USHA’s Guidelines for Getting Back on the Court(s)

Last updated: 5/15/2020

**PLEASE know that your local club and government’s guidelines supersede these additional points for consideration.**

US Handball wants you healthy and safe, but also back on the court(s), playing the Perfect Game. That can happen in some areas sooner than others.

In conjunction with the Federal Government’s “Opening Up America Again” approach, [https://www.whitehouse.gov/openingamerica/](https://www.whitehouse.gov/openingamerica/), and if your park or club is given the “green light” to open, let’s get back to the best exercise and fun on the planet.

**We want to do our part to help players stay safer on and off the court.**

With that in mind, we’ve taken info from USA Racquetball, US Squash, and the Centers for Disease Control and Prevention (CDC).

By following these considerations, as well as mandates of local governments and health agencies, clubs and their players will be better prepared to make safer and more informed decisions when they are able to resume play.

**CONSIDERATIONS PRIOR TO PLAY**

- Continue to adhere to state and local guidance as well as complementary CDC guidance, including face coverings. While we recognize it may be slightly uncomfortable, we strongly recommend face masks for everyone’s protection.
- The best opponents are family members or others who live in the same household.
- Allow for extra warm-up time. If possible, warm up on separate courts if playing with someone outside your household. Hit by yourself the first time back in the court to ease back into playing. After weeks/months of not competing and/or training, take your time ramping up to your previous playing routine. This will help reduce likelihood of injury or over-training.
- Bring personal water bottles instead of drinking directly from the community water fountain.

**Do not play if any of the following apply:**

- Currently testing positive for COVID-19 or exhibiting any symptoms of COVID-19: mild to severe respiratory illness with fever, cough and difficulty breathing, or other symptoms identified by the CDC.
- Have been in contact with someone with COVID-19 in the last 14 days.
- Are a vulnerable individual and/or live with someone vulnerable.

**CONSIDERATIONS FOR SAFER PLAY**

- Play outdoors (fewer walls and less confinement). Consider playing an opponent from your same household. A family member or roommate might be the safest opponent, exposure-wise.
- If playing indoors, have one player designated as the “door opener/closer.” That person opens and closes the door between games and during timeouts.
- No shaking hands, high fives, etc.
CONSIDERATIONS FOR SAFER PLAY (continued)

● Playing singles would be the recommended choice. Doubles may create incidental contact and close proximity.
● Practice social distancing whether playing singles or doubles between points and between games.
● Use one ball that’s been chosen after all players have gloves on. Avoid touching face with gloves – always use your personal towel.
● If your ball goes into another court or your ball goes into an adjacent court, wait for play to stop and the ball’s owner should retrieve it.

Of course:

● Do not share equipment, food, drinks, towels, etc.
● Keep a six-foot distance from your opponent and other players in the hallway before, after, and in between games.

CONSIDERATIONS FOR AFTER PLAY

● Exit the court, wash and/or sanitize your gloves and hands and shower at home.
● Keep a six-foot distance if socializing after play. Limit post-game social engagement.

Be sure to visit ushandball.org periodically for updated content as it comes available.

These considerations should not be considered all-inclusive and should not be interpreted as medical advice. Clubs and players are encouraged to take additional safety measures as may be recommended by local governments and health agencies to make healthy exercise as safe as possible in the midst of uncertain times.

Remember, we want you to play, but it’s more important you stay healthy and safe!

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