

VENTURE OUT & USAPA Guidelines to play Pickleball safely during Covid 19

PICKLEBALL

ONLY VENTURE OUT RESIDENTS WILL BE ALLOWED TO PLAY ON FACILITIES UNTIL FURTHER NOTICE. BADGES MUST BE WORN AT ALL TIMES. THANK YOU FOR HELPING VO STAY HEALTHY. VENTURE OUT CONDO BOARD.

DO NOT PLAY IF YOU:

- Are exhibiting any symptoms of the coronavirus: mild to severe respiratory illness with fever, coughing, difficulty breathing, or other symptoms identified by the CDC.
- Have been in contact with someone with COVID-19 in the last 14 days.
- Are a vulnerable individual with serious underlying health conditions, including high blood pressure, chronic lung disease, diabetes, obesity, asthma, or whose immune system is compromised such as by chemotherapy for cancer and other conditions requiring such therapy.

PREPARING TO PLAY:

- Make sure that your state, regional and local authorities satisfy federal criteria.
- If your courts are open and available for play, adhere to safety precautions established by the CDC and the facility.
- Consider playing with only family members or others who reside in your household.
- Wash your hands with soap and water and bring personal use hand sanitizer to the courts.
- Clean and wipe down your paddles and water bottles. Do not share paddles or any other equipment or clothing.
- Bring a full personal use water bottle(s) and avoid touching or using

public water fountains.

- Bring tissues or a handkerchief for contained sneezing and coughing or consider wearing a mask.
- Consider wearing gloves to the courts and avoid touching court gates, fences, benches, etc.
- Also consider wearing gloves during play to avoid picking up pickleballs with your hands.
- Use new pickleballs and a new grip or fresh tape on your paddle handle if possible.
- Coordinate with your play group so that each person serves with a different color ball. If multiple colors are not an option, use a sharpie and prominently mark personal pickleballs with your initials.

WHEN PLAYING

- Adhere to social gathering and distancing policies according to local, state, and federal authorities. Limit your distance to six feet or more to other players.
- Avoid contact with others, such as hand shaking and high fives.
- Group size counts should include players and staff, and account for transition periods between sessions.
- Limit or stagger playing groups throughout open play schedule and consider alternate days for various groups.
- Members from the same household may play doubles. Otherwise until further notice, play singles only. Doubles is not conducive for six-foot social distancing and leads to incidental contact with playing partners.
- Adhere to CDC guidelines by not touching your face (after handling a

ball or paddle).

- Use hand sanitizer between games.
- Wash your hands after each match.
- Use your paddle and foot to pick up pickleballs and transfer them to your opponent. If utilizing a raised net, hit the ball under the net to your opponent.
- Avoid changing ends of the court.
- Maintain proper social distancing from other players in between games and during time outs.

AFTER PLAYING:

- Leave the court as soon as reasonably possible.
- Wash your hands or use hand sanitizer immediately after your match is over.
- Avoid post play socializing.
- Avoid locker rooms and changing area – proceed home.
- Thoroughly wash your paddles, grips, pickleballs, towels, clothes, bags, water bottles, and other items you have used or touched.