

# St Georges Table Tennis Club

## COVID-19: Policy- Safe Operating Procedure

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## Introduction

During the COVID-19 pandemic, whilst playing and using the church hall we will need to ensure we are protecting ourselves, others that use the facility and minimise the risk of spread of infection.

Our guidance is intended to introduce consistent measures that can be adopted in line with the Government's and Table Tennis England recommendations on safe playing

## Responsibilities

The club committee will be responsible for ensuring that all necessary measures are undertaken. The Practice Coordinator at each practice section will be responsible for ensuring best COVID procedures are maintained, as will all members attending practices.

If there are any concerns, please ensure these are raised immediately with David Oates 01223 262125. Which if needed will be raised with the committee

## Those at risk

Anyone who meets the following criteria should not come to practices: -

- Those who have been caring for those with symptoms of the virus.
- Those required to shield due to a localised lockdown.
- Those self-isolating (10 Days)

Those who are clinically extremely vulnerable may practice, provided that they adhere to the requirements of the club.

## Self-Isolation

Players who have symptoms of COVID-19 however mild, should self-isolate.

- a high temperature,
- new and persistent cough
- or have changes to their taste and smell

Members should ensure that they get tested. This can be requested through the government's website.

Members who have tested positive for COVID-19 must self-isolate for at least 10 days starting from the day the test was taken.

Those who need to isolate due to being a close contact must isolate for 10 days in line with the NHS Track and trace scheme. Evidence of your notification may be requested.

Those who are being tested, without symptoms must also isolate until a test proves negative.

## Track and Trace

As a club we need to ensure we can if needed inform others if a member does test positive. As members we have your contact details and will use these if we need to get in touch with you.

If you have ordered a test, you will be asked by the NHS Test and Trace service to provide details of anyone who you have been in close contact with. This will not automatically be all other players, but those who meet the definition of a close contact.

A close 'contact' is a person who has been close to someone who has tested positive for COVID-19 anytime from 2 days before the person was symptomatic up to 7 days after.

Close contacts are:

- has had face-to-face contact (within one metre), including:
  - being coughed on
  - having skin-to-skin physical contact, or
  - contact within one metre for one minute
- has been within 2 metres of someone who has tested positive for COVID-19 for more than 15 minutes
- has travelled in a vehicle with them.

Personal protective equipment does not mitigate members from being classed as a close contact.

## Managing an unwell member

If a player develops symptoms, they should:

- Return home immediately
- Avoid touching anything
- Cough or sneeze into a tissue and put it in a bin, or if they do not have tissues, cough, and sneeze into the crook of their elbow.
- Follow the guidance on self-isolation
- Ensure the areas they have been in are cleaned.

## General Principles

Going forward, to prevent transmission and ensure we comply with the governments guidelines we will

- Encourage good hygiene practices.
- The Church Hall will be divided in two and the wooden screen used to separate the two playing areas.
- Both areas restricted to 6 players, no watchers, or visitors.
- Time slots will be book via [Google Forms](#)

- Hall setup will entail -Table setup and clean.
- Chairs that have been used will be cleaned at the beginning and end of practices.
- On entering the hall all possible touch points will be sanitised.
- Tables will be cleaned at the end of practices with soapy water after all play has finished
- All practice sessions will be booked
- Bats and balls can also be wiped with soapy water at the end of practice or matches.
- We do not recommend sanitiser for table, ball, or bat rubber cleaning.
- PPE will not be needed whilst attending. Mask can be worn when watching if members wish.
- We suggest headbands are worn by those that sweat a lot and sweat is wipe off the table ASAP with soapy water.

## Cleaning & Disinfection

At the beginning and end of practice attention will be paid particularly in communal areas, to cleaning the following

- Taps and washing facilities
- Disabled Toilet flush and seats (other toilets will not be used) please restrict their use.
- Door handles and push plates if doors cannot be wedged open
- Telephone equipment, including mobiles. Especially if used when/after practising.

# COVID-19: Safe Operating Guidance

## Cleaning after a suspected case

All surfaces that a symptomatic person has touched and possibly contaminated must be cleaned and disinfected as well.

We will make available:

- Disposable cloths,
- paper roll and disposable mop heads, to clean and disinfect all hard surfaces. (Us or Church???)

Surfaces will be disinfected using one of the options below:

- 70% alcohol surface wipes/sprays
- Use antibacterial wipes and sprays.
- solutions containing 62% to 71% ethanol alcohol, 0.5% hydrogen peroxide, or 0.1% sodium hypochlorite.

## Site Access Points

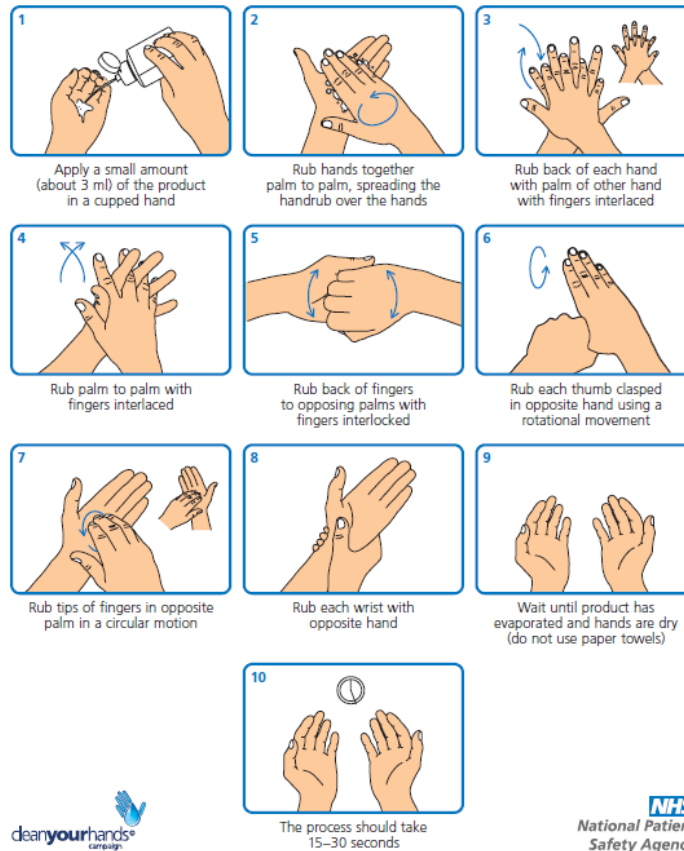
In order to prevent cross contamination and encourage social distancing at access points we will

- Require all persons to wash or clean their hands with sanitiser before entering or leaving the hall. Sanitiser will be made available.
- Introduce one-way into the two practice areas so members do not pass through each area to get to another.

## Hand Washing & Sanitizing

Handwashing is a major control in reducing the spread of virus. Where this is not possible sanitiser must be used.

## Alcohol handrub hand hygiene technique – for visibly clean hands



### Toilet Facilities

Toilet touch points will be sanitised before practice starts and at the end of the evening, by using wipes. Used wipes will be collected and disposed in the external bins?

### Emergencies

#### Fire

In the event of an emergency such as a fire, social distancing does not need to be adhered to until members have reached a place of ultimate safety.

#### First Aid

If need be the Session organiser will coordinate any first aid issue.