**Two-stage catalog of measures for sports operations for the time from which the current contact restrictions are relaxed**

# Corona: Recommendations for club-based sports in table tennis

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Frankfurt / Main. Through the German Olympic Sports Confederation (DOSB) and the state sports associations, the German table tennis association and its 18 state associations are invited to submit specific suggestions for an adapted sporting activity for the time from which the current restrictions on contacts to curb the Covid 19 pandemic will further relax will.

The Presidium of the German Table Tennis Federation and a group of experts from different fields have developed the recommendations below, which can serve as a basis for discussion for political decision-makers to decide on an opening for table tennis. These are measures for the careful resumption of common sporting activities that the respective active people and clubs should strictly implement.

**Two-stage re-entry: first training, later competition**

Last but not least, the DOSB had pointed out the loneliness resulting from the contact and exit restrictions and the lack of exercise as well as the high social and psychological stress in the families, which could be counteracted by opening up to club sport. The umbrella organization of German sports published ten so-called guardrails in mid-April, which, if used consistently, will reduce the risk of infection. The umbrella associations should develop sport-specific transitional regulations taking these guidelines into account.

“Sports clubs make a valuable contribution to the coexistence of society and health. The understandable restrictions to slow the pandemic are easier to bear in the long term if you give people a perspective, at least in small places, ”said DTTB General Secretary Matthias Vatheuer.

The DTTB concept provides for a two-stage re-entry, first in training, then in competition, which would normally start at the end of August. Table tennis Germany had already ended the 2019/20 season for team play throughout Germany from the lowest district class to the Bundesliga with the exception of the TTBL play-offs

**Recommendations from the German Table Tennis Federation for re-entering training and competition operations**

Description of table tennis in general:

• Table tennis is individual sport

• Table tennis is not a contact sport

• Training partners / competition opponents are at least 2.74 meters (length of the table) apart

**Adjustments in training or competition practice**

• The applicable clearance and hygiene measures are observed

• The training times are divided individually within the upper limits for the number of participants (no open training company)

• Tables and materials are assembled and disassembled by permanently assigned people who use gloves and a face mask

• Wherever possible, the tables for training are set up in the outdoor area of ​​the halls

• All tables used are spatially separated from each other by borders, in halls with partition curtains these are also used. The game boxes (according to the rule at least 12 x 6 meters) can also be built larger

• The players only use their own rackets, no rental clubs from the club / coach

• There are fixed training pairs

• Protected training is offered to members of risk groups at certain times

• A 10-minute break is scheduled between two table assignments to enable a contactless change at the table

• No doubles are played

• The players in a pairing each use their own ball, which only they can touch or bring into play

• The two balls of the training pairing are clearly distinguishable from each other (e.g. white / orange)

• There is no training on the ball robot or ball ball training

• There is no change of sides

• Changing rooms and showers are not used

• No handshaking / clapping at the beginning and end of the game

• No breathing on the ball

• No wiping of hand perspiration on the table

• Trainers in youth training keep their distance, wear a face mask and do not carry out any movement corrections / assistance

**Competition operation (regular start at the end of August)**

Additional regulations for competitions:

• The journey to competitions takes place individually, not in carpools

• Individual competitions take place with a limit on the number of people present in the hall in accordance with the applicable regulations

• The game system in league play operations can be adapted to the regulations applicable at the start of the season (teams of 3, 4 or 6 without doubles)

• The entire course of the competition (playing, coaching, team bench, if necessary the use of a referee) is designed in such a way that the distance requirement is maintained over the entire duration of the competition