



Return to Table Tennis Framework

In all cases, space and activity should be managed in accordance with the TTI 'Return to Play' Protocols, which has been ratified by Sport Ireland and the COVID-19 Expert Medical Group. It provides additional detail on cleaning, spacing and facility requirements. As previously advised, TTI guidelines and protocol documents are intended as working documents to facilitate return to play for those players whose health circumstances and demographic places them at low risk of infection. It should be noted that local circumstances and conditions regarding higher dangers of levels of contagion and transmission may be such as to indicate a longer suspension of activity within certain localities and groups, according to those specific circumstances.

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) 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" (see note below) 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" (see note below) 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" (see note below)
 - Competition can **NOT** take place



Pod System (as per the Return to Sport Expert Medical Group guidance):

- Training can take place in Pods of up to 6 participants
- A pod is made up of an individual or individuals engaging in physically distanced, non-contact activity, in a pre-defined area, within a controlled environment and without the sharing of equipment
- 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 only (as per the Return to Sport Expert Medical Group guidance):

- This concept can be defined as *“Individual, physically distanced, non-contact activity, completed in a pre-defined area, within a controlled environment and without the sharing of equipment”*
- 2m social distancing is to be maintained at all times
- “Equipment” refers to items such as bats, balls etc.
- “Controlled environment” relates to club training area

Indoor One to One Training (as per the Return to Sport Expert Medical Group guidance):

In the event of one to one training between a participant and instructor/coach, the following additional items to those outlined above should also be implemented.

- Any demonstration of equipment or technique should ensure that a minimum of 2m social distancing is maintained.
- Individual equipment should not be shared.
- In the case of fixed equipment, cleaning of such equipment must be completed immediately after demonstration and before the individual participant uses.
- There should be no hands-on adjustments or physical contact during training sessions.
- Coaches and trainers are asked to refer to the HSE guidance on wearing of face coverings, which is available on the link below

<https://www2.hse.ie/conditions/coronavirus/face-coverings-masks-and-covid-19/when-to-wear.html>

Clubs and individuals should be aware that they may be subject to additional local, travel or jurisdictional restrictions.