

The logo for the Arizona Pickleball Players League (APPL) features the word "ARIZONA" in a stylized, multi-colored font (red, yellow, blue, green). The letter "O" is replaced by a yellow pickleball with a green leaf and the letters "APPL" on it. Below the word "ARIZONA" is the text "Pickleball Players League" in a bold, black, sans-serif font.

# ARIZONA Pickleball Players League

Hello APPL friends,

Our Season 2021 start is just weeks away. Team APPL and over 200 volunteer captains and league administrators have been (and still are) busy setting the stage for our best season ever. The purpose of this letter is to reinforce one area that is critically important to making it the best season ever. It deals with a subject that a year ago we never thought of and now has become a reality in how we go about living our lives.

Of course I'm talking about COVID-19. It certainly has changed the way we look at and do so many things. APPL has always held, and will continue to hold, the health and safety of the players involved in our league as the top priority. Our league was one of the first to recognize that our season ending and well-attended playoffs could potentially be a high-risk, virus spreading environment, and therefore we canceled it. We will continue to act in a manner that we feel is appropriate to "do the right thing" and minimize risk in this area.

As noted, we will do our best to keep the league COVID free. It is clear, however, that we all have to help. Anyone who plays in the league has a responsibility in this area. It is important that we all are mindful of behaving in a manner that helps minimize the risk of spreading the virus as well as adhering to local and state guidelines.

Attached is our APPL Precautions and Practices Main Document and Appendix. Please become familiar with it. The main document reflects how we expect to operate as it relates to the pandemic. The appendix gives guidance on what to do if you think you have or have been exposed to the virus. Much of it reflects CDC guidelines, however we have augmented it to apply to our league environment. I'm sure much of it won't be new to you. We need every player to do their part to not contribute to the spread of the virus to other players which will go a long way to keeping the league operating and more importantly keeping people safe. It will also go a long way to demonstrating to the venue personnel, city personnel and state that we are meeting or exceeding their policies.

In closing, we wish you a happy and safe Holiday and APPL Season.

Thanks,

Greg

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*Greg Mather*

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[ArizonaPickleballPlayersLeague.org](http://ArizonaPickleballPlayersLeague.org)

*Arizona Pickleball Players League Inc. - President*

*A nonprofit organization run entirely by volunteers*

**TEAM UP! PLAY APPL!**



## Season 2021 COVID-19 Precautions and Practices

### General Statement

As conditions and requirements vary throughout the Country and State, the Arizona Pickleball Players League (APPL) will follow Federal, State, and local government health agencies' mandates, guidelines and recommendations.

The League Commissioner or designee will communicate APPL specific guidelines to be followed in order to minimize the risk of COVID-19 exposure and comply with local requirements.

### **A. East Valley Region, West Valley Region and Southern Region (Matches played on specific days at the home team's courts)**

- 1. 6 home team players and 6 visiting team players competing on 3 courts.**
- 2. When City or County facilities are used for the home team courts:**
  1. When requested by the facility management the league scheduler will insure a 30 minute gap between court slots to minimize the amount of people coming and going in the event that back to back matches are scheduled.
- 3. Participants, protect yourself and your teammates**
  1. Stay home if sick. Have your captain use the substitute pool of players.
  2. If you are at higher risk, 65+ with an underlying medical condition, consider not participating.
  3. If possible, take your temperature prior to traveling to the courts. If your temperature is over 100.4 degrees do not play.
  4. After participating, use hand sanitizer (provided at the courts or your own) and wash your hands with soap and water as soon as you are able.
  5. Limit carpooling to the extent possible.
  6. Do not share food, water, sunscreen, chairs, towels, etc. Bring your own.
  7. Adhere to the host (home team) venue requirements.
  8. When not playing stay 6 feet away from other participants or wear a mask
  9. Leave facility as soon as reasonably possible after team matches are finished.
  10. If, at any time, a player deems conditions are unsafe then they should not play.
- 4. Team captains:**
  1. Visiting captains encourage only your team to be present for the match. Limit the amount of spectators. Check with the home team captain in advance to get an understanding of their facility's specific requirements.
  2. Only one captain, and no other participants, at the score reporting station where applicable.
  3. When a score reporting station is used there are to be established 6 foot boundaries with cones or other obvious markers to emphasize one person at a time and encourage appropriate social distancing
  4. Direct your players to follow the host (home team) venue requirements
  5. Direct any spectators to follow City and League protocols and maintain social distance guidelines.
  6. Exit the venue as soon as your matches are finished, and the scorecards are signed.
  7. Instruct players to bring their own water, towels, food. None will be provided.
  8. Instruct players NOT to touch paddles after each game. Use a wave or thumbs up!
  9. Bring a hand sanitizer for your team to use between rounds.
  10. Instruct your players to use the appropriate gates for entering and exiting the courts.
- 5. Matches played at Pecos Park (East Valley Region):**
  1. In addition to the above, captains and players are directed to follow all COVID risk management practices required by the venue management.

2. Pecos Park management will also open the locked outside gates at the courts during match play to allow players to exit and maintain distance from players on other courts and spectators.
3. Pecos Park management will also provide soap, hand drying, trash receptacles and toilet paper in the restrooms.
6. **Matches played at Kino Sports Complex (Southern Region):**
  1. In addition to the above, captains and players are directed to follow all COVID risk management practices required by the venue management.
7. **Matches played at Surprise Community Park (West Valley Region):**
  1. In addition to the above, captains and players are directed to follow all COVID risk management practices required by the venue management.

## **B. Casa Grande Region (All matches played on the same day at Dave White Park)**

1. **Maintaining events of 40 people or less:** Super Arizona Pickleball Players League (SAPPL), will use 9 of the Dave White pickleball courts each Monday, Tuesday, and Wednesday, from noon to 8pm, (4-2hr blocks), beginning on January 4, 2020 and continuing through March 27, 2020, with a championship match day on April 3, 2020. This process will ensure a maximum of 40 people at the venue during each 2 hour block of time. There will be no spectators nor substitute players allowed.
  1. Matches will start at noon, with players instructed to arrive no sooner than 11:45 to allow the Dave White morning public program time to exit.
2. **Participants, protect yourself and your teammates (to be communicated to all participants prior to season opening):**
  1. Stay home if sick. Have your captain use the substitute pool of players.
  2. If you are at higher risk, 65+ with an underlying medical condition, DO NOT participate.
  3. If possible, take your temperature prior to traveling to the courts. If your temperature is over 100.4 degrees do not play.
  4. After participating, use hand sanitizer (provided at the courts) and wash your hands with soap and water as soon as you are able. Sanitize your paddle(s). Spray bottles or sanitary wipes provided.
  5. Limit carpooling to the extent possible.
  6. Do not share food, water, sun screen, chairs, towels, etc. Bring your own.
  7. When not playing stay 6 feet away from other participants or wear a mask
  8. Encourage no spectators to reduce overcrowding and congregating.
3. **Organizers and team captains:**
  1. **Check-in table.**
    - Only one captain, and no other participants, at the check-in table at a time.
    - Establish 6-foot boundaries with cones or other obvious markers to emphasize one person at a time.
    - Post protocols on portable A-Frames in high visibility areas.
    - Use a PA system or bull horn to hail captains that have not checked in.
    - Check-in personnel wear a face covering when interacting with the participants.
    - Provide hand sanitizer at the check-in table.
    - Sanitize the tables, pencils, etc., after each check-in/check-out session.
  2. **Captains:**
    - Encourage no spectators to reduce overcrowding and congregating.
    - Instruct players to bring their own water, towels, food. None will be provided.
    - Instruct players NOT to touch paddles after each game. Use a wave or thumbs up!
    - Exit the venue as soon as your matches are finished and the scorecards are signed.
  3. **On-site SAPPL coordinators:**
    - Equipment:
      1. After each match utilize a sanitation system for the balls, pens and scoresheet clipboards that are used.
      2. Provide a sanitizing spray bottle for each court.
      3. Provide hand sanitizer at each court.
4. **Partnering with Dave White Regional Park and the City of Casa Grande:**
  1. Dave White Park management will provide the League with at least 16 spray bottles for sanitizing. The League will provide the sanitizing liquid.

# APPENDIX

## WHAT SHOULD I DO IF EXPOSED TO A COVID POSITIVE PLAYER (These are CDC Guidelines adapted for APPL Pickleball)

### THE MOST IMPORTANT CONCEPT – CLOSE CONTACT

1. If you were in **Close Contact** with a player that tested positive then you need to quarantine for 14 days from the last exposure to a positive-tested player. Symptoms can present themselves anytime between 2 and 14 days of exposure. (alternative quarantine strategies discussed below)
2. **Close Contact** is defined as being within 6 feet of a positive-tested player for a cumulation of 15 minutes. It will be assumed that if your APPL playing partner tests COVID positive, then you will have to quarantine for 14 days.
3. **To avoid the 14-day quarantine period – be mindful of the 6-foot distance between you and ALL other players, including your teammates.**
4. <https://www.cdc.gov/coronavirus/2019-ncov/php/contact-tracing/contact-tracing-plan/appendix.html#contact>

### Player responsibilities – managing the spread of COVID starts with you, the player

1. **Do not play if you exhibit any flu-like symptoms, new loss of taste or smell, nausea or vomiting, diarrhea**
2. Temperature screening – It is suggested that each player take their temperature prior to playing. If over 100.4 degrees F do not play.
3. Disinfect your hands between games
4. Disinfect the ball between games
5. Social distance between games

### Captain Responsibilities – Know that your help here will minimize the risk of league interruption due to COVID

1. Be **Mindful** of your team’s actions between games as they pertain to mitigating the spread of COVID
2. The seriousness of this disease may require you to apply consequences to a player who blatantly will not abide by the venue’s or league’s precautions. These consequences may take the form of “sitting the player” or removal from the team.
3. Please respect the venue’s COVID policies whether you are the home or visiting team.

### If you were in Close Contact with a player who tested positive

1. Close contact is defined as being within 6 feet of player who tested positive for a total of 15 minutes (within a 24-hour period)
2. APPL officials will work with the COVID positive player to develop a plan regarding notification of the appropriate APPL players/captains.
3. It is recommended by the CDC that all Close Contact players, even if asymptomatic, are to quarantine for 14 days from their last exposure to the player who has COVID. This is important and this is where we stop the spread of the disease.
4. The CDC is offering an acceptable alternative to shorten the quarantine period to 10 days without testing if no symptoms have been reported during daily monitoring. When using this strategy there is an added 1%-10% transmission risk versus the 14-day quarantine strategy.

5. The quarantine can be shortened to 7 days if a diagnostic specimen taken at or after day 5 tests negative. When using this strategy there is an additional 5% - 12% transmission risk versus the 14-day quarantine strategy.
6. During quarantine monitor for COVID symptoms such as a fever (100.4 degrees F), flu-like symptoms, nausea, diarrhea, etc.
7. Refer to CDC, When to Quarantine Oct 27, <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html> and <https://www.cdc.gov/coronavirus/2019-ncov/more/scientific-brief-options-to-reduce-quarantine.html>

## **If you test positive**

1. **Alert APPL officials, Bob Ham (bobham.ham@gmail.com) or Greg Mather (glmather314@yahoo.com).** APPL officials will discuss with you a plan regarding notification of the appropriate APPL players/captains.
2. Isolate yourself
3. Per CDC guidelines, isolation and precautions can generally be discontinued 10 days after symptom onset and resolution of fever for at least 24 hours, without the use of fever-reducing medications, and improvement of other symptoms. You can break isolation earlier than 10 days if you take a COVID test whose results are negative.
4. Per CDC guidelines, for persons who never developed symptoms, isolation and other precautions can be discontinued 10 days after the date of the first positive RT-PCR test for COVID.
5. Refer to CDC, Duration of Isolation and Precautions for Adults with COVID-19, updated Oct 2020. <https://www.cdc.gov/coronavirus/2019-ncov/hcp/duration-isolation.html>

## **Criteria to Pause APPL play**

APPL may temporarily pause regional play if there is an outbreak where two or more APPL players test positive in the same week in the same region. This criteria is similar to what is used in Arizona grade schools. During the pause APPL will reassess the situation on a region-by-region basis as to what mitigation efforts, if any, are necessary to protect APPL players.

## **Other CDC links**

<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/end-home-isolation.html>

**NOTICE: APPL officials are not health experts. The intent of this document (derived from CDC guidelines) is to help players prevent the spread of COVID to other APPL players during APPL play.**

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