

GRADED RETURN TO PLAY ROADMAP

1. Introduction

The worldwide COVID-19 pandemic has led to drastic changes in our lives and wider society. Sporting venues across the world have closed for training and competition and the International Table Tennis Federation suspended all international activity.

We are continuously monitoring and evaluating the Welsh Government guidelines and are collaborating with other National Governing Bodies, Sport Wales and the Welsh Sports Association to identify how these changes will affect our sport. The Welsh Government guidelines are changing regularly, and in consideration of this Table Tennis Wales has developed a roadmap for returning to the table.

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| Lockdown | Playing with family members | No travel | 2m distancing |
| Red Phase 1 | Playing with family members | Playing outdoors with one person from another household | 2m distancing |
| Amber Phase 2 | Venues open | Coaching in small groups | Travel permitted |
| Green Phase 3 | Clubs open | Officiating and competitions | Coach education |

2. Guiding Principles

At the heart of any guidance that Table Tennis Wales distributes is the safety and wellbeing of our elite players, clubs, members, coaches, officials, volunteers and the wider community. We know that many will be keen to resume table tennis activities as soon as it is safe to do so and our priority will be to ensure the safety and wellbeing of everyone returning to the sport.

Our proposed 'traffic light' approach to returning to the table are intended as recommendations for all members of the table tennis community to safely participate and enjoy our sport during this worldwide health issue. At each stage of the reopening of sport, we will issue more in-depth guidance to support a safe return. The Welsh Government will ask the following when it considers relaxing any part of the lockdown restrictions:

1. Would easing a restriction have a negative effect on containing the virus?
2. Does a particular measure pose a low risk of further infection?
3. How can it be monitored and enforced?
4. Can it be reversed quickly if it creates unintended consequences?
5. Does it have a positive economic benefit?
6. Does it have a positive impact on people's wellbeing?
7. Does it have a positive impact on equality?

More information is available on the Welsh Government's website (www.gov.wales/coronavirus).

3. Current Restrictions

Exercise, playing sport and games

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| Lockdown | Exercise once a day outside of house on own or with household. |
| Red | Exercise more than once a day and incidental activity locally. Outdoor sports courts to open. Elite athletes resume some activity. |
| Amber | Team and individual sports, non-contact sport and games in small groups indoors and outdoors. Some outdoor events with limited capacity and events behind closed doors for broadcast. |
| Green | All sports, leisure and cultural activities open, with physical distancing. All events resume with limited capacity. |

This roadmap contains advice specifically for the safe return of table tennis in line with the easing of government restrictions. It is important to note that it is the responsibility of each athlete, coach and facility to consider their local conditions. Any risk assessment for resuming

normal activities should consider the local environment in relation to COVID-19. Mitigations and plans for when activities do not go as expected need to be fully considered, e.g. treating injury/illness whilst maintaining social distancing.

When planning to return to play locally please consider the following:

- Effective measures: can they be implemented effectively in practice?
- Communication: how will you clearly explain all of the changes without disadvantaging any members/players?
- Motivation/support: will you need to provide extra encouragement, assistance, or incentives to bring people back to the sport?
- Opt in/opt out: any decision to participate should be voluntary and informed so consider capturing consent.

4. Lifting Lockdown in our Sport

Depending on the Welsh Government advice, different elements of the sport may progress through the traffic light phases at different rates depending. 'Green' is going to be the phase where the sport is operating whilst the virus is still around and could last a long period- 'Green' is not a return to a pre-COVID19 normal.

| Element of the sport | Lockdown | Red Phase 1 | Amber Phase 2 | Green Phase 3 |
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| TTW Members | <p>Exercise with members of your own household.</p> <p>Outdoor table tennis can be played with family members, at home.</p> | <p>Exercise outside and within the local area.</p> <p>Outdoor table tennis can be played with a person from another household following guidelines.</p> | <p>Indoor Facilities to open with venue specific guidelines and protocols in place.</p> <p>Indoor Table Tennis to restart with restrictions on group numbers. Only singles be played with distancing measures in place.</p> | <p>Indoor Facilities open with risk management measures in place at all venues inline Public Health Wales (PHW) and Welsh Government (WG) guidance.</p> <p>Singles and Doubles can be played.</p> |
| Clubs | <p>Face to face Club activity cancelled, clubs maintain remote engagement with members.</p> | <p>Face to Face Club activity cancelled, clubs should maintain remote engagement with members.</p> <p>Clubs to plan for a potential return to facility</p> | <p>Indoor facilities to re-open with venue specific guidelines and protocols in place.</p> <p>Easing of Travel restrictions.</p> <p>Clubs to work with facility providers to develop a safe Return to Use Plan.</p> | <p>Indoor facilities re-open with venue specific guidelines and protocols in place.</p> <p>Face to face club nights resume - restricted by WG guidelines on numbers of players gathering at one time and distancing measures in place.</p> |

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| | Solo training, or with family members, at home or within walking distance of home. | use and engage with facility operators/ providers where appropriate. | <p>Play restricted to Singles to observe 2m distancing regulations in place (unless from the same household).</p> <p>One to one coaching with distancing restrictions.</p> <p>Training in small groups as facility allows in line with PHW & Government guidelines.</p> | <p>All formats of playing, training and competition resumed at all venues in line with PHW and WG guidance.</p> <p>League Table Tennis to resume.</p> <p>Local and TTW sanctioned tournaments to resume. Social distancing and gathering restrictions remain in place.</p> |
| Facilities | All facilities closed | <p>Limited availability of outdoor facilities.</p> <p>Limited re-opening of facilities for Elite players to resume training under strict protocols.</p> | All facilities able to open with restrictions in line with PHW and WG guidance. | All facilities able to open with restrictions in line with PHW and WG guidance. |

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|----------------------|--|--|--|---|
| Elite Athletes | <p>Solo training, or with family members, at home or within walking distance of home.</p> <p>Training sessions with TTW coaches via video calls. Fitness and game analysis sessions.</p> | <p>Scope the return to training of international players in Wales or at oversea club alongside strict medical protocols.</p> <p>Training sessions with TTW coaches via video calls. Fitness and game analysis sessions.</p> | <p>TTW Welsh squad players restart training in small groups in line with Public Health Wales & Welsh Government guidance.</p> <p>Travel restriction lifted to travel to facilities to train.</p> | <p>All Indoor Facilities to open</p> <p>Training resumes at all facilities.</p> <p>Risk management measures in place at all venues in line with PHW and WG guidance.</p> |
| Coaching | <p>All face to face activity suspended.</p> <p>Online training only and support via media platforms.</p> <p>Existing Code of Conduct to be followed & safeguarding</p> | <p>All face to face activity suspended except for TTW Performance Coaches working with Elite Athletes who have resumed training.</p> <p>Online training/coaching only and support via media platforms.</p> <p>Existing code of conduct to be followed & safeguarding protocols adhered to.</p> | <p>Coaches able to travel to facilities to meet athletes for training.</p> <p>Existing code of conduct to be followed & safeguarding protocols adhered to.</p> | <p>Individual and group Face to Face Coaching resume at all facilities in line with PHW and WG Guidance.</p> <p>Existing Codes of conduct to be followed & safeguarding protocols adhered to.</p> |

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| | protocols adhered to. | | | |
| Competition | All competition and leagues suspended. | All competitions and leagues suspended. | All competition and leagues suspended. | Domestic Competitions may resume whilst maintaining social distancing in line with PHW and WG guidance. |
| Officiating | All competition suspended. | All competitions suspended. | All competitions suspended. | Officials should be able to resume 'normal' event roles at local events in line with PHW and WG guidance. |
| Education | All face to face delivery suspended. | All face to face delivery suspended. Online learning modules & webinars. | All face to face delivery suspended. Online learning modules & webinars. | Online learning modules & webinars. Face to face courses to resume in line with PHW and WG guidance. |
| Running the sport – Governance structures & staff working | Online meetings & home working. | Online meetings & home working. Face to face meetings only outdoors where necessary- with social distancing. Prepare generic risk assessments and operational protocols for facilities and clubs | Limited office availability for staff to work in groups of up to 4 with social distancing, cleaning, sanitising and hygiene measures in place having conducted a Covid-19 risk assessment. | Office working and face to face meetings resume where required with social distancing, cleaning, sanitising and hygiene measures in place. |

Further Guidance

In addition to this high-level roadmap of how we intend to unlock Table Tennis in Wales, we will be publishing more detailed guidance to help each element of the sport return safely at the start of August 2020. These documents will continue to be reviewed and new versions published as required on our website

Table Tennis Wales Preparing to Return resources via our website www.tabletennis.wales

Sport Wales Club solutions: www.clubsolutions.wales/coronavirus/

Acknowledgment: Many thanks to Badminton Wales for the use of their return to play guidance when compiling this document.