



CITY OF ROCKVILLE RETURN TO PLAY – ADULT PICKLEBALL LEAGUES

The Department has adjusted its field permit guidelines during COVID-19. This document provides important details as to those changes and some league playing rules or protocol changes in response to the league survey.

- Please be vigilant in preventing the spread of the COVID-19 virus by practicing good hygiene as recommended by CDC guidelines. CDC guidelines can be found here: <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>
- Please stay home if you are experiencing any signs or symptoms of COVID-19 or if you have been exposed to someone who has had signs or symptoms of COVID-19. Please see CDC guidelines for specific COVID-19 symptoms.
- Players, please check your temperature prior to leaving for your scheduled game on a City of Rockville court. If your temperature is 100 degrees or higher, you are not permitted to participate in an activity on a City of Rockville court for a minimum of 14 days. You may, however, return sooner if you have a Doctor's note for return to play.
- As per the CDC: If you are immunocompromised, the best way to prevent COVID-19 is to avoid being exposed to the virus. We strongly urge you to consider the risk that you would be taking by participating in a practice or game on City of Rockville courts, as you will be putting your health at risk. Therefore, you may consider not participating in practices at this time.

The Centers for Disease Control and Prevention (CDC) offers general guidelines and recommendations for the public on how to limit the spread of COVID-19. They currently include:

- Clean and disinfect frequently touched surfaces and exercise equipment including balls.
- Thoroughly wash your hands with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer that contains at least 60% alcohol
- Wear a cloth face covering that covers your nose and mouth in public settings
- Stay at least 6-feet away from non-household members
- Cover mouth and nose with a tissue when coughing or sneezing
- Stay at home if you are sick

Adult Pickleball Leagues Re-Start Precautions:

- Maintain physical distance.
- Players are **required** to wear a mask or face covering at all times. But may remove them when physically active.
- Players are encouraged to bring lawn chairs to their match to maintain physical distance.
- Players must bring their own pickleball paddle.
- Recommend players sanitize hands between games. The City of Rockville will provide hand sanitizer during game play.

- Sanitize the game ball before each game. The City of Rockville will provide disinfectant whips during game play.
- Keep new balls in manufacture wrapper until needed for play.
- Teams arriving for their scheduled game should wait outside the gates until teams from previous game vacate the area. End of game, players must leave the court area immediately. Unless they plan to play during open playing time.
- No team/player handshakes, no team/player high fives, and no group gatherings between teams on the court. Try to keep social distancing between teams.
- **Arguing or not adhering to any City of Rockville distancing rules will result in a technical out for your team. If your team receives 3 technical outs during the course of a night for not adhering to distancing rules, your team will forfeit all games played that night.**

Source

[Centers for Disease Control \(CDC\)](#)

[National Council Youth Sports](#)

[USAPA](#)

[AARP](#)

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