

PLAY SAFE, STAY SAFE

INTERNATIONAL TABLE TENNIS FEDERATION



PERSONAL HYGIENE



Wash your hands regularly, especially when handling equipment. Refrain from touching your face.



Wear a mask when in public and change your mask regularly as needed.

Don't shake hands with other players and participants; try a friendly nod or wave instead!



Practice proper respiratory hygiene - this means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze, and disposing of the used tissue immediately and washing your hands.

AT A VENUE / TRAINING



Hand sanitizer has to be provided in all training halls, playing venues, etc. Sanitize hands regularly. Players should use their own balls and bottles.

Maintain a 2 metre (6 feet 5 inches) distance from other individuals.



Don't change table ends and refrain from wiping hands on the table top. Ensure tables are well-distanced apart.

A wet disinfectant mat should be placed at the entrance of the venue to facilitate sanitizing of shoes.



It is recommended in the initial stages to not play doubles, until further notice.

Implement a multi-ball system such that only one individual touches all the table tennis balls with their hands.



Ventilation of rooms (offices, changing rooms, hallways, etc.) is required every 2 hours or before the change of groups of people in any room.



Wait 10 minutes before using a table that was previously in use before. Tables should be cleaned prior to every use.

IF UNWELL



Stay at home if unwell and self-isolate for the necessary duration.



Participants must have exhibited no symptoms of COVID-19 in the past 14 days. Where possible, participants should be present at the training venue 14 days prior to group training and refrain from extensive traveling to reduce risk of introducing infection to the group.