

**Lyndhurst Community Centre**  
**Table tennis – Covid-19 Guidelines**  
**3<sup>rd</sup> September 2020**

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**The following guidance notes have been formulated  
using Table Tennis England recommendations.**

### **Dear table tennis player**

We hope that you are well and looking forward to playing table tennis once again. Please read the following guidelines which have been prepared to safeguard everyone's health and safety whilst playing table tennis.

#### **Pre-Activity**

1. Table tennis will recommence on Monday 14 September and Friday 18 September 2020.
2. Sessions will need to be booked using the following link: <https://lyndhurstcomm.org/table-tennis/> Alternatively go to [www.lyndhurstcomm.org](http://www.lyndhurstcomm.org) and click 'table tennis relaunched' on the Events tab at the top of the home page.
3. Session times will be:  
Mondays: 6pm-7.30pm & 7.45pm-9.15pm  
Fridays: 1pm-2.30pm & 2.45pm-4.15pm

A maximum of 12 players are permitted each session and can be booked one week in advance.

4. Please bring a bat (if owned), a face covering, hand sanitiser, and a water bottle.
5. Please turn up promptly, no more than 5 minutes before your session start time and depart promptly afterwards.

#### **Hygiene**

1. Please wear a face covering when entering the Centre, which may be removed once inside the Linden Hall. Please put your face covering on again once outside the Linden Hall.
2. Sanitise your hands using the supplied dispenser located on the table as you enter the Linden Hall.
3. Pay your admission fee of £3 (please bring exact amount).
4. Find a vacant chair and place your belongings on it. This will be your chair for the session.

5. It is strongly recommended that you sanitise your hands at the end of every game.
6. If you need the toilet, please wear your face covering as you enter the corridor. A one-in, one-out policy is being deployed for the toilets so that only one person is in the toilet at any time. On entering the toilet, ensure that you lock the door behind you. A wall-mounted mirror above the staircase will enable you to see if anyone is waiting for the toilet. Please maintain 2-metre social distancing at all times. Please adhere to the directional arrows when using the staircase.
7. Windows and doors (weather permitting) will be open to facilitate through-air ventilation.

### **During Activity**

1. Single matches only will be played.
2. A 'Bubble' will comprise 2 tables and up to 6 players, with 4 players playing and 2 players sat out waiting to play.
3. Games will last for ten minutes, at which time a whistle will be blown to signify the end. Please leave the tables immediately, in an anti-clockwise direction and deposit your table tennis ball into the "Used ball" container. Await your further playing instructions and take a table tennis ball from the "Clean ball" container.
4. Beware of loose balls in your vicinity. DO NOT retrieve your ball if it will put you less than 2 metres away from another player. If returning a ball to the other table, use your foot.
5. There should be NO handshakes, Hi-Fives or elbow touching between players.
6. All players are asked to depart promptly at the end of their session to avoid congestion.

**Thank you for your co-operation with following these guidelines.**