



## **Indoor Racquetball and Pickleball Guidelines for COVID-19**

**The Prospect Heights Park District recommends using the United States Tennis Association's Guidelines**

### **Temperatures**

Take your temperature at home, if temperature is 100.4 degrees or above do not enter our facility.

### **Symptoms of COVID-19**

Do not enter our facility if you are currently exhibiting COVID-19 symptoms. Do not come to our facility if these symptoms are exhibited: fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting and/or diarrhea.

### **Exposure or diagnosis**

Do not enter our facility if exposed/diagnosed to COVID-19 until they have had no fever for at least 72 hours, other symptoms have improved, and at least 10 days have passed since their symptoms first appeared. If patron does contract COVID-19, they should remain isolated at home for a minimum of 10 days after symptom onset and can be released after feverless and feeling well (without fever-reducing medication) for at least 72 hours OR has 2 negative COVID-19 tests in a row, with testing done at least 24 hours apart.

### **Travel**

If you traveled to an area that has Level 3 Travel Health Notice (which means widespread & ongoing transmission) to COVID-19, do not come to our facility.

### **Procedures for entry**

Open the front door with the ADA button using your elbow or use a paper towel; most other doors will be propped open. If a door is not open use a paper towel to open it and dispose of the paper towel immediately.

Use hand sanitizer when entering the facility; hand sanitizing stations are located throughout the facility. Use foot and elbow to open/close doors when possible.

### **Preparing to play**

Any players with any symptoms of COVID-19, should not play.

Clean and wipe down your equipment, including racquets and water bottles. Do not share racquets or any other equipment such as wristbands, grips, hats and towels.

Wash your hands with soap and water (for 20 seconds or longer), or use a hand sanitizer if soap and water are not readily available, before going to the court.

Bring a full water bottle to avoid touching a tap or water fountain handle.

Arrive as close as possible to when you need to be there, no more than 10 minutes early.

Avoid touching surface areas.

### **When playing**

Do not make physical contact with other players (such as shaking hands or a high five).

Players shall maintain adequate physical distancing between each other whenever not directly involved in gameplay.

Avoid touching your face after handling a ball, racquet or other equipment.

If you need to sneeze or cough, do so into a tissue or upper sleeve.

Avoid sharing food, drinks or towels.

### **After playing**

Leave the court as soon as reasonably possible.

Wash your hands thoroughly or use a hand sanitizer after coming off the court.

No congregation after playing.

Do not use the locker room or changing area. Shower at home.

### **Balls**

Replace all balls if someone suspected to have COVID-19 comes in contact with them.

Use new balls on a very regular basis. Although there is no specific evidence that balls can spread COVID-19, we know that contamination by respiratory droplets does occur on hard surfaces; therefore players should be mindful of their contact with balls.

Consider spraying balls briefly with a disinfectant spray before (e.g., Lysol or Clorox) at the conclusion of play.

Server should use different color balls or mark the ball.

Encourage players to use their racquet/foot to push balls back and/or hit them to their opponent to avoid using hands and touching the balls.

### **Racquetball**

Racquetball reservations may be made one week in advance. One hour will be scheduled between reservations for disinfecting. The times of reservations are on the odd hours (7am, 9am, 11am, etc.)

### **Sanitizing**

Use hand sanitizer prior to entering restroom.

Thoroughly wash hands for 20 seconds prior to exiting restroom.

Restrooms and high touch areas are disinfected regularly throughout the day by the Park District.

**Signs of illness**

If you become ill, please leave the facility immediately, if this is not possible, please stay in the isolation room until picked up.

**Confirmed case of COVID-19**

Please report any confirmed cases to the Safety Coordinator at the Prospect Heights Park District, confidentiality will be maintained and CDC guidelines will be followed.

**Following Guidelines**

Patrons assume personal responsibility and should abide by set guidelines. If the above guidelines are not being followed it will lead to immediate expulsion with no refund.



## RESERVING RACQUETBALL COURTS

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The times of reservations are on the odd hours (7am, 9am, 11am, etc.)