

**RETURN TO
TABLE TENNIS
GUIDELINES**

POSTERS & ASSETS

COVID-19

GUIDANCE:

How to play table tennis safely

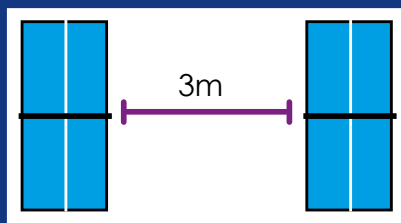


Table Tennis Scotland

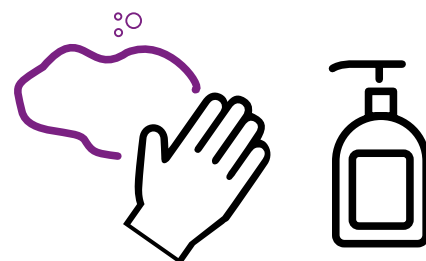


Do **not** use the facilities if you are having **any symptoms** or have been in contact with someone who has tested positive for Covid-19

Ensure tables are spaced at least 3 metres apart



Clean tables before and after use with an anti-viral solution



Wash your hands before and after playing



Bring your own equipment and do not share with others



Wash or wipe balls with disinfectant regularly

Only play singles

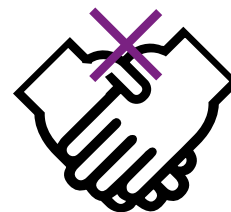
.. unless you're playing doubles with a member of your household or bubble



Do not change ends of the table between games



No handshaking or high fives

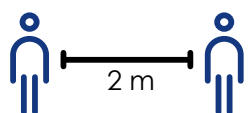

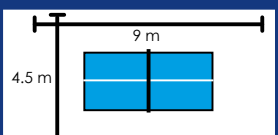






PHASE 3 - RETURNING TO CLUB ACTIVITY



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>Do not share equipment</p>  <p>No breathing on the ball to clean</p>  | <p>Wash or wipe balls with disinfectant regularly</p>  <p>Use hand sanitisers on entry and exit of venue, as well as before, after and during training</p>  | <p>Do not wipe your hands on the table</p>  <p>Take responsibility for your own hygiene by bringing your own hand sanitisers</p> | <p>No handshaking/slapping hands</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 4.5 metres by 9 metres</p>  |
| <p>After play, wipe down your side of the table</p>  <p>Wait 10 mins before others use the table</p> | <p>Changing rooms and showers are not to be used</p>  | <p>Appoint a 'hygiene' officer to ensure guidelines are being followed</p>  | <p>Play in bubbles of six people*</p>  |

Injury and illness:

| | |
|---|---|
|   | <ul style="list-style-type: none"> ✓ Players are encouraged not to take part in match play and more vigorous exercise straightaway. 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 |
|---|---|



PHASE 3 - RETURNING TO CLUB ACTIVITY

Hygiene recommendations:

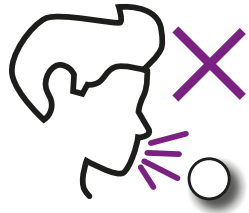


Do not come to the club if you are having **any symptoms** or have been in contact with someone who has tested positive for COVID-19

Do not share equipment



No breathing on the ball to clean



Wash or wipe balls with disinfectant regularly



Use hand sanitisers on entry and exit of venue, as well as before, after and during training

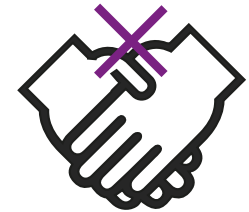


Do not wipe your hands on the table



Take responsibility for your own hygiene by bringing your own hand sanitisers

No handshaking/ slapping hands



Wash hands regularly and before the start of any activity

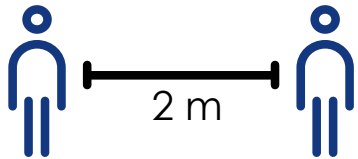




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Spatial and facility usage recommendations:

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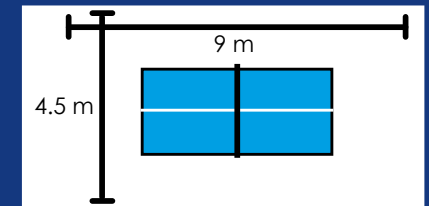


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