



Loop Table tennis Club – Return to play guidance

Purpose of this document

This document sets out the rules for the operation of Loop Table Tennis Club during Phase 3 of the “Roadmap for Reopening Society and Business” which starts on Monday 29th June 2020. This document incorporates guidance issued by Table Tennis Ireland issued on June 24th, 2020. These rules are designed to keep all players at Loop Table Tennis Club as safe as possible and minimise the risk of infection with COVID 19.

General rules for minimising the risk of infection

1. If you have symptoms of COVID 19 DO NOT come to play.
2. If you have been in close contact with anyone who has tested positive for COVID 19 in the previous fourteen days DO NOT come to play.
3. Only twelve players are allowed in the playing hall at any one time and the hall will be set up with six tables.
4. TWO METRES social distancing to be maintained at all times in all areas of the building. No exceptions.
5. Parents/ guardians / non-playing partners & friends are not to come into the playing hall. They can use the balcony area provided that two metres social distancing is maintained.
6. Hand sanitiser will be provided in the hall and in the entrance area.
7. Changing rooms are not be used.
8. For each playing session there will be a nominated Hall supervisor. All players must follow instructions and guidance from the Hall Supervisor.
9. All players will be required to complete the self-declaration form issued by Table Tennis Ireland – See Appendix 1.

Schedule for play

1. Each playing session needs to be BOOKED IN ADVANCE with Na Ning. Anyone who has not booked and just turns up will NOT be allowed to play.
2. Details of the playing sessions and how to book will be circulated each week on the Loop WhatsApp group
3. The club expects to run two sessions of around 90 minutes three evenings per week and two sessions on Saturday and Sunday. This will vary from week to week.
4. The club expects to run two junior training sessions 12.00-14.00 on Saturday and Sunday.



Playing session protocol

Upon arrival each player must follow these steps: -

1. Wash their hands thoroughly as the first thing they do upon arrival using the hand sanitiser provided.
2. Each player must take their temperature using the handheld thermometer that will be available on the table just inside the entrance. If your temperature is 38 °C or above, you are not permitted to play and should return home immediately
3. There will be a desk diary with a page per day on the table in the entrance area and each player must write their name, mobile number, temperature on the appropriate day and then sign it.
4. By signing each player is confirming
 - a. They do not currently have any symptoms of COVID 19
 - b. They have not been in close contact with anyone during the previous fourteen days who has tested positive for COVID 19.
 - c. They have not travelled outside the country in the last 14 days.
 - d. They agree to abide by the rules laid out in this document and will follow any instructions laid out by the Hall Supervisor.
5. The Playing Session Sheets will be retained by the club and in the unfortunate event that a player is diagnosed with COVID 19, will be used to assist tracing close contacts of the infected person.
6. When playing please place kit bags/ water bottles and other personal equipment at one end of the wooden bench next to the table
7. Two players per table only – no playing doubles.

Once inside the playing hall, play will follow the guidelines issued by Table Tennis England – “Stage 2 – Returning to Club Activity” a copy of which is attached to this document and will be displayed in the Playing Hall. If you have any questions or concerns about how play should be undertaken, please ask the Hall Supervisor.

Prior to leaving the premises each player should clean the table and then thoroughly wash their hands.

Appendices

1. Table Tennis Ireland - Self Declaration Form
2. Table Tennis England - “Stage 2 – Returning to Club Activity”
3. Table Tennis Ireland “ Return to Table Tennis – Club / Training environment” is available at www.irishtabletennis.com



Appendix 1 – Self Declaration Form

Player Name: _____

Signature: _____

Date: _____

This form should be filled out by the player/official/coach, or on their behalf by their parent/guardian if the player is less than 18 years old.

In accordance with the Table Tennis Ireland Return to Play guidelines, I confirm the following;

- (a) I am not currently diagnosed with COVID 19;
- (b) I have not, to my knowledge, had any contact, in the previous 14 days, with any person diagnosed with, or awaiting testing for, COVID 19;
- (c) I have not, in the previous 14 days, travelled outside the island of Ireland;
- (d) I am not currently undergoing a period of quarantine;
- (e) I am not currently suffering from, or have suffered from in the previous 14 days, any illness or condition (eg fever, coughing, throat ache, muscle ache, breathing problems, loss of sense of taste or smell, other) which is symptomatic of COVID 19, or which may mask the symptoms of COVID 19;
- (f) I am in good health, and I am fit to play.
- (g) I have made myself familiar with, and apply, best practice guidelines and protocols, recommended by the HSE, regarding hygiene and distancing.
- (h) I have been made aware, or made myself aware, of the requirements and protocols in place for this venue regarding the management of COVID-19.

****Participants who do not meet the above conditions should not participate in any group table tennis club or training activity. Participants who feel they may be suffering from any of the symptoms of COVID 19 should immediately seek medical assistance.****



COVID 19 : READY TO RETURN

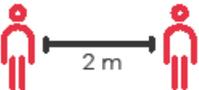
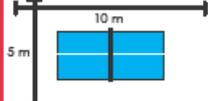
STAGE 2 - RETURNING TO CLUB ACTIVITY



Hygiene recommendations:

 <p>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</p>	<p>Players to use their own bats and balls..</p> 	<p>..and touch only their own ball</p> <p>Use different coloured balls or mark to differentiate between them</p> 	<p>Return opponent's ball by kicking it back or hitting back with racket</p> 	<p>No handshaking/ slapping hands</p> 
<p>No hand wiping on the table</p> 	<p>No breathing on the ball to clean</p> 	<p>Use hand sanitisers on entry and exit of venue, as well as pre, post and during training</p> 	<p>Take responsibility for your own hygiene by bringing your own hand sanitisers</p>	<p>Wash hands regularly and before the start of any activity</p> 

Spatial and facility usage recommendations:

<p>Keep a distance of 2 metres from your training partner at all times</p> 	<p>Control number of participants using the facilities at any one time, by restricting session times and using a booking system</p>	<p>Separate tables with partitions, barriers or nets</p> 	<p>Table areas should be a minimum of 5 metres by 10 metres</p> 	<p>Train with the same person throughout the session</p> 
<p>After play, wipe down your side of the table</p>  <p>Wait 10 mins before others use the table</p> 	<p>! When multi ball training the feeder should pick up all balls and the player and feeder stay a minimum of 2 metres apart at all times</p>	<p>Do not change ends of the table between games</p> 	<p>Changing rooms and showers are not to be used</p> 	<p>Appoint a 'hygiene' officer to ensure guidelines are being followed</p> 

Injury and illness:

 	<ul style="list-style-type: none"> ✓ 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
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