



Supplemental Guidelines for Playing Pickleball During the Covid-19 Crisis

The following guidelines in no way replace local, county, and state guidelines. Players must comply with the [current orders](#) in effect. The supplement below is in addition to the USA Pickleball Association's ["COVID-19 Return to Play"](#) advisory.

Singles pickleball is safest, but doubles pickleball is now permitted.

- ❖ Consider playing "skinny singles" pickleball, which facilitates even more spacing between adjacent courts. Play singles pickleball either straight or diagonally across the net.
- ❖ Leave at least 15 feet of empty space between adjacent courts.
- ❖ Do not switch sides between games.

Clean and disinfect pickleballs and paddles.

- ❖ Clean pickleballs with water to remove dirt.
- ❖ Disinfect pickleballs using disinfecting wipes or a bleach solution. If using bleach, soak pickleballs in 1:32 bleach solution (2 tbsp. bleach per 1 qt. water) for 10 minutes.
- ❖ Sanitize paddles with disinfecting wipes or soap and water.

Protect yourself and others.

- ❖ Wear a face mask, gloves, and eye protection during play.
- ❖ Use a face mask that is breathable and effective. An uncomfortable mask causes *more problems* than it prevents. Optionally use double-stick tape under a mask's nose bridge to prevent eyeglass/sunglass fogging.
- ❖ Avoid touching your face (nose, eyes, mouth). Wearing gloves helps with this.
- ❖ Wash hands before and after play. Use hand sanitizer periodically between games.
- ❖ Limit physical proximity and time spent within 6' of others. This includes not congregating before/after play and arriving/departing the courts separately.

Choose safer players.

- ❖ The safest players are people living with you since you share basically the same risk.
- ❖ Play with fewer different people.
- ❖ Ensure people you play with are practicing strict safer-at-home guidelines.
- ❖ Play with people who have minimal contact with children or young people. The younger the individual, the more likely they are to not exhibit symptoms. 25% to 75% of all infected people are asymptomatic.
- ❖ Distribute these guidelines to other players *in advance* of getting together.
- ❖ Bring spare protection (masks, etc.) for players who might not have them.

Play healthy.

- ❖ *Stay home if you are recovering or ill!*
- ❖ If anyone in your house is sick with Covid-19-like symptoms, stop playing for 14 days.
- ❖ Do not underestimate this virus. Much is still unknown.

For questions or concerns, please contact info@oahupickleballassociation.org or 808 351-1567.