

# COVID-19 Return to Play Rules for Outdoor Pickleball Seattle Parks and Recreation

## DO NOT PLAY IF YOU:

- Are exhibiting any symptoms of coronavirus, including fever, chills, cough, shortness of breath or difficulty breathing, muscle pain, headache, sore throat, congestion or runny nose, new loss of taste or smell, nausea, vomiting, or diarrhea.
- Have been in contact with someone who has COVID-19. Wait 14 days after contact before playing.
- Are a vulnerable individual with serious underlying health conditions such as immune compromise, obesity, diabetes or high blood pressure.

## WHAT TO BRING

- Bring a mask.
- Bring different colored balls or prominently mark balls with permanent marker to differentiate between play groups (explained below in When Playing section).
- Sanitize balls by washing in a 10% solution of bleach in water or with sanitizing wipes.
- Bring hand sanitizer and/or sanitizing wipes.
- Bring a personal use water bottle. Do not touch public water fountains.
- Bring a chair if you do not wish to stand while waiting for matches. Do not sit in other players' chairs.

## PREPARING TO PLAY

- Wash your hands with soap and water for 20 seconds before going to the court.
- Wear your mask on the way to the court.
- Do not congregate in parking lots.
- Avoid touching court gates, fences or benches. If you must touch a gate, sanitize your hands afterwards.
- Wear masks when setting up nets
- Sanitize your hands before play and often during play.
- Consider having a sign-up sheet or other method for keeping track of players each day. If there is a sign-up sheet, the pen should be sanitized between uses.

## WHEN PLAYING

- There will be a maximum of four players per court.
- When playing doubles, coordinate with your partner to stay a minimum of six feet from each other.
- Each court should play with a different colored or marked ball. When a ball from an adjacent court needs to be returned, kick it or tap back with your paddle rather than touching it with your hand.
- Wipe balls with hand sanitizer or sanitizing wipe between games.
- Consider limiting the number of different people you play with.
- Avoid paddle tapping after a game. Instead paddles should be waved from at least six feet apart. Avoid contact with others, such as hand shaking and high fives.
- Do not touch each other's paddles or share paddles.

- Avoid touching your face while playing.
- Masks are not required for outdoor play. However, if playing doubles and one doubles partner prefers wearing masks, the other partner should accommodate them or play with another partner.
- Players waiting for the court will be limited to one person per court.
- Players waiting for a court should sit or stand at least 6 feet from each other and from players on the court. Bring your own chair if you wish to sit. Do not congregate on benches.
- Consider wearing a mask while waiting.
- Paddles should not be stacked. If paddles are hung in a fence to keep track of who is next for a game, space the paddles out so that there is no congregating when retrieving them.

## WHEN PLAY HAS ENDED

- Sanitize your hands after putting away nets and balls.
- Leave the facility immediately after play.
- Do not congregate on the court or in parking lots.
- Wash your hands with soap and water for 20 seconds upon returning home.
- Wipe your paddle grips with sanitizing wipes.
- Sanitize the balls in bleach solution or with wipes.
- If you or a person you have been in contact with tests positive for COVID-19, the group should be notified.

## REFERENCES:

USAPA COVID-19 Return to Play  
USTA COVID-19 Playing Tennis Safely  
Washington State Phase 2 Outdoor Recreation Guidelines  
King County Safe Start Phase 2

## **Guidelines prepared by Sarah Webb, M.D.**

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