

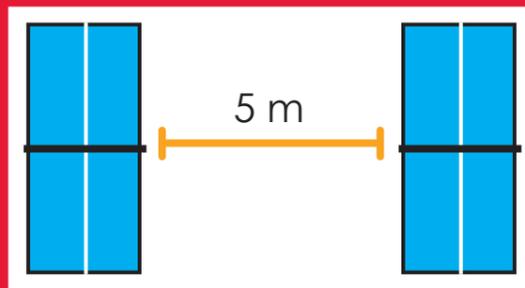
COVID-19

# GUIDANCE: How to play table tennis safely



Do **not** use the facilities if you are having **any symptoms** or have been in contact with someone who has tested positive for Covid-19

Ensure tables are spaced at least 5 metres apart



Clean tables before and after use with an anti-viral solution



Wash your hands before and after playing



Bring your own equipment and do not share with others



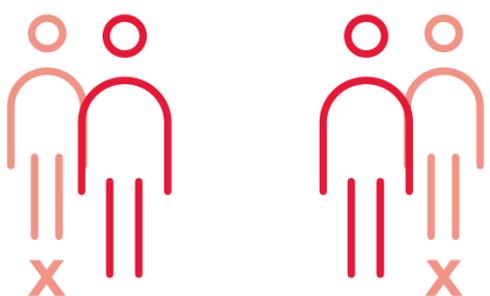
Buy equipment at [pingengland.co.uk/batsandballs](http://pingengland.co.uk/batsandballs) and [tkidz.co.uk](http://tkidz.co.uk)



Wash or wipe balls with disinfectant regularly

Only play singles

.. unless you're playing doubles with a member of your household or bubble



Do not change ends of the table between games



No handshaking or high fives

