

Racquetball Ireland

Protocols for Players/Members

Returning to Play Racquetball

of the Roadmap for Reopening Society

Coronavirus
COVID-19





Always follow the Government Guidelines of
Good Hand Hygiene –Respiratory Etiquette –Social Distancing

Return to Racquetball the Safe Way



RETURNING TO PLAY GUIDELINES

Although we wish to return to playing racquetball as soon as possible, we must ensure that all those participating in the sport can do so within a safe environment. These protocols prepared in line with the roadmap for reopening society, outlines measures Racquetball Ireland would like clubs and individual players/members to implement and maintain to help protect staff and members during the COVID-19 pandemic allowing us to return to the players and clubs to return to the sport safely.

These protocols should be in place until further notice. These documents are subject to change.

Do not attempt to play if you:

- Have a cough or flu-like symptoms or are feeling unwell
- Have a high temperature
- Have been in contact with someone with COVID-19 in the last 14 days
- Have been overseas or exposed to someone with COVID-19 in the last 14 day.



1. Before you Play

You must:

- Check with your GP prior to playing if you in a high-risk health category.
- Check with your club what protocols they have in place.
- Ensure your club has up-to-date contact details for you.
- Complete a Personal Assessment Declaration form available [here](#).

You must stay at home if you:

- Have a cough or flu-like symptoms or are feeling unwell
- Have a high temperature
- Have been in contact with someone with COVID-19 in the last 14 days
- Have been overseas or exposed to someone with COVID-19 in the last 14 days
- In a period of self-isolation and/or cocooning under the current Health Policy

2. Booking & Arrival

- Pre-book your session online or via phone. Do not arrive at the club without a prior booking.
- If there is a change to the booking, players should inform their club of the change.
- Players should arrive at the court no more than 5 minutes prior to the reserved playing time.
- Only one parent/guardian may accompany any player under 18 years.
- Players should arrive ready to play in playing attire and use their own equipment.
- Players should use the toilet facilities in their own home prior to arriving at the club.
- Players should bring a small bottle of hand sanitizer with them and keep it in the pocket of their bag for use.
- Players should travel to the club alone or only with a member of the same household.
- If players must park next to another car, they should wait for the other person to exit or enter before doing so themselves

3. Social Distancing Behaviours

- Players should enter the court one at a time.
- Have one player designated as the 'door opener/closer'.
 - That person opens and closes the door between games and during timeouts.
- Keep a 2-metre distance from your opponent and other players in the hallway before, after, and in between games.
- Wash your hands promptly before and after play.
- Avoid touching your face and if coughing, do so into the crease of your elbow.
- Players should sanitise their hands and practice caution with the handling of equipment and racquetballs
- Try not to touch any surfaces, but if you do, sanitise your hands as soon as possible.
- Do not share food, water bottles, or any equipment.
- Outside of the court, all players, spectators, coaches, volunteers juniors, etc. must wear a protective mask.

4. On Court Playing

- Play should be limited to solo play in Phase 3 or singles (members of the same household) only.
For subsequent phases the below protocols will also apply:
- Players should warm-up prior to entering the venue or in a designated warm up area so they are prepared to begin playing immediately.
- Avoid handshakes, high-fives, etc. before, during or after games.
- Avoid touching your face after making contact with a ball, racquet, wall, etc.
- Use two balls, one for each player.
 - Use either a different colour ball or mark you initials on each ball with a marker to differentiate.
 - Each player serves their own ball.
 - When receiving, a player keeps their ball in their pocket or safely in a back corner out of play.



- Do not pick up your opponent's ball with your hands.
- Use your racquet/foot to pick up balls and hit or kick them to your opponent.

5. When Play Finishes

- Once play has finished players should use disinfectant wipes on any of the courts surfaces such as floor, sidewalls and glass after finishing play.
- Use a disinfectant wipe on door handles and surfaces touched outside the court.
- Once play has finished players should leave the facility immediately.
- Hands should be washed and sanitised as soon as possible.
- Ensure equipment is cleaned thoroughly after use.
- Limit post-game social engagement while social distancing.
- Players should leave the racquetball club without delay after their match.

6. Racquetballs

- Although there is no specific evidence that racquetballs can spread COVID-19, we know that contamination from respiratory droplets from an infected person can potentially survive on hard surfaces for up to three days.
- Replace racquetballs if someone suspected of having COVID19 comes in contact with them.
- More regular rotation of racquetballs is encouraged.

7. Contact Tracing

In order to support contact tracing:

- Players should ensure clubs have their most up to date contact details.
- Players should pre-book sessions with the names of each player
- If a change to a booking, players should update club of the change.
- Players should ensure they sign into each session and where possible maintain a list of players you train with.

8. Suspected Cases

- If you feel unwell, please contact the Covid-19 Officer or club management without delay.

Return to Play after Illness

- If you have been absent due to infection with the COVID-19 virus, you may only return to racquetball if deemed fit to do so and meet the following criteria:
- 14 days since their last "close contact" with a confirmed / suspected case and have not developed symptoms in that time, and
- have been authorised by your GP that you may return to play.