



NLTTA – Return to play guidelines

The NLTTA will follow public health advice from the Government of Newfoundland and Labrador to determine the safest guidelines for table tennis play at clubs and tournaments. You can get more information regarding NL's public health status at <https://www.gov.nl.ca/covid-19/>

The following are “return to play” guidelines that we have developed for the transition back to TT play. Please note, only the Gov. of NL public health officials will notify when it is safe to return.

The guidelines that we have developed are modified from ITTF guidelines and from other jurisdictions in Canada.

For more info on IFFF guidelines see:

https://www.ittf.com/wp-content/uploads/2020/05/20200522_ITTF_COVID-19_Guidelines.pdf

Physical Distancing:

- Respect of 2 metre distancing at all times.
- Maximum players and coaches will be set according to the dimensions of the club size. About 1 person / 300 square feet.
- No touching or shaking of hands amongst players. Social distancing rules must be observed. (see ITTF guidelines document).
- No doubles play until further notice.
- Chairs will be spaced out along the gym wall at 2 meters and each player will be assigned a chair to put their belongings. The designated chair is to be kept by that player during the entire time at the event. DO NOT change chairs or occupy one that was not assigned to you.
- Maintain 2m physical distancing at all times (including use of hallways and washroom facilities).
- If visual clues and floor directional movement are indicated, please follow them.

Hand and Respiratory Hygiene:

- Hand washing will be mandatory upon entering and before leaving the club and encouraged throughout. Alcohol-based hand sanitizers will be placed at the entrance and exit of the room. Hand sanitizing will be compulsory for all participants.
- Use proper cough/sneeze etiquette (Cover your mouth and nose with bent elbow).
- Players shall at all times be encouraged to wear facemask when off the table.
- The main club door and the bathroom door must remain opened at all times for ventilation and use of access.

Cleaning and Disinfection:

- Tables will be disinfected before and after each session.
- Club/NLTTA will provide the balls.
- No breathing on the ball for tackiness, balls to be cleaned after each practice.
- No sharing of rackets.
- No touching or cleaning of table with hands during play.
- No wiping of hands on the tables.

Responsibilities of the club organizer and tournament conveners:

- Enforcement of the 2 meters of physical distancing protocols.
- A log of all attendees on site for each session for contact tracing in case of infection.

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