>	<p><b>Do not share equipment</b></p>	<p>Wash or wipe balls with disinfectant regularly</p>	<p><b>Do not wipe your hands on the table</b></p>	<p>No handshaking/ slapping hands</p>
<p>No breathing on the ball to clean</p>	<p><b>Use hand sanitisers on entry and exit of venue, as well as pre, post and during training</b></p>	<p>Take responsibility for your own hygiene by bringing your own hand sanitisers</p>	<p><b>Wash hands regularly and before the start of any activity</b></p>	

## Spatial and facility usage recommendations:

<p>Keep a distance of 2 metres from your training partner at all times</p>	<p><b>Control number of participants using the facilities at any one time, by restricting session times and using a booking system</b></p>	<p>Separate tables with partitions, barriers or nets</p>	<p><b>Table areas should be a minimum of 4.5 metres by 9 metres</b></p>
<p><b>After play, wipe down your side of the table</b></p> <p><b>Wait 10 mins before others use the table</b></p>	<p>Changing rooms and showers are not to be used</p>	<p><b>Appoint a 'hygiene' officer to ensure guidelines are being followed</b></p>	<p>Play in bubbles of no more than six people*</p>

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

## Injury and illness:

	<ul style="list-style-type: none"> <li>✓ 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</li> <li>✓ You should feel you are in the correct physical condition before considering a return to training and match play</li> </ul>