



Pickleball Return to Play, online 'town hall' May 13, 2020 6 pm

Via a Zoom Meeting - My Notes

Duration 1 hour 15 minutes, 65 participants at peak, 30 + speakers

The following is based on a combination of my note taking and that of my two 'paid' assistants Rick Campbell and Helen Martin - my thanks to you both for helping.

Participating in the conversations were at least one Medical Doctor and two retired nurses.

My purpose in holding this gathering was to give those that could not fit in the Monday 1 pm session due to the volume (it maxed the system at 100 participants) affording additional voices and topics to be brought to the table for discussion and review. Hard decisions were not expected nor to be taken on any topic.

I will skip all procedural details, first listing the salient conversation topics without all the details, and then in more detail review my summarily remarks point by point.

- a. Is our Government serious? The RCMP have visited one pickleball site and issued warnings with respect to physical distancing violations
- b. Indications are that an 'own ball' practice is the norm in some places
- c. Partnering is a concern - those living alone, those whose family does not play pickleball - am I doomed to singles?
- d. We should be wearing gloves
- e. We should be wearing masks
- f. Re physical distancing or other violations - do WE need to be the police?
- g. Maybe we should wear face shields
- h. How do we organize play time times?
- i. What will happen during non-club court times?
- j. Interaction between tennis and pickleball on shared use courts?
- k. What is location xxx doing?
- l. Who do I contact to see if play is open and how may I join?

Of course many of these items generated much conversation as expected.



When the input waned and the time reached one hour I reviewed and summarized MY opinions which I base on discussions with 3 Doctors and two nurses with significant experience. My summary followed for the most part the chronology of the conversations. Given two extra minutes to organize I would have reordered my summary - I have taken those minutes to expand on the comments I made during the meeting, they are as follows.

If you listen to Dr Henry she repeatedly says - physical distance and keep clean - those are the two key elements. To ensure these are being done a *management* plan is needed whether it just happens or you think it though consciously (the better way of course).

Physical Distancing

This was initially 6 feet from everyone except people in your normal household. There is relaxation coming to enable you to expand that close circle to as many as 6 people. One still needs to be cognizant of the 6 foot practice and the large crowd scenario even if 6 feet distances are maintained.

Managing pickleball physical distancing

STAY HOME if you have any symptoms or a known potential risk factor.

This would mean considering NO drop in to play, all play to be scheduled ahead. Come to the courts 5 minutes before your time, leave the court area right after your play time is over.

Can we play doubles - if partnering with a household member or someone in your newly expanded 6 person circle. Limit your circle, know them well (habits etc), record who they are. Partner only with that person. Record all your opponents - contact tracing reasons.

Review your poaching habits and whose ball is that practice. No paddle or fist bumping at game end - a nice wave from 6+ feet.

Cleanliness Issues

We are addressing outdoor play - the corona virus is quite quickly killed by UV light, light that is omnipresent even during cloudy days - outside. This is to our significant advantage.

PPE - when applied or handled improperly can be more problematic than not using such equipment. Medical personnel are trained and monitored for proper use, proper fit, proper removal and proper disposal of all PPE. We are not and are most likely to be setting ourselves up for false or minimal protection.

Do I wear a glove - I may not get my hand contaminated but the glove may get contaminated. Will I remember to not wipe my nose or brow with the gloved hand - logic at the moment - it is not my hand it must be OK, and it is not OK. Do I know how and will I take it off properly? If you do not then it was useless.



A mask - accumulates contamination on the inside or the outside or both? Now what? What happens when I want a drink? Or I use my hand, with glove or not, to scratch my chin through my mask - what is happening to any contamination?

Face shields - I could go through the same logistics and net benefit analysis.

Nearly all PPE instills a false sense of security, a bravado, and a potential dangerous outcome without the user realizing it.

One ball vs. two or my own ball? If we play 'own ball' what happens. You serve your nice ball, I return a ground stroke back, with my potentially contaminated paddle (it is mid game), you return it with your potentially contaminated paddle, I pop one up to your face and you smash it, just beside your right ear. Where are those contaminants going - other than in your face? Did your own ball help you?

What do we do? Here is where cleaning your equipment at reasonable intervals comes in, to reduce the accumulation of contaminants. At least between or after each game cleanse the ball, your paddles and your hands. Alcohol maybe awkward to manage, bleach even in low concentrations is problematic - how about soap and water like when you wash your hands normally. This may involve a couple buckets - one just water for rinsing.

Managing Cleanliness

Play outdoors, start in a clean environment, take advantage of the UV light (but also wear sunscreen because of the UV light)

Keep your hands AWAY from your face. WASH your hands and equipment/paddle often. How many times have we heard Dr Henry say 'wash your hands'.

Other concerns / issues

Who do I contact to ascertain local guidelines, rules, conditions etc ? If you live in a 'Club' community - contact them. Even if they have declared 'no season' I expect they will be aware and helpful. If you are from other areas - email info@pickleballbc.ca

What if people are violating all or some good practice habits or PHO orders? First maintain your distance for your safety. Talk to them, carefully. Consider reporting them - it may be your safety they are jeopardizing.

Finally

As far as possible make your own informed and logical decisions, obey all PHO and Government directives, and be prepared to not play if the conditions are not right.



If a circumstance *requires* you to follow what may be a dubious practice - consider if you can or should while mitigating the risks that practice may introduce - example - if you must wear a glove by local order - be extra careful when wearing it to NOT touch your face, make sure you can and do remove and dispose of it properly etc. We may need to protect ourselves against the protection.