**Kendal and District Table Tennis League, Season 2020-21**

**Covid 19 - Rules for Safety at League Matches**

These rules should be followed by all clubs and players playing League or Cup matches or other events organised by the League. Breaches of these rules should be reported to the League General Secretary. It is suggested that each club produce their own set of rules and procedures, incorporating these rules as a minimum.

1. Before teams arrive, a designated person must wipe down with sanitiser the relevant door handles, tables, barriers, balls, seats etc.
2. Do not attend the venue if you have Covid symptoms, or have been in contact with anyone who has or is suspected of having Covid 19.
3. The room area for a three a side match shall be 55 sq m minimum. If two matches are played in one room, then each match requires 55 sq m.
4. Names and contact details of players shall be recorded, for the government’s Track and Trace system.
5. All players shall regularly wash or sanitise their hands.
6. Venues shall have good ventilation. Preferably doors and windows should be open.
7. Matches shall be played in bubbles of six persons or less. Consequently spectators are normally not allowed. Two or more bubbles of six are permitted, provided they each have 55 sq m and there is no mixing between bubbles.
8. 2m distancing shall be maintained at all times.
9. There will be no doubles.
10. Umpires shall be at least 1.5m from the table. Scoreboards shall not be used.
11. Facemasks shall be worn at all times (including by the umpire) unless playing.
12. Players shall bring their own refreshments.
13. Do not change ends during a match.
14. Do not shake hands or bump elbows.
15. Balls and tables shall be wiped down with sanitiser after each change of player at the table.