



PICKLEBALL

Beginning Monday, July 13th, 2020

IMPORTANT: Individuals participating in programs and classes at LSCO **should get tested if you have any COVID-19 symptom.**

If you have any these symptoms you are legally required to isolate for at least 10 days from the start of your symptoms or until they resolve, whichever is longer:

- Fever
- Cough (new cough or worsening chronic cough)
- Shortness of breath or difficulty breathing (new or worsening)
- Runny nose
- Sore throat

If you have any of these other symptoms, stay home and minimize your contact with others until your symptoms resolve:

- Chills
- Painful swallowing
- Stuffy nose
- Headache
- Muscle or joint aches
- Feeling unwell, fatigue or severe exhaustion
- Gastrointestinal symptoms (nausea, vomiting, diarrhea or unexplained loss of appetite)
- Loss of sense of smell or taste
- Conjunctivitis, commonly known as pink eye

Monitor your health and call Health Link 811 if you have questions or concerns. Call 911 immediately if experiencing severe symptoms of COVID-19, including difficulty breathing, severe chest pain, feelings of confusion or loss of consciousness.

Note: As we move forward we realize changes may be required. Thank you for being patient as we work through to make Pickleball at LSCO enjoyable for all involved!

IMPORTANT

1. If you were a member in good standing prior to March 13th your LSCO membership and 12 Month Pickleball membership will be extended to reflect the number of weeks LSCO was closed and when Pickleball play starts. Please speak to a staff member at the Administration Desk.
2. In order to play Pickleball at LSCO you must be a member of LSCO and have paid the Monthly Fee as a member or Non-Member.
3. LSCO will **NOT** be accepting drop in play for Non-Members of LSCO at this time.
4. Keep reading this document for information on booking courts.

ENTERING LSCO

All players must register at the sign in computers prior to entering the gymnasium

THINGS TO KNOW

- Refrain from wearing scented creams, perfumes, colognes and the likes to prevent sneezing and coughing by those that may be sensitive.
- Please do not arrive more than 10 minutes prior to the start of your time as you may not have access to the room/gym until just beforehand.
- Only registered participants allowed in the gym at their scheduled times.
- Staff/Volunteer will let you know when you can enter the room.
- Ensure cohort play.
- Please refrain from wandering in the gym.
- At the end of your scheduled time please gather your belongings and exit so that the gym can be cleaned for the next program.
- **Masks are not mandatory** at LSCO but you are welcome to wear them.
- Physical distancing (6') is to be maintained by members at all times **when not engaging in team play**. If those not participating in physical activity are unable to maintain safe physical distancing, masks should be worn. Distancing exceptions are made for individuals who are from the same household.

PREPARING TO PLAY

- Wash your hands with a disinfectant 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.
- Clean and wipe down your equipment, including paddles and water bottles. Do not share paddles or any other equipment such as wristbands, grips and towels.
- Bring your own full water bottle (water fountains are not available at this time), sanitizer and/or cleaning wipes.
- Bring tissues or a handkerchief for contained sneezing and coughing or consider wearing a mask.
- Consider taking extra precautions such as wearing gloves. There is a lot of mixed opinion on the value of wearing gloves. The one area of consensus is if you wear a glove, especially on your free hand, you may be reminded to NOT TOUCH YOUR FACE.
- Avoid touching other people's personal equipment.
- Arrive as close as possible to when you need to be there.

PLAY TIME

- **Please wear indoor court shoes.** Small Day Lockers are available outside the gym. Bring your own lock.
- Change rooms are available. Please social distance or wear a mask if not possible.
- Claim a spot on the bench as your spot to perch when not playing and place your water bottle, paddle, etc. directly underneath the bench. Chairs available if needed.
- Balls will be supplied by LSCO. Each member will take a ball at the beginning of play, sanitize it and use it for the duration of play. Return the ball to the used ball container at the end of play. Balls will be sanitized prior to being used again.
- Even if wearing gloves, use your paddle/foot to pick up other player's balls.
- You **MUST** bring your own sanitizer, use it often, especially after each match.
- **NO** paddle tapping during or after a match. **DO NOT** approach the kitchen/net at the conclusion of a match.
- Play will be organized by using the standard play rotation of 2 out, 2 in. When a game ends the winners stay on and split up. The second place finishers come off the court and those on a bye will fill in. Winners only stay on for two consecutive games and then come off.

AFTER PLAYING

- Leave the gym as soon as reasonably possible after play so that the gym can be cleaned for the next user group.
- Wash your hands thoroughly or use a hand sanitizer.

PLEASE NOTE:

- Players or volunteers ***who become symptomatic*** are required to be isolated from others and must return home immediately. Suspension or cancellation may occur and all equipment and surfaces that may have come into contact with the symptomatic participant should be cleaned and hands sanitized.
- In the event that a participant requires ***basic first aid***, a family member OR staff member should attend to the injured. If not possible, the first aider should use appropriate personal protective equipment, including a mask and gloves. LSCO has items available.

BOOK YOUR COURT TIME

1. Court Booking procedure is through [SignUpGenius](#) - LSCO Administrative Desk staff will ensure that the email address you have on file at LSCO (or the one with which you register for the month) is added to the SignUpGenius approved group list. If you have any issues booking a time slot, please send an email to: lscopickleball@gmail.com
2. If you are unable to play after booking please remove your name.

FEES

Members: \$20/month; \$180/year (July/2020 \$10)

Non Members: \$45/month (July/2020 \$22.50)

Gym 1 Court Times July & August

Mondays

8:00 – 10:30 am Skill Level: 3.0 & above
1:15 – 3:30 pm Skill Level: Mixed

Tuesdays

10:30 am – 12:30 pm Skill Level: 3.5 & above
1:15 – 3:30 pm Skill Level: 1.5 to 3.0

Wednesdays

7:30 – 9:30 am Skill Level: 3.0 & above
1:15 – 3:30 pm Skill Level: Mixed

Thursdays

8:00 – 9:30 am Skill Level: 3.0 & above
1:15 – 3:30 pm Skill Level: 1.5 to 3.0

Fridays

8:00 – 10:30 am Skill Level: 3.0 & above
1:15 – 3:30 pm Skill Level: Mixed

Skill levels can be determined by consulting the criteria used by the International Pickleball Teaching Professional Association (IPTPA).

SEE: <https://iptpa.com/iptpa-rating-skills-assessment/>

See you on the courts!

Special thanks to Maxine Tedesco and Rhonda McInnes in assisting in the re-launching of Indoor Pickleball at LSCO.