

# RETURNING TO TABLE TENNIS

## Intro – what will we cover in this session?

- Recent government announcement, where are we now
- Our five stage approach
- What is available to support clubs and leagues
- Guidance/advice and templates moving forward
- Results from the player survey
- Chance for discussion and questions



## Latest government announcement – what does it mean for TT

- No indoor table tennis activity to return on the 4<sup>th</sup> July
- Community Centres
- Lobbying on behalf of the sport
- Mid July



← Tweet



Oliver Dowden ✓  
@OliverDowden

GYMS

Many people keen to hit the gym & keeping Britain fit is key in Covid battle

We've made lots of progress & I know steps businesses have taken to make their spaces & equipment safe

Subject to public health, our aspiration is to reopen gyms & leisure facilities in mid-July

2:17 PM · Jun 23, 2020 from London, England · Twitter for iPhone

904 Retweets 1.4K Likes

# Five staged approach

## COVID 19: READY TO RETURN FIVE STAGE PROCESS

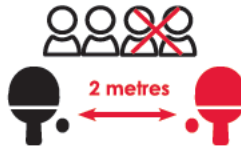


STAGE 1



### Play and exercise at home and limited outdoor play (where we are now)

- ✓ Playing at home with members of your household
- ✓ **Playing on outdoor tables -**
  - no more than two people at any one time on the same table
  - no sharing of equipment
  - observe social distancing guidelines at all time
- ✓ Online learning via video calls
- ✗ No indoors table tennis activity in clubs/leagues
- ✓ Some 121 coaching is permitted outdoors



Please see our website for up to date information

STAGE 2



### Limited club activity

- ✓ Some local club activity may be able to resume with restrictions in place, connected to hygiene, social distancing and space available
- ✓ 1-2-1/personal coaching may be able to return
- ! Competitive play is likely to be restricted to ensure minimum restrictions are met



STAGE 3



### Preparing for localised competition

- ✓ Local competitive opportunities may look to resume with certain restrictions in place
- ✓ Table Tennis England to provide some ideas for clubs and leagues to consider

STAGE 4

### Local competition resumption



- ✓ Local leagues to resume with restrictions, and some other competitions may look to resume
- ✓ Stage 2 restrictions may start to be lifted

STAGE 5

### Full play and spectating in place



- ✓ Club, league, community and competitive play resumes with no restrictions in place

From 1st June 2020



## Stage 1

- Practice and table tennis activity can take place at home with members of your household
- Cardio and exercise that can be done whilst meeting social distancing guidelines is encouraged
- Exercise in groups of six is now possible if meeting social distancing and hygiene guidelines
- Playing on outdoor tables if with members of their household or one other person only. No more than two people at any one time should be playing on the same table, unless with members of the same household
- One to one coaching is permitted outdoors. From June 1st, one to coaching with an under-18 or vulnerable adult can now take place if a parent/guardian/carer is present and maintains social distancing – [click here](#) to see the Sport England advice on this
- Online learning via video calls
- No table tennis activity in clubs/leagues and no one to one/private coaching sessions to run indoors



## Stage 1 – planning for the future

- **Club and Coach webinars**
- **Virtual movement and physical activity engagement**
  - Alan Cooke
  - TT Kidz after school Club
  - Bat and Chat Live
- **Funding support**
  - Sport England
  - Be TT
- **Online guidance and keeping in touch with members**
  - Zoom calls advice
  - Organising your AGM's online
  - Club finances and online banking
  - Clubspark
  - Template risk assessments
  - Hygiene and facility posters
  - Covid-19 Officer role description
  - Guidance for managing session numbers





## Stage 2

- Some local club activity may be able to resume with restrictions in place, connected to hygiene, social distancing and space available. Facility templates are currently being developed to help guide clubs and leagues on their own spaces
- One to one coaching indoors would likely be possible again
- Competitive play is likely to be restricted to ensure a healthy and injury free return for participants and to ensure minimum restrictions are met



## Stage 2 support

COVID 19 : READY TO RETURN

# STAGE 2 - RETURNING TO CLUB ACTIVITY



### Hygiene recommendations:



**Do not** come to the club if you are having **any symptoms** or have been in contact with someone who has tested positive for Covid-19

**No hand wiping on the table**



**Players to use their own bats and balls..**



**..and touch only their own ball**

Use different coloured balls or mark to differentiate between them



**Return opponent's ball by kicking it back or hitting back with racket**



**No handshaking/ slapping hands**



**No breathing on the ball to clean**



**Use hand sanitisers on entry and exit of venue, as well as pre, post and during training**



**Take responsibility for your own hygiene by bringing your own hand sanitisers**

**Wash hands regularly and before the start of any activity**

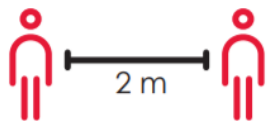




## Stage 2 support

### Spatial and facility usage recommendations:

Keep a distance of 2 metres from your training partner at all times

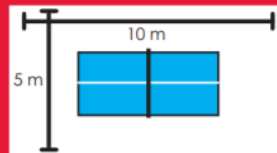


**Control number of participants using the facilities at any one time, by restricting session times and using a booking system**

Separate tables with partitions, barriers or nets



**Table areas should be a minimum of 5 metres by 10 metres**



Train with the same person throughout the session



**After play, wipe down your side of the table**



**Wait 10 mins before others use the table**

**!** When multi ball training the feeder should pick up all balls and the player and feeder stay a minimum of 2 metres apart at all times

**Do not change ends of the table between games**



Changing rooms and showers are not to be used



**Appoint a 'hygiene' officer to ensure guidelines are being followed**



### Injury and illness:



- ✓ Players are encouraged to not take part in match play and more vigorous exercise straight away, it is important to build up to match play and higher intensity play to prevent ill health and injury
- ✓ You should feel you are in the correct physical condition before considering a return to training and match play

## Table Tennis Club Venue Layout & Use Guidance under Covid-19



**Example: Small Clubroom**  
Session: 50+ (Bat & Chat) open practice

### General Principles

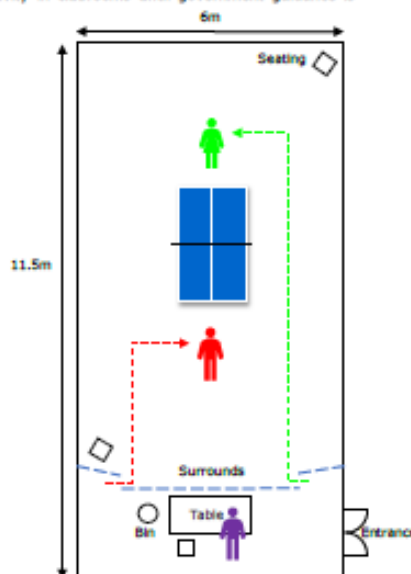
In line with our [5 stage process](#), Stage 2 – Limited Club Activity, clubs will need to consider the following measures to ensure club rooms are as safe to play in as possible by: reducing table numbers, the length of sessions, the number of players allowed into the venue at any one time and increasing playing fees to cover costs. The guidelines below are recommendations for when club play does resume and may need to be tailored to fit individual facility constraints, but as of the date below **we are still at stage 1**, clubs should not return to any table tennis activity in clubrooms until government guidance is

### Venue Set Up

- Court size 10x5m
- Designated walkways to courts → → ensuring 2m distancing
- Bags to be placed on a designated chair
- Table placed in between chairs for hand gel
- Organiser to wear gloves for setting up and wiping down the tables and chairs after the session
- Organiser to keep a register of players

### Social Distancing Measures

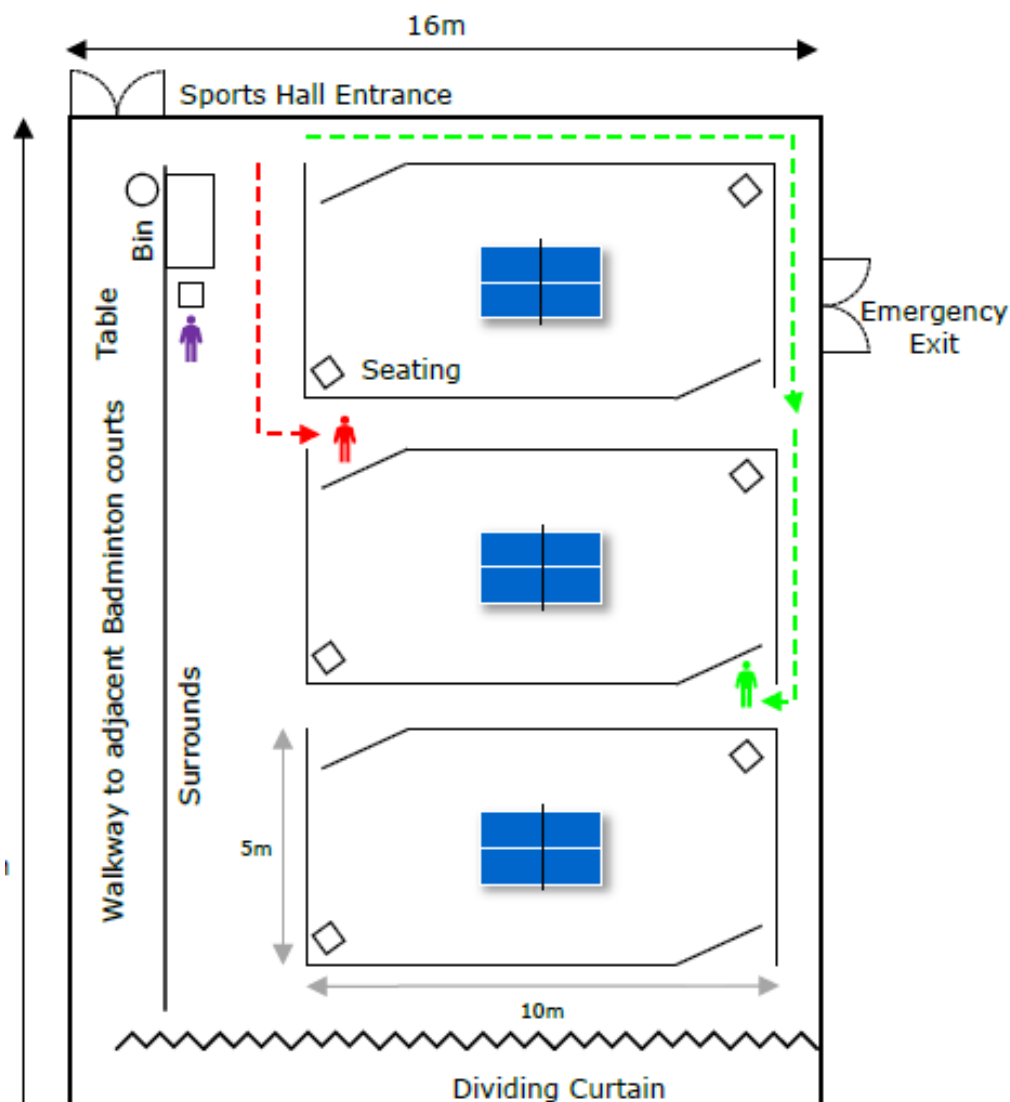
- Government social distancing measures to be followed at all times
- Players not to attend if they or any member of their family has shown symptoms of the virus
- No cash payments to be taken
- Players to agree in advance to follow guidance provided
- Players to stay 2m apart by staying in the court as much as possible
- Stay on one side of the court
- No handshaking, breathing on the ball or wiping hands on the table
- Towels and water bottles to always be kept in player bag
- 2 players and/or 1 organiser only
- Keep to the side of the hall when accessing the court
- Not to enter the venue until the previous group has left
- Bring own personal bat and TT balls
- Ensure TT balls are cleaned regularly
- Surrounds not to be handled by players
- Use of robot or multiball permitted, with ball collection by feeder using a net or tube
- No use of changing rooms or showers, except for toilets
- Players to use own hand gel each session

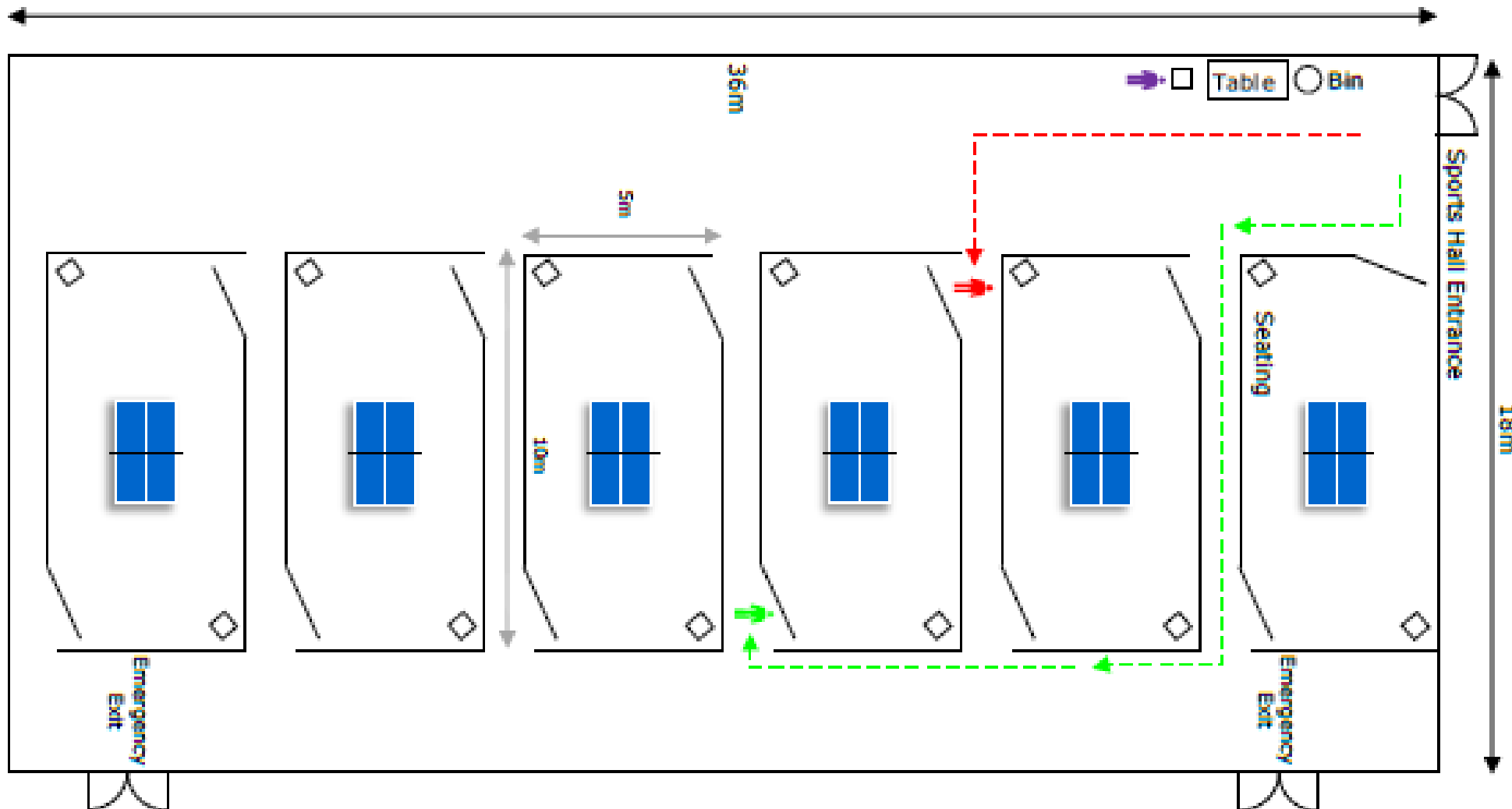


### Equipment requirements

- 1 Table Tennis table
- 1 Net and post set
- 4 Surrounds
- 3 Chairs, 1 Table, 1 Rubbish bin
- Hand Gel (back up)
- Cleaning spray (mild soapy water) and paper tissue roll for each table
- Each session to have an organiser to ensure social distancing measures are being observed, this may be a player

Issue: v3 24/06/20





## Stage 2 & 3 guidance – what is still to come

- Return to coaching advice
- Local league scenario planning
- Re-engaging members advice sheet
- Checklist for being ready to re-open – awaiting DCMS sign off
- Adaptation of TT Kidz activities



## What else do we know?

- Indoor facility guidance coming
- Limited information on mass gatherings
- Concerns with returning to school facilities have been raised
- Future funding



**SPORT+  
RECREATION  
ALLIANCE**

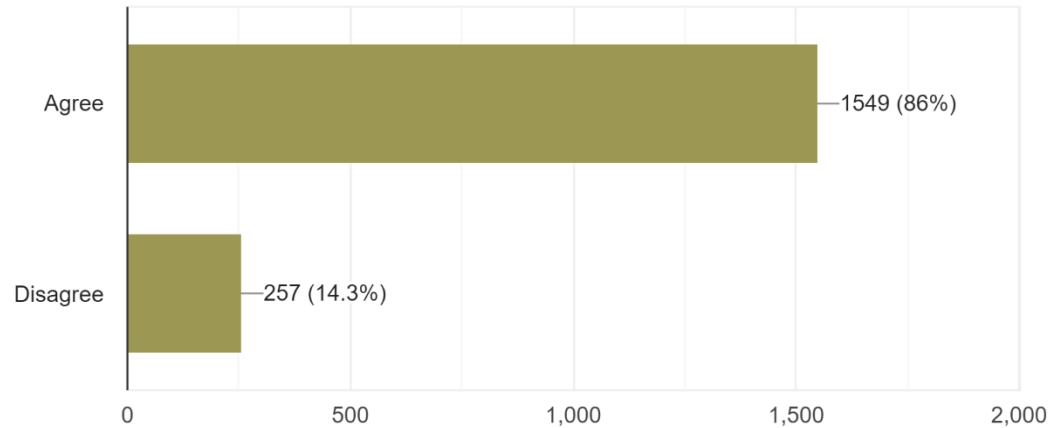




# Player survey results – physical and mental well-being

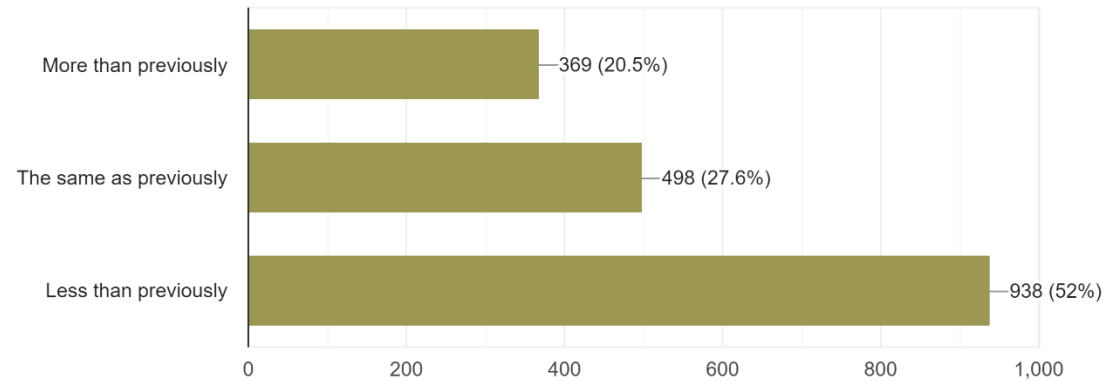
I have exercised to help manage my physical health during the outbreak

1,801 responses



I am exercising less/the same/more since the outbreak

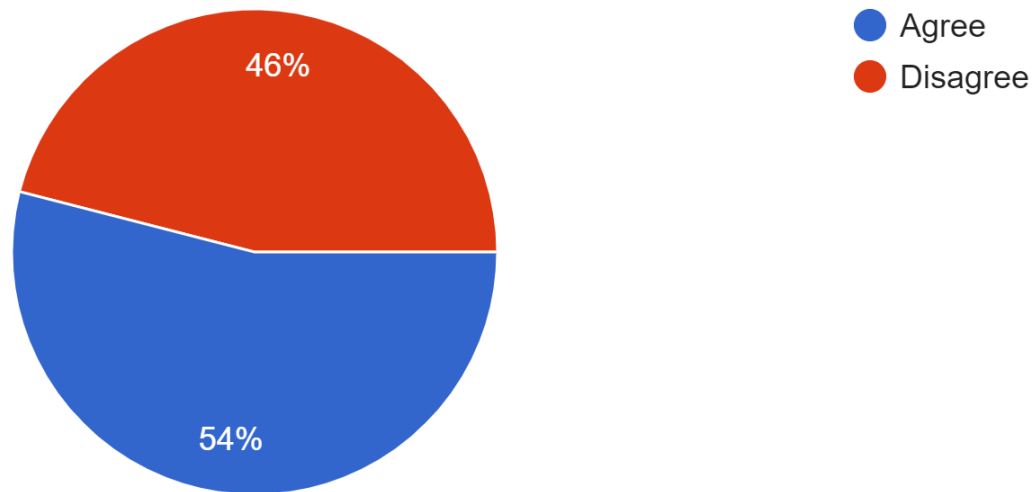
1,803 responses



## Player survey results – physical and mental well-being

Not playing table tennis has had a negative impact on my mental well-being

1,789 responses



## Player survey results – returning to table tennis

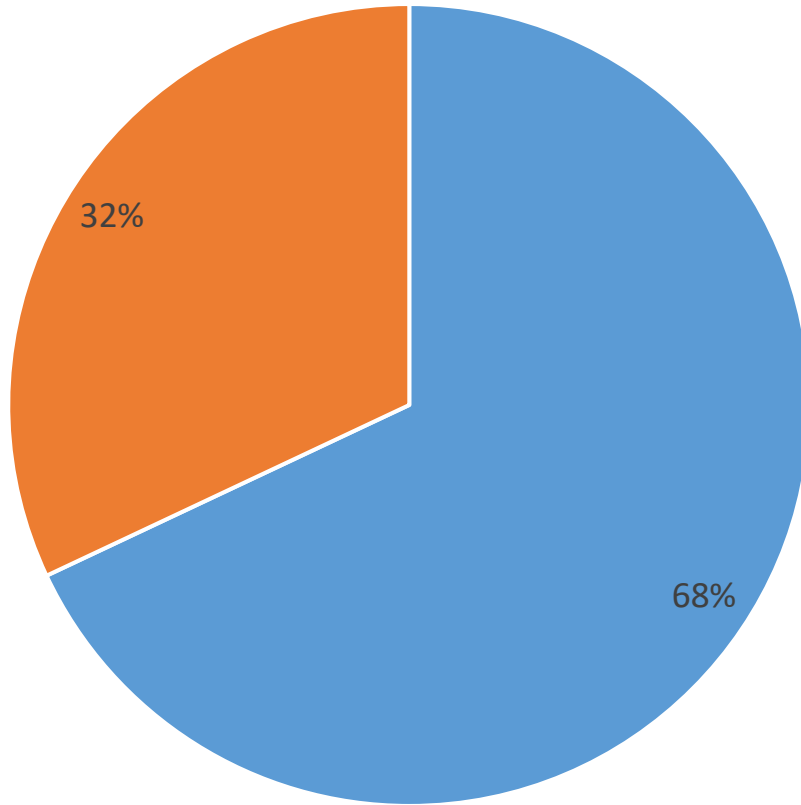
Which of the following statements do you most agree with.

|   |                  |
|---|------------------|
| I am eager to get back to playing table tennis and will do so as soon as government guidelines allow  | 46%              |
| I am likely to delay my return to play, irrespective of government guidance, until a later date when I have more confidence in the longer-term picture                              | 17%              |
| I am looking forward to playing table tennis but will only do so when the local league season starts again  | 16%              |
| I am desperate to get back to playing table tennis and would like to play more upon returning   | 8%               |
| I have underlying health conditions and/or I am in one of the governments high risk groups that mean I will not be able to return to table tennis until government guidelines allow | 7%               |
| I am looking forward to playing table tennis but have enjoyed more free time/have found other ways to keep active and it is likely I will play less table tennis when I return      | 4%               |
| I have not missed table tennis and it is unlikely I will return to playing  | 0.6% (10 people) |



## Player survey results – returning to table tennis

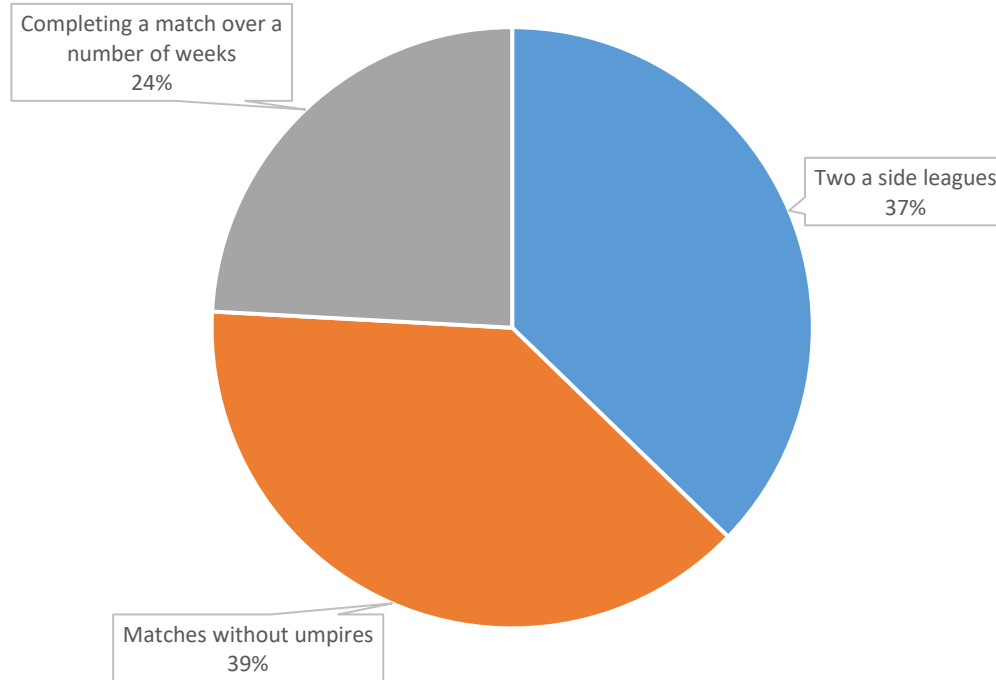
Which of the below statements most accurately describes your feelings about league table tennis?



- I would welcome a return to league table tennis utilising alternative competitive formats (if you tick this option, please answer the following question)
- I would only consider returning to league table tennis in the same format that we currently use

## Player survey results – returning to table tennis

If enabling the local league season to commence, meant adapting the way in which your league operate, what competitive formats would you consider (tick all that apply)?





## Player survey results – returning to table tennis

There may be volunteers and coaches that are unable to return immediately after club activity returns, would you be willing to volunteer/take on volunteer roles to help the sport come back?

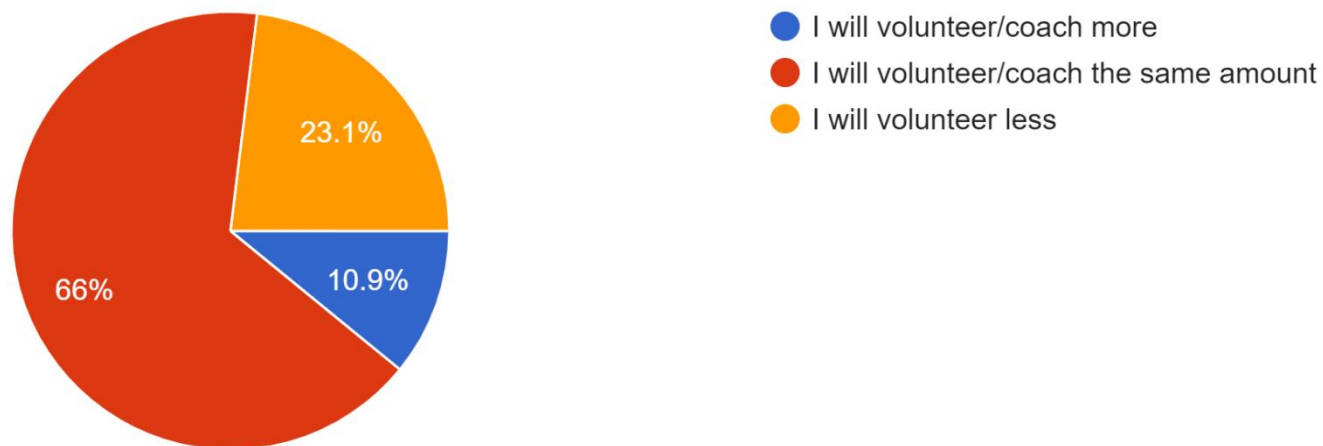
|   |                     |
|---|---------------------|
| I would not have the time to help out as a volunteer  | 28%                 |
| I will continue to volunteer as I have done previously  | 22%                 |
| I would not be able to volunteer currently due to other reasons   | 18%                 |
| I would be interested in helping out as a volunteer   | 11% (189 responses) |
| I would be interesting in helping ensure guidelines and recommendations set out are adhered to within my club or league | 10% (175 responses) |
| I would be interested in being more involved as a volunteer than I have done previously                                 | 6%                  |
| I have volunteered/coached before and I am not interested in doing this again   | 4%                  |
| I used to coach and would be interested in coming back to coaching  | 3%                  |



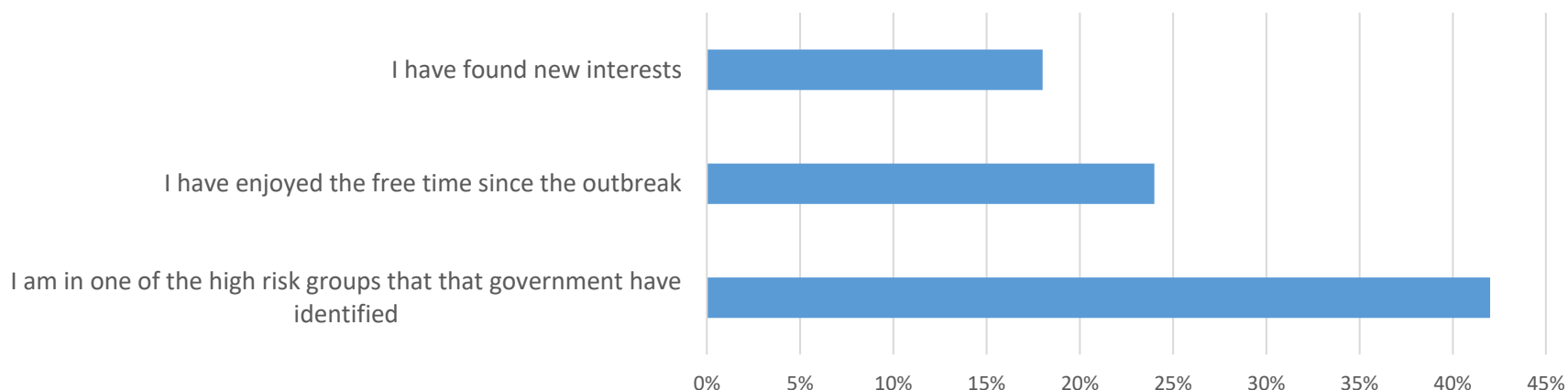
# Player survey results – volunteering/coaching

How do you think your volunteering/coaching will be affected following coronavirus?

1,184 responses



If you answered that you will volunteer less to the above question, what would be the reason for this?



# Player survey results – summary of text based responses



## Playing

- Massive split between those with no concerns about coming back and those that are extremely nervous about doing so
- Players are worried about infecting more vulnerable participants
- Concern for 50+/Bat and Chat sessions returning (many only play doubles also)
- Lots of people really missing the social aspect of the game and cant wait to get back

## Facilities

- Clubs and leagues worried about paying for hall hire costs with lower numbers
- Concerns about the availability of venues, even when indoor sport is allowed to open, particularly around school halls.

## Volunteering/coaching

- Clubs worried about volunteers in more vulnerable groups being able to return
- Requiring more volunteers to support additional sessions
- Coaches would like guidance on how they can safely restart junior coaching