



Return to Table Tennis Framework

It should be noted that, by its nature, table tennis activity, in normal usage circumstances, promotes and facilitates social distancing, due to the automatic distance from other players which normal playing activity demands. Participants are separated from each other by a minimum 2.74 metre distance, being the length of a table tennis table. Given the personal spacing involved, table tennis is a low risk activity when guidelines are correctly followed. Table tennis is not a contact sport and does not by default require large group activity.

Please see below a summary of how each Level should operate:

- **Level 1**
 - Training can take place with protective measures and in line with restrictions for indoor facilities of 50 participants
 - Competition can take place with protective measures and in line with restrictions for indoor facilities. A max of 100 participants can be in attendance
- **Level 2**
 - Training can take place with protective measures in Pods of up to 6 participants (see note below on “Pod System”) and in line with restrictions for indoor facilities of 50 participants
 - Multiple Pods can be training at the same time depending on the size of area available
 - Competition can take place with protective measures and in line with restrictions for indoor facilities. A max of 50 participants can be in attendance
- **Level 3**
 - Training can take place with protective measures “Individually only, no exercise or dance classes” (See note below on “Individually”) and in line with restrictions for indoor facilities of 50 participants
 - The Pods system is **NOT** permitted
 - Competition can **NOT** take place
- **Level 4**
 - Training can take place with protective measures “Individually only, no exercise or dance classes” (See note below on “Individually”) and in line with restrictions for indoor facilities of 50 participants
 - The Pods system is **NOT** permitted
 - Competition can **NOT** take place
- **Level 5**
 - Training can take place with protective measures “Individually only, no exercise or dance classes” (See note below on “Individually”)
 - Competition can **NOT** take place

Pod System:

- Training can take place in Pods of up to 6 participants
- The number of Pods in an indoor facility will depend on the overall size of space available and observing social distancing of 2M between Pods
- If training is taking place multiple times per week, it would be advisable for participants to stay within the same Pod for each session.
- The coach should not move freely between Pods but rather oversee the activity of the Pods.



- A coach or instructor may oversee more than one Pod and should be counted in the overall numbers.

Individually:

- Training can take place with protective measures and one participant at each end of a table
- Participants should not change ends of table during training