



## **Return-To-Play Protocol**

V1 – Aug 31, 2020

Developed in collaboration by members of the RA Pickleball professional and RA Management.

# RA Pickleball Return To Play Protocol

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## Purpose

The Return to Play Protocol document was developed in collaboration with the RA Pickleball professional and RA management to support the return to pickleball while reducing the risk of transmission among participants. It describes the measures that the RA will implement to ensure the health and safety of its members through the application of provincial and local health authority's restrictions, integration of RA and Pickleball Canada and Pickleball Ontario guidelines and/or policies.

## Background

The Pickleball professional and RA management have worked in partnership to develop these protocols to reduce the risks and substitute new ways of operating. The Return to Play Protocol has been adapted from resources formulated by Pickleball Canada and Pickleball Ontario and is compliant to provincial and municipal public health authorities. Information provided from Badminton Canada is of a broad perspective in dealing with COVID-19, click here to read Pickleball Canada's "Return to Pickleball Play COVID-19 Update".

This Return to Play Protocol outlines what players can expect when returning to play; describes the increased safety protocols that will be applied, play changes and members responsibilities before after and during play. The Pickleball professional and RA management team is committed to evolving this document as new information or updated guidance is provided.

Pickleball does not require direct person-to-person contact. Physical distancing is the ultimate benchmark for considerations of what sorts of organized pickleball activities can occur within the spacing of the pickleball facility. Every player will go through a learning curve, especially at the beginning of the season. Patience and good-will will have to be exercised by everyone. The collective goal remains to ensure the health and safety of all members and staff, and the viability of pickleball at the RA.

## Safety Measures:

- 1) Authorities: RA Pickleball will respect and follow all relevant measures issued by provincial and municipal public health authorities and RA. The Head Pickleball Professional will be responsible to oversee pickleball activities to ensure health and safety measures are followed.
- 2) Personal Protective Equipment: Masks \* will be worn by all players and staff on their arrival at the RA and throughout the RA complex, including washrooms, hallways, stairs and in the pickleball lounge. During play, if proper physical distancing of 6 feet is maintained, the wearing of masks is optional. It is recommended; however, that players wear their mask as much as they can even during gameplay. Participants should refrain from touching their eyes, nose, mouth and face while participating. \* *Ottawa Public Health states that a face shield or visor is not a substitute for wearing a face mask as it does not filter respiratory droplets.*

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- 3) Handwashing: To facilitate handwashing, the RA will continue to provide access to soap and paper towels in washrooms even though adjoining change rooms will not be available. In addition, hand sanitizing dispensers will be installed and maintained by the RA in prominent locations throughout the general facility and badminton area, including at entrances/exits and in the lounge. Members will be expected to use the sanitizing dispensers upon entering the RA building and before and after participating in any activities.
  - 4) Prevention: All participants will be instructed to not enter facility if they are experiencing symptoms or who may have been exposed to COVID-19. Upon entering the RA facility self-assessment screening tools will be prominently displayed for participants to review prior to commencement of any activity.
  - 5) Notification of a COVID-19 diagnosis: Any player who receives a COVID-19 diagnosis and has participated in a RA activity within the previous 14 days shall notify the RA immediately. RA management will quickly notify Ottawa Public Health who is primarily responsible for contact tracing and in consultation with Ottawa Public Health take all necessary actions including communication with others who may need to take additional precautions.
  - 6) Compliance: All players must sign and submit to the RA a completed Acknowledgement, Assumption of Risks, Waiver and Release of Claims – COVID-19 form (see Appendix A) prior to beginning their pickleball season.
  - 7) Contact Tracing: Access gate scan reports will provide information to support public health contact tracing efforts in the event that there is a potential exposure. Players must adhere to the program times for which they are registered and scan their Membership cards at the Member Service desk upon arriving. Individuals with booked courts must check-in at the Members Service desk before access will be granted to the Lower East to play.
  - 8) Signage: The RA will be installing safety about the risk of COVID19 and practices that should be undertaken to mitigate risk. Directional and social distancing signage will also be present to help individuals keep a safe distance during their visit. This signage will be found throughout the building, entrance of the pickleball gym and lounge. All handouts and loose papers will no longer be available until COVID restrictions subside.
  - 9) Building Safety and Cleanliness: The RA will undertake a full building clean prior to the start-up of the season. High-touch areas, including toilets and sinks, door handles, railings and lounge chairs, will be cleaned on a frequent basis. All fabric chairs/ couches have been removed from the Lounge and will be replaced with seating that can be cleaned and maintain physical distancing.
  - 10) Water: Water fountains will not be available and players will be required to bring their own, properly identified, containers of water.
  - 11) Change rooms and lockers: To minimize extra sanitization requirements and to reduce areas where physical distancing is more difficult, access to the change rooms and lockers will not be allowed.

- 12) Socials/Tournaments: Due to reduced capacity and risk of infection transmission socials or tournaments have been paused until further notice.

### **Getting Ready for the Game:**

- 1) Dressed Ready to Play: All players should arrive at the club not more than 10-15 minutes prior to their program dressed ready to play (other than court shoes) with their own paddle (s), balls, and a hand towel. Change rooms and locker areas are closed at this time. Players will bring their bags into the gym and store on the sides during play to eliminate the need to return to the lounge
- 2) Lounge: The lounge has been vacated of communal items. Limited seating will be available for those requiring support to change footwear or while rotating on court. Chairs should be wiped down by players prior to sitting in them.
- 3) Membership Configuration: In order to ensure that we operate within the maximum regulatory capacity allowance at any given time, The RA Pickleball Membership model has been reconfigured to allow for group program sessions on specific days/times to allow with controlled participation.

### **Playing the Game:**

- 1) Entering and exiting the courts: Players will enter the courts through the doors in the lounge and exit by the door on the north side of the courts. To allow players to reach their court without crossing paths, players will enter the courts starting with the farthest courts (3, 6) and ending with the nearest courts (1, 4). To alleviate random exits via the back of other courts that could disrupt play and invade physical distancing space, each team will continue to play or stay on their assigned sheet until the sound of the whistle. Then, each team will exit through the designated exit door at the north end of the courts. Directional signage will be posted as much as possible to help support members with this change.
- 2) Program Changes: At this time, due to safety measures the Play board cannot be used to create games. Instead we will use a rotation system to manage court time and offer variety in playing partners. For scheduled programs all games will run for 20 minutes and will begin and end at the same time. Players will rotate in a "snake" formation to allow waiting players to come on and players closest to the exit doors to come off the courts. (add in visual here)
- 3) Doubles: Doubles practice and play is now permitted; however, all efforts must be made to avoid physical contact between members of the same pair.

- 4) Ball management: Players must designate personal marked balls that are assigned to them and touch only those balls during play. Whomever is serving should only use their own ball. Players can pass balls by only using their paddles. If a ball strays to another court, tap back with foot or paddle, not hands
- 5) Congregation: At the conclusion of the program participants must not congregate or socialize. They will be asked to leave the pickleball courts/lounge as quickly as possible.
- 6) Use of the Lounge: To ensure that the occupancy of the lounge does not exceed allocated capacity set by provincial public health authorities), to maintain the safety of players and to minimize sanitization requirements, the lounge is strictly for players in the “active” program – waiting their turn/changing into court shoes.

### **Member Education and Communication:**

Information sessions regarding this protocol and its application will be offered to RA Pickleball members at the beginning of the season by Club Coordinator/Club Professional.

The Return to Play Protocol will be posted on the RA Pickleball website and in the pickleball area and communicated to RA Pickleball members electronically.

### **Safety measures and Protocol Enforcement:**

Many of us are willing and able to come back to our passion this fall, provided that safety measures are put in place. This protocol describes the measures that the RA will implement to ensure the health and safety of its members and staff.

BUT, it will only work if we all do our share. We are a community - a pickleball community - and as a community we must all work together in learning and implementing this new way of playing. More importantly, we must support each other, be patient with each other, and give each other the benefit of the doubt. If we all practice safe pickleball play, we will remain healthy, enjoy our sport and have fun.

In signing the Acknowledgement, Assumption of Risks, Waiver and Release of Claims – COVID-19 form in Appendix A of this document, RA Pickleball players agree to abide by this protocol. Inappropriate actions that threatened the health of players or RA staff, or threatened the entire Pickleball program will not be tolerated. If required, disciplinary measures, including expulsion from the program, will be taken.

## **SAMPLE ONLY - DO NOT FILL OUT**

ONLINE FORM AVAILABLE AT <https://www.racentre.com/pickleball-waiver-adult>

### **Appendix – A**

#### **RA Pickleball**

#### **Acknowledgement, Assumption of Risks, Waiver and Release of Claims – Coronavirus (COVID-19)**

##### **ADULT (18 years & older)**

All RA Pickleball members and visitors must submit to the RA a completed Acknowledgement, Assumption of Risks, Waiver and Release of Claims – Coronavirus (COVID-19) form prior to undertaking the activity. PLEASE READ CAREFULLY. By agreeing to these terms you will waive certain legal rights, including the right to sue or claim compensation.

If you have any questions, please direct your inquiry to Member Services, RA Centre, 2451 Riverside Drive, Ottawa, ON, K1H 7X7 or contact us at [info@racentre.com](mailto:info@racentre.com).

##### **CLIENT ACKNOWLEDGEMENT**

The safety and wellbeing of our RA Community has and continues to be our top priority. In order to provide our members, guests, partners, volunteers and staff with a safe, effective and enjoyable environment, while at the same time doing our best to prevent the spread of COVID-19, we request your understanding and cooperation by reading and signing the following ASSUMPTION OF RISK AND INFORMED CONSENT AGREEMENT and RELEASE OF LIABILITY, WAIVER OF CLAIMS AND INDEMNITY AGREEMENT.

##### **GENERAL PROTOCOLS – RE: COVID-19**

- Anyone signing these agreements has either not been diagnosed with COVID-19, or if they had been diagnosed then they have been cleared as non-contagious by public health authorities more than 14 days prior to their signing.

- Anyone signing these agreements has not been exposed to a person with a confirmed or suspected case of COVID-19; or if they were exposed to a person with a confirmed case, the date of exposure was more than 14 days prior to signing the agreements.
- Anyone showing signs and symptoms of COVID-19 (or COVID-19 like symptoms) MUST stay home.
- Anyone who begins exhibiting or feeling signs and symptoms of COVID-19 (or COVID-19 like symptoms) must cease their participation immediately and remove them self from the group. In addition, if a league convenor or session organizer considers that a participant may be exhibiting symptoms of COVID-19 (or COVID-19 like symptoms), the convenor/organizer may require that the person considered to exhibit these symptoms cease to participate in the activity and remove them self from the group.
- Anyone who receives a COVID-19 diagnosis, and has participated in activities, clubs and programs at the RA within the previous 14 days must notify the RA. The RA can then notify the other participants in an anonymous capacity.
- Anyone, or any member of their household, who has travelled to or had a layover in any country outside Canada in the last 14 days will NOT return to the curling club and attend any of its activities or programs until at least 14 days have passed since their date of return.
- While on site at the RA or participating in activities, clubs or programs, you are responsible to adhere to Ottawa Public Health's (OPH) guidelines of six (6) feet physical distancing between yourself and others – OPH recommends that you wear a non-medical mask (i.e. cloth mask) when keeping your distance is difficult.
- Wash your hands often with soap and water, or use alcohol-based hand sanitizer.
- Avoid touching your eyes, nose, and mouth unless you have just washed your hands.
- Cover your cough and sneeze with a tissue or into your arm, not your hand.

#### ASSUMPTION OF RISK AND INFORMED CONSENT AGREEMENT

I hereby acknowledge that:

1. I am participating voluntarily in the RA Pickleball activities.
2. Pickleball activities have foreseeable and unforeseeable inherent risks, hazards and dangers that no amount of care, caution or expertise can eliminate.
3. I agree that the sole responsibility for my safety remains with me.
4. It is understood that privileges may be revoked in the event that my conduct is not in keeping with the RA's standards.
5. I am aware and agree to comply with the RA Members' Code of Ethics, the General Protocols – RE: COVID-19 (as outlined above) and the specific RA Pickleball Return-To-

Play Protocol that pertain to my involvement with the RA (including all COVID-19 related protocols and public health authorities' recommendations contained therein).

6. I acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that I may spread COVID-19, be exposed to or infected by COVID-19 by participation; and that such exposure or infection may result in personal injury, infection, illness, permanent disability, and death. I further understand that the risk of spreading COVID-19, becoming exposed to or infected by COVID-19 during participation in activities, clubs and programs at the RA, whether held at RA facilities or at any other location, may result from the actions, omissions, or negligence of myself and others, including, but not limited to, the active or passive negligence (such as the failure to adequately clean and disinfect surfaces, adequately inform and educate participants re: COVID-19 protocols, adequately ventilate areas, adequately screen participants) of the RA, or their directors, officers, employees, servants or agents and program participants and their families.
7. I agree and accept responsibility to adhere to Ottawa Public Health's (OPH) recommendations including, but not limited to staying home when showing signs and symptoms of COVID-19 (or COVID-19 like symptoms), self-isolating when required, limiting the number of people I come in contact with and practising physical distancing by maintaining six (6) feet physical distancing between myself and others and wearing a non-medical mask (i.e. cloth mask) when keeping my distance is difficult.
8. I agree and accept responsibility to ensure I have the proper/certified equipment required for the activity.
9. I further understand that the RA will collect health and other personal information from me with the intent to fulfill their obligation to me. I agree with the RA's practice of keeping my personal information confidential and subject only to legal requirements to disclose or legal exceptions (emergency). I accept that the RA will use this information to improve the services that I receive. I also appreciate that the RA will not disclose, divulge or otherwise communicate to any person or business any such confidential information without my written consent to do so.

#### RELEASE OF LIABILITY, WAIVER OF CLAIMS AND INDEMNITY AGREEMENT

I do hereby agree for myself, heirs, executors, administrators and assigns do release and forever discharge the RA, or their directors, officers, employees, servants or agents (including club convenors/organizers/volunteers) and all other program participants of any and all claims, demands, damages, costs, expenses, actions or causes of action whether in law or equity in respect of death, injury, infection, illness, permanent disability, loss or damage to person or property however caused, including but not limited to negligence (such as the failure to adequately clean and disinfect surfaces, adequately inform and educate participants re: COVID-19 protocols, adequately ventilate areas, adequately screen participants) arising or to arise out of my participation in such activities, clubs and programs at the RA, whether held at RA facilities or at any other location.



In addition, I do hereby agree to hold harmless and indemnify the RA, or their directors, officers, employees, servants or agents (including club convenors/organizers/ volunteers) and all other program participants from any and all claims or liability for any damage to property of, or personal injury to, any third party, due to or associated with COVID-19 or any other contagious or infectious illness, resulting from RA activities and programs of any kind whether held at RA facilities or at any other location.

Please note: All fields marked with an \* are required.

**By marking YES, I declare that I have read, understood and that I agree to the contents of this ASSUMPTION OF RISK AND INFORMED CONSENT AGREEMENT and RELEASE OF LIABILITY, WAIVER OF CLAIMS AND INDEMNITY AGREEMENT in its entirety. \***

**I acknowledge that I have executed this agreement voluntarily and that it is to be binding on myself, my heirs, spouse, children, parents, guardians, next of kin, executors, administrators and legal personal representatives. I further acknowledge by marking YES that I have waived my right to maintain a lawsuit against the RA on the basis of any claims from which I have released herein.**

YES

First Name\*: \_\_\_\_\_

Last Name\*: \_\_\_\_\_

Date\*: \_\_\_\_\_

**I have read and understood the following protocols, guidelines and recommendations: the General Protocols – RE: COVID-19, the specific RACC Return-To-Play Protocol, and the Ottawa Public Health's (OPH) recommendations as outlined in points 2 and 4 of the Assumption of Risk and Informed Consent Agreement section above.**

YES

This document will remain in effect until the RA, per the direction of the municipal or provincial government and health officials, determine that the COVID-19 compliance acknowledgements are no longer required.