COVID-19 Operational Plan

This document provides requirements that FPC members must follow to play pickleball in Fredericton, New Brunswick, at facilities rented by FPC.

These requirements take into consideration the recommendations of pickleball governing bodies in Canada, namely Pickleball Canada which is the National Sports Organization (NSO) and Pickleball New Brunswick, which is the Provincial Sports Organization (PSO). This Operational Plan does not conflict with the current federal, provincial or local laws, recommendations or guidelines.

FPC members must sign-in the FPC register immediately after they enter any facility to play pickleball. They also must sign-out just before they exit that facility. A sign-in / sign-out sheet, Appendix A, or logbook will be provided by FPC. They also must answer 'No' to all the questions in the attached COVID-19 questionnaire, Appendix B. Log records will be kept for 3 months in case they are requested by Health Authorities.

By signing in you are agreeing to follow all the requirements in this document and that to the best of your knowledge you are not a risk to spreading the COVID-19 virus.

FPC members must also conform with all Facility Operational Plans of the facility rented by FPC.

FPC members must maintain social distancing of 6 feet at all times when you are in the facility, but you always play at your own risk.

Before You Play

- Sign-in and record date and time.
- Play only within your family and friends bubble.
- Do not play if you or your playing partner:
    - Exhibit any coronavirus symptoms, such as a fever, cough, sore throat, difficulty breathing, or other symptoms identified by health experts.
    - Have been in contact with someone with COVID-19 in the last 14 days.
    - Are considered vulnerable or at risk (elderly individuals with underlying health concerns, immunosuppressed persons, individuals suffering from serious health problems, notably high blood pressure, pulmonary diseases, diabetes, obesity and asthma).

Preparing To Play

- Wash your hands with disinfectant soap and water for at least 20 seconds, or use hand sanitizer, before going on a pickleball court.
- Use hand sanitizer before you play, between games and again when you complete play.
- Disinfect your paddle, pickleball and any water bottle that you touched before and after play, using a disinfectant provided by the facility.
- Do not share equipment with your playing partner or others.
- If you cough or sneeze, do so in a tissue or in your sleeve.
- Avoid touching door handles, gates, benches and all other objects where the virus could survive. If you touch something, make sure to wash your hands and disinfect the surface you have touched.

While Playing

- Keep a 6-foot distance from other players except for brief exchanges (referred to as incidental contact).
- Avoid all physical contact with other players. Do not click paddles or tap fists during or at the conclusion of a game.
- Avoid touching your face after touching a ball or paddle.
- Use only a sanitized ball and change to another freshly sanitized ball after each game.

After Playing

- Wash your hands carefully with water and disinfectant soap or with hand sanitizer.
- Do not use locker rooms or changing areas.
- Leave the court immediately after you finish playing.
- Sign-out and record the time beside your sign-in time just before you leave the facility.

Approved by the FPC Executive on June 5, 2020