

RETURN TO PLAY GUIDELINES

- **PURPOSE** – The purpose of these guidelines is to create a comprehensive return to play plan for Spokane Parks and Recreation Department (SPRD) Open & Organized Adult Pickleball play that are compliant with federal, state, and local regulations. SPRD has prepared these guidelines with information in alignment with USA Pickleball and Washington State COVID-19 Sporting Activities Requirements.

Until COVID-19 is either eradicated, a vaccine is developed, or a cure is found, there is no way to completely eliminate the risk of infection and as such SPRD requires all participants to follow these recommendations as safety precautions.

ALL participants will be REQUIRED to sign complete a health screening form and a Waiver/Release including COVID-19 PRIOR to ANY participation in SPRD Sanctioned Events.

The information in this document is not intended or implied to be a substitute for professional medical advice, diagnosis, or treatment.

- **RETURN TO PLAY GUIDELINES FOR SPRD** – Follow all guidelines when participating in any activities.
 - **Before Activities**
 - Be symptom free for at least 14 days prior to any activity. If you or anyone in your household experienced any of the following symptoms, we kindly ask you to please NOT attend league. Symptoms may appear 2-10 days after exposure to the virus. People with these symptoms or combinations of symptoms may have COVID-19:
 - Cough
 - Shortness of breath or difficulty breathing
 - Or at least two of these symptoms:
 - Fever
 - Chills
 - Repeated shaking with chills
 - Muscle pain
 - Headache
 - Sore throat
 - New loss of taste or smell
 - Stay home if you are sick or do not feel well.
 - Be aware of and disclose any potential close contacts with COVID-19 positive individuals.
 - Wash and sanitize your hands often.
 - Do not touch your face, eyes or mouth with unclean hands.
 - Practice social distancing regularly.

- Wear a face mask to reduce exposure to airborne particles.
- Cover your mouth and nose with a tissue or your elbow if you cough or sneeze.

- **During Activities**
 - Refrain from attending any activity if displaying any COVID-19 symptoms. If you or anyone in your household experienced any of the following symptoms, we kindly ask you to please NOT attend league. Symptoms may appear 2-10 days after exposure to the virus. People with these symptoms or combinations of symptoms may have COVID-19:
 - Cough
 - Shortness of breath or difficulty breathing
 - Or at least two of these symptoms:
 - Fever
 - Chills
 - Repeated shaking with chills
 - Muscle pain
 - Headache
 - Sore throat
 - New loss of taste or smell
 - Comply with all permissible regulations approved for the venue.
 - Wash and/or sanitize your hands often.
 - Do not touch your face, eyes or mouth with unclean hands.
 - Refrain from contacting other participants (high fives and huddles).
 - Spectators are currently not allowed.
 - Please inquire with staff if you have questions.

Convention Center Open and Organized Pickleball Play Procedures:

- **Convention Center Open & Organized Pickleball Play:**
 - **Mondays/Wednesdays/Fridays from 9am – Noon**
 - **Wednesday evenings from 5-8pm.**
 - **Program dates: Nov. 16 – Dec. 30 (No program dates: 11/26, 11/27, 12/24, 12/25, 12/31)**
 - **Only 30 spots available per session.**
 - **Online Pre-Registration is REQUIRED 24 hours in advance at spoakenrec.org**
 - **\$5 / player**
- Upon entry to the Convention Center there will be a temperature screening kiosk.
- Players must stay on their designated court for the entire duration. We ask that you remain 6' apart from others at all times.
- Play begins at the scheduled time. We ask that you do not enter the facility until 10 minutes before your scheduled play time. Early attendees will be asked to wait in the parking lot.
- Everyone will need to wear a mask entering or leaving the facility (may be taken off during physical activity). Everyone will need to bring their own water bottle.
- Play ends promptly at the designated time – please exit within 5 minutes of your end time.



- **After Activities**
 - Wear a face mask when possible to reduce exposure to airborne particles.
 - Wash/sanitize your hands after last match.
 - Do not touch your face, eyes or mouth with unclean hands.
 - Monitor your health and report any symptoms after every activity.
 - Practice social distancing as often as possible.
 - Cover your mouth and nose with a tissue or your elbow if you cough or sneeze.
 - Wash/sanitize all gear, uniforms and apparel used during the activity.