



Pickleball Scotland Tier Level Play Advice



Pickleball Scotland – Tier Advice

GENERAL STATEMENTS

All of Scotland moved to Level 3 on 26th April, 2021. The Scottish Government has announced a provisional timeline for the further easing of restrictions, with a provisional date of 17th May for a move to Level 2, 7th June for Level 1 and late June for Level 0. This will only be confirmed based on the data.

This document is based on the latest guidance from sportscotland <https://sportscotland.org.uk/covid-19/latest-sport-and-physical-activity-guidance/> updated 29/04/2021. Advice may be subject to rapid change as the Scottish Government make ongoing announcements to manage the virus. We will revise and update this document accordingly. This document is advice based on current information but groups and individuals should make personal judgements about their own health and wellbeing.

Pickleball is a non-contact sport where participants are physically separated by playing rules.

VENUE

For indoor or outdoor play always consult your venue management to ensure you abide by the play policies they have in place and adhere strictly to their guidance. In addition, use the mitigation advice below.

TIER TRAVEL

If you live in a level 4 local authority area you should – avoid any unnecessary travel out of the area, keep journeys within the area to a minimum and follow Scottish Government advice for travelling safely. If you have to travel into or out of a Level 4 area it should only be for no contact

outdoor exercise within around 5 miles of your local authority area.

If you live in a level 3 local authority area you are able to travel anywhere in Scotland and the rest of the U.K.

If you live in a level 0,1 or 2 area in Scotland you should – minimize unnecessary journeys between areas in different levels, avoid any unnecessary travel to places in level 3 or level 4. If you have to travel into or out of a Level 4 area it should only be for non-contact outdoor exercise within around 5 miles of your local authority area. Participants aged 18+ should only travel locally (within around 5 miles of their local authority area) into or out of a level 3 area to take part in sport or physical activity outdoors.

Travel advice can be found at www.gov.scot in Publications – guidance on travel and transport. Always follow current travel advice.

SANITIZER

Each session of pickleball should have sufficient sanitizer available for hands and all equipment. The sanitizer should be used frequently e.g. at set-up, between games and for clean down at the end of a session. In addition, a supply of spare facemasks should be available for each pickleball session.

COVID-19 RESPONSIBLE PERSON

Each group should know who the Covid-19 responsible person is at the venue and they should facilitate the mitigation requirements for that group. In addition, the group may wish to appoint their own Covid Officer and that person can complete the E-Learning module provided by Sport Scotland. <https://sportscotland.org/media/5950/sportscotland-covid-officer.pdf>

Their role is to provide guidance on Covid mitigation advice and this document is a supporting document for mitigating risk upon return to indoor play. Overall mitigation is a group responsibility.

CHILDREN

Any groups with children under the age of 5 should include additional supervision to support physical distancing. Any disabled participants requiring carer support should utilize PPE measures to support the activity. There are no restrictions on play for children 11 years and under. For those 12 to 17 years, doubles play is permitted in all levels except level 4 where all indoor venues will be closed. Social distancing should be maintained before, during and after the activity.

COACHING

Coaching Outdoor - Coaches can take organized outdoor group training sessions with a maximum of 30 people involved at any one time. There are no restrictions on the number of households or extended households that a coach can instruct per day. Coaches and any others supporting the activity should attempt to remain physically distant where possible. Advice should be sought from the responsible Covid Officer to mitigate risk.

Coaching Indoor – Venue specific and follow Pickleball Scotland Indoor Mitigation advice.

Here is a sportscotland link for coaches <https://sportscotland.org.uk/covid-19/getting-coaches-ready-for-sport/>

EQUALITY AND INCLUSION

Equality and Inclusion – It is important that people are encouraged back to pickleball activity and we should encourage participation across all sections of society using a variety of communication methods. Manage access that suits a range of needs. Promote the benefits of pickleball for physical and mental health and wellbeing. Provide an environment that gives people confidence to return to pickleball.

Summary of Covid-19 pickleball restrictions in Scotland by level.

INDOOR PICKLEBALL

Type of Activity	Level 0	Level 1	Level 2	Level 3	Level 4
Social Play	Permitted Singles & Doubles Social contact limits apply	Permitted Singles & Doubles Social contact limits apply Doubles must maintain physical distancing	Permitted Singles & Doubles Social contact limits apply Doubles must maintain physical distancing	Permitted Singles & Doubles Social contact limits apply Doubles must maintain physical distancing	Not permitted Indoor courts closed
Group Coaching	Permitted Subject to coaching limits and court ratios	Permitted Subject to coaching limits and court ratios	Permitted Subject to coaching limits and court ratios	Not permitted for adult Permitted for U 18's	Not permitted Indoor courts closed
Competitions	Permitted	Permitted	Permitted	Permitted	Not permitted Indoor courts closed Not permitted Indoor courts closed
Spectating and Supervision	Spectating not allowed One parent/guardian supervision per player	Spectating not allowed One parent/guardian supervision per player	Spectating not allowed One parent/guardian supervision per player	Spectating not allowed One parent/guardian supervision per player	N/A
Travel for indoor exercise	Permitted	Permitted	Permitted	Permitted within Scotland and the UK	N/A
Socialising rules before and after play	Max 10 people from 4 households (public place)	Max 8 people from 3 households (public place)	Max 6 people from 3 households (public place)	Max 6 people from 2 households (public place)	N/A

OUTDOOR PICKLEBALL

Type of Activity	Level 0	Level 1	Level 2	Level 3	Level 4
Social Play	Permitted Singles & Doubles Social contact limits apply	Permitted Singles & Doubles Social contact limits apply	Permitted Singles & Doubles Social contact limits apply	Permitted Singles & Doubles Doubles must maintain physical distancing Social contact limits apply	Permitted Singles & Doubles Doubles must maintain physical distancing Social contact limits apply
Group Coaching activity and competitions	Permitted Max group size TBC-subject to field of play bubble limits	Permitted Max group size TBC-subject to field of play bubble limits	Permitted Max group size TBC-subject to field of play bubble limits	Permitted Max 30 participants Limit includes coaches	Permitted Max 30 for U12's Max 15 for adults/over 12's Limits include coaches
Spectating and Supervision	Spectating permitted (subject to restrictions) Parent/guardian supervision permitted	Spectating permitted (subject to restrictions) Parent/guardian supervision permitted	Spectating permitted (subject to restrictions) Parent/guardian supervision permitted	Spectating not allowed Parent/guardian supervision one per player	Spectating not allowed Parent/guardian supervision one per player
Socialising rules before and after play	Max 15 people from 15 households U12's do not count towards limits	Max 12 people from 12 households U12's do not count towards limits	Max 8 people from 8 households U12's do not count towards limits	Max 6 people from 6 households U12's do not count towards limits	Max 6 people from 6 households U12's do not count towards limits
Travel for outdoor exercise	Permitted	Permitted	Permitted	Permitted within Scotland and the UK	Permitted within mainland Scotland No overnight stays away from your local area
Physical distancing before and after play	Maintain	Maintain	Maintain	Maintain	Maintain

Guidance to mitigate risk around the virus when playing.



Deciding to play pickleball

- Do not travel to play pickleball if you are displaying any of the symptoms of the virus or have tested positive for Covid-19. In these circumstances you should self-isolate for 10 days and others in your household should stay home for 14 days. If your symptoms worsen or last for more than 10 days call 111. If you have a fever isolate for 48 hours after it ends.
- If you have tested positive for Covid-19 please advise your group organizer to ensure track and trace for other pickleball participants.

- Participants should wash their hands with soap and water for at least 20 seconds prior to leaving their home and bring their own sanitizer to the venue. There should be additional sanitizer at your group session.
- If travelling on public transport face coverings must be worn.
- If travelling in a car you can only be accompanied by someone from your own household.
- Arrive for the time you need to be at the venue and allow the previous session to clear prior to entering for your session.
- At all times avoid touching your face and if you sneeze or cough use a tissue or your upper sleeve. Dispose of the tissue in an appropriate bin at the venue or place in a plastic bag and take home for disposal. Wash or sanitize hands after any sneeze or cough.



Arriving at the Venue

- If in a car park facilitate social distancing.
- Wear a face covering when walking in public areas and when waiting to play.
- Maintain 2m social distancing guidelines at all times.
- Use venue hand sanitizer points as you enter the building. Minimise your touching of hard surfaces e.g. door handles.
- Sanitize hands when arriving at your pickleball play location.
- Use of public toilets should be avoided but if used always wash your hands and sanitize immediately upon return to the playing hall.
- Bags and drinks bottles should not be grouped together but located in socially distant areas.
- At all times comply with venue specific Covid-19 guidance.



Playing Pickleball

- Encourage participants to download the Protect Scotland App.
- Maintain a list of all people and their contact numbers attending each session. This can be used for track and trace purposes, a mandatory requirement.
- Try to make all court bookings online and collect and make payments through contactless methods wherever possible e.g. bank transfers.
- All paddles, nets and balls should be sanitized prior to play. Two participants from the same court should erect and sanitize their own net.
- Prior to and when off court maintain 2m social distancing and wear face coverings.
- Do not share equipment and sanitize hands and balls between games.
- Do not share food and drinks.

- There should not be any spectators at sessions other than those waiting to play (max 6 per court) at sessions.



Finishing Playing Pickleball

- Finish in time to take down and sanitize all equipment and hands.
- Leave the premises at the earliest possibility after your session.
- Wear face coverings in public areas and follow venue one-way systems if in place.
- Follow transport arrival guidance as you leave.
- Upon arrival home wash your hands in hot soapy water for at least 20 seconds.

These mitigations should be followed for every session and our advice will be updated as government policy dictates.

Disclaimer

Pickleball Scotland cannot be responsible for any loss or damage of any kind, which may arise from your use or reliance on this guidance note. Care has been taken over the accuracy of this note but Pickleball Scotland cannot guarantee that the information is up to date or reflects all legal requirements. We recommend that you obtain professional, technical or legal advice before taking, or refraining from, any action contained within this note.

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Version control

Date	Version	Reviewed / updated by
1/10/20	Covid Advice v1	Created M Adam
2/10/20	Covid Advice v1	Sportscotland -Chris Robison lead manager
8/10/20	Covid Advice v2	M Adam
3/11/20	Covid Advice v3	M Adam and N Mutrie
10/11/20	Covid Level Advice v4	M Adam
06/01/21	Covid Level Advice v5	M Adam
29/04/21	Covid Level Advice v6	M Adam and MaCadden