

# PICKLEBALL



## GUIDANCE ON SAFE RETURN TO PLAY

- Consider playing singles only, and avoid doubles play as doubles is not conducive for six-foot social distancing and leads to incidental contact with playing partners. If you do elect to play doubles, consider playing with only those who reside within your household.
- Avoid contact with others, such as hand shaking and high fives.
- Wash your hands with soap and water and bring personal use hand sanitizer to the courts. Wash your hands or use hand sanitizer after your match is over.
- Bring a full personal use water bottle(s) and avoid touching or using public water fountains. Clean and wipe down your paddles and water bottles. Do not share paddles or any other equipment or clothing.
- Adhere to CDC guidelines by not touching your face (after handling a ball or paddle). Bring tissues or a handkerchief for contained sneezing and coughing or consider wearing a mask.
- Coordinate with your play group so that each person serves with a different color ball. If multiple colors are not an option, use a permanent marker and prominently mark personal pickleballs with your initials.
- 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 your paddle and foot to pick up pickleballs and transfer them to your opponent.
- Maintain proper social distancing from other players in between games.
- When play has ended, leave the court as soon as possible, and avoid post play socializing. Thoroughly wash your paddles, grips, pickleballs, towels, clothes, bags, water bottles, and other items you have used or touched.

## 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.
- If you have been in contact with someone with COVID-19 in the last 14 days.
- If you 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.

Players are to adhere to COVID-19 safety precautions established by the CDC, North Dakota Department of Health, and Fargo Cass Public Health.

The information on this poster has been recommended by the USA Pickleball Association (USAPA). Please visit [usapa.org](https://usapa.org) for additional guidelines.