



**COVID-19 GUIDANCE**

# **PLAY SAFE GUIDELINES RETURN TO RESTRICTED PLAY**

OCTOBER 2020

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# COVID-19: PLAY SAFE GUIDELINES - RETURN TO RESTRICTED PLAY

## 1. BACKGROUND AND INTRODUCTION

- 1.1 As the recognised National Governing Body ('NGB') for the sport of Pétanque, Pétanque England (PE) has issued and updated guidance throughout the COVID-19 epidemic and adjusting it in line with UK Government announcements and changes to public health restrictions.
- 1.2 This latest version of our Guidelines has been agreed by the PE Board to add to the framework we previously issued for a return to competitive play in teams. Our teams being doubles and triples, although the UK Government does not classify us as a 'team sport' in its Guidance.
- 1.3 PE has drawn up its Play Safe Guidelines first and foremost for our affiliated clubs, leagues, regions and members. We consider our Guidelines to offer best practice and it is recognised as such by the Department of Culture, Media and Sport (DCMS).
- 1.4 Whilst we understand that non-members or non-affiliated clubs and other organisations can adopt our Play Safe Guidelines, it is entirely a matter for them to demonstrate compliance with Government Guidance. This is particularly important given the fines which can apply for any individual or organisation which organises informal outdoor sports activities beyond a group of 6.
- 1.5 Non-PE members or organisations cannot simply rely on our Play Safe Guidelines to demonstrate compliance, nor will we enter into any discussions with the authorities on behalf of non-PE members or organisations. We cannot be held liable for any acts or omissions by non-PE members or organisations playing our sport under the current COVID-19 restrictions or at any other time.
- 1.6 We encourage non-PE members to join us, as aside from advice and support on COVID-19, membership of PE offers a number of benefits which can be seen [here](#). We welcome any individual, group, club or league to join us.
- 1.7 Any enquiries about these Guidelines should be directed to [admin@petanqueengland.uk](mailto:admin@petanqueengland.uk)

## 2. LATEST GOVERNMENT GUIDANCE (ENGLAND)



-  **Wash hands**  
keep washing your hands regularly
-  **Cover face**  
wear a face covering in enclosed spaces
-  **Make space**  
stay at least 2 metres apart - or 1 metre with a face covering or other precautions

- 2.1 Government Guidance for the public on the phased return of outdoor sport and recreation was updated on 1<sup>st</sup> October and may be seen [here](#). This states that organised sporting or other fitness related activities are allowed (including personal training or coaching) in groups of more than 6. This can be in any place, indoors or outdoors, other than a 'private dwelling' - a term which includes most outdoor space such as a garden.
- 2.2 These activities need to be organised by a National Governing Body (like PE), club, registered instructor/coach, business or charity. In all cases, the organiser must conduct a risk assessment and take all reasonable steps to limit transmission of the coronavirus by reference to that risk assessment and all relevant COVID-19 Secure guidance. Personal trainers/coaches should follow the guidance on organising outdoor sport and physical activity events.
- 2.3 It is important to note that we have been advised by Sport England that the definition of a 'club' is not limited to those clubs that are members of a National Governing Body like PE. It is a matter for non-affiliated clubs, leagues or other organisations playing our sport to demonstrate that they are properly constituted and are engaged in 'formal' play.
- 2.4 When participating in organised sport, you must not mingle in groups of more than 6 before and after the activity. If an organiser is not able to ensure that no mingling takes place between sub-groups of no more than 6 (including when arriving at or leaving activity or in any breaks or socialising) then such events should not take place. Attendees must avoid social interaction with anyone outside the group they are with, even if they see other people they know, at all times during their visit.
- 2.5 Our Guidelines should always be read alongside current UK Government Guidance which taken together, sets out mitigations, how our sport intends to operate and the adaptations we recommend so that playing safely is the number one priority.

- 2.6 Although we will always seek to update our Guidelines as UK Government Guidance changes, we encourage anybody playing our sport to regularly check UK Government Guidance as it changes regularly. This is particularly important in [areas of England where special restrictions apply](#), although currently there are no restrictions on people travelling to and from these areas to play Pétanque. There may be different rules relating to locally restricted areas in Scotland, Wales and Northern Ireland and people living there need to check to see if they can travel outside of these areas to play Pétanque.
- 2.7 Government advice for ‘clinically vulnerable’ groups (such as those aged 70 or over) notes that players in this group could be at higher risk of severe illness from coronavirus. Although you can meet people outdoors and indoors, you should be especially careful and be diligent about social distancing and hand hygiene.
- 2.8 Whatever, their age, if a player is classified as ‘clinically extremely vulnerable’ they should follow the [guidance](#) for those shielding. This advises that taking safe exercise outdoors and meeting up with one person outside your household can be considered but only by always maintaining social distancing and robust hand and respiratory hygiene. We recommend that those players who were ‘shielded’ should inform fellow players of their status if they are not already aware.
- 2.9 Our Guidelines provide measures that should be taken by players, clubs, officials, volunteers and spectators before, during and after all outdoor Pétanque activity. We are not making recommendations as to whether any individual should or should not return to playing, everyone must make their own decision based on their particular circumstances and with reference to the latest UK Government guidance available [here](#).

### 3. PRIOR TO ALL PETANQUE ACTIVITIES

- 3.1 Club representatives and officials should ensure that the playing venue is compliant with current PE and UK Government legislation and guidance related to COVID-19. A risk assessment MUST have been completed by the venue (see Appendix 2 for model risk assessment and what is involved). Clubs can assist the venue with the risk assessment. Risk mitigation measures should be put in place and monitored and the venue is responsible for deciding on the safe number of participants (players, spectators and officials) that can be present at any Pétanque activities/events. The venue is also responsible and accountable for any Pétanque activities or events which take place at their venue. Where PE is the organising body for an outside national event or activities and using the facilities of a club/venue, it is responsible and accountable for the event/activities through its officials present.
- 3.2 We have been advised by Sport England that there are no restrictions on the numbers of participants (players, spectators and officials) at outdoor Pétanque activities and events as long as 3.1 above has been followed and as part of the risk assessment process, the venue where Pétanque is being played has the space/capacity to ensure social distancing at all times.
- 3.3 We recommend that players and clubs consider carefully through risk assessment whether restricting play to Singles and Doubles is a better and safer option for their venues. Those involved in organising local leagues should also consider using fixture formats that are limited to Singles and Doubles.
- 3.4 Activity organisers should support track and trace efforts by collecting written information on participants (players, officials and spectators) at both individual training sessions and all events/matches. This must be detailed enough to allow NHS Test and Trace to contact all participants if a participant subsequently becomes ill with COVID-19. These records must be kept for 21 days. If a participant does not provide these details, then they will not be allowed to play. The launch of the new NHS COVID-19 app available [here](#) also allows players to 'check in' at a venue. We recommend that players with the necessary smartphones download the app and use it.
- 3.5 All participants in Pétanque activities and events should be informed in advance of play commencing that they are doing so at their own risk and that by participating they not only understand the PE Play Safe Guidelines but also that they will use their best endeavours to follow them.
- 3.6 Contact your club or playing venue to ensure that pitches and facilities are available for use. It may be necessary for clubs to arrange some sort of booking system to avoid overcrowding as maintaining a 2m distance (or at least 1m or more where this is not possible) between persons from multiple households is imperative.

- 3.7 The most important starting point is that you should not leave your home to play Pétanque if Government advice means you should stay at home because you or someone you live with has or has had symptoms of COVID-19.
- 3.8 Wash your hands with soap and water for at least 20 seconds before leaving home and on return (or use an alcohol gel if washing hands is not possible).
- 3.9 Avoid using public transport to travel to venues if possible but if you do, wear a face covering.
- 3.10 Participants should bring their own hand sanitiser and maintain strict and frequent hygiene measures at all times.
- 3.11 Sports clubs, sports & social clubs and pubs are permitted to open subject to following 'COVID Secure' guidelines, allowing participants to use facilities and buy food and drink subject to venue restrictions. The latest Government Guidance restricts operation to table service only, the use of face coverings when not seated and no contact beyond a group of six inside. We would remind players that the risk of COVID-19 infection is far greater inside. Players should follow any local guidance issued by the operators of the premises.
- 3.12 Club representatives and officials should make all participants aware of the increase in virus transmission risk even where group activities are socially distanced. All participants should be clear that they are opting in to playing.
- 3.13 The time spent congregating at a venue and warming up prior to play should be minimised and meet-up times should reflect this.

## 4. DURING ALL PETANQUE ACTIVITIES

- 4.1 Competitive and league play involving Singles, Doubles and Triples can take place as long as groups can be safely accommodated at a venue as set out under 3.1 above. This is a change from our previous Guidelines where there was a maximum of 30 participants (including players, spectators and officials).
- 4.2 This does not mean that every venue can organise activities or events involving any number of participants; it depends on the space and capacity to do so safely. Only large venues with sufficient space and facilities should contemplate hosting larger gatherings.
- 4.2 Social distancing guidelines should be followed between people from different households wherever possible both on and off the pitch. Participants should be particularly vigilant on social distancing before play, between matches and after play. This means a distance of 2m between people from different households, or 1m plus mitigations (such as face coverings or avoiding face-to-face contact) where 2m is not possible. You should not mingle off-pitch in groups of more than six.
- 4.3 Whilst playing social distancing is particularly important in Doubles or Triples where there will be up to six players on an individual pitch. If possible, you should stand side on, even at 2m and avoid standing face to face. If 2m is not possible, 1m plus mitigations (such as face coverings or avoiding face-to-face contact) should apply.
- 4.4 Mindful that the majority of playing venues used by players and clubs are constrained in terms of space, we recommend that matches take place with a vacant lane of at least 2 m between them as a precautionary measure to maintain ideal social distancing. At club and league level at smaller venues, if social distancing during play cannot be achieved, then alternative venues should be used that can operate safely.
- 4.5 Spectators should only attend if they can watch safely, do not cause overcrowding and fully respect 2m or 1m plus mitigations (such as face coverings or avoiding face to-face contact) where 2m is not possible.
- 4.6 Hand sanitiser should be used between games.
- 4.7 Players may wish to consider wearing a face covering. This may protect others if you are infected but have not developed symptoms.
- 4.8 Avoid touching gates, fences, benches, etc. if you can.
- 4.9 Each player should touch their own boules and equipment only.

- 4.10 Measuring should be carried out by only one player in each team using their own tape. Tape measures should not be shared or passed around.
- 4.11 Each player should have their own jack to throw when it is their turn or their team's turn. If a jack is invalidly thrown, the other player or player in the other team must place their own jack, not pick up the jack that has been invalidly thrown.
- 4.12 Plastic circles should not be used. Players must mark circles with their feet or a marker which should be only used by them.
- 4.13 Clean your equipment before and after use.
- 4.14 No static or club provided scoreboards should be used, pocket scorers should be used by one player only.

## 5. AFTER ALL PETANQUE ACTIVITIES

- 5.1 All participants should sanitise their hands and equipment after the completion of activity.
- 5.2 Only congregate outside after playing in groups of no more of six and maintain 2m social distancing. If 2m is not possible, 1m plus mitigations (such as face coverings or avoiding face-to-face contact).
- 5.3 Social gathering indoors after the activity is allowed in line with current UK Government guidelines on hospitality which seeks compliance with 'COVID Secure' guidelines. Participants should follow advice and guidance from the operators of premises as mentioned at 3.11 above.
- 5.4 Consumption together of food and drink is possible in groups of no more than six outside at venues if space permits for 2m social distancing or if 2m is not possible, 1m plus mitigations (such as face coverings or avoiding face-to-face contact). You must not pass each other food or drink unless you live together. You must not use plates or utensils that someone from another house has touched - either bring your own or ensure you have thoroughly cleaned them before using.
- 5.5 Participants should exit a venue whilst maintaining social distancing.
- 5.6 If, after participating in Pétanque activities or events, a player, official, coach or spectator experiences any infection in their household, this should be immediately reported to the NHS Test and Trace system.

## 6. ADVICE FOR JUNIOR COACHING ACTIVITIES

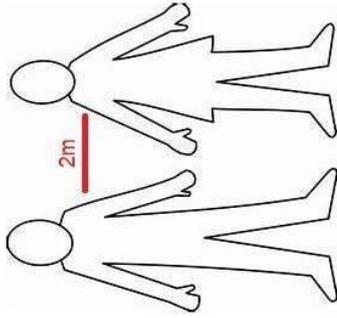
- 6.1 For children, maximum coaching groups sizes of 8 should include two qualified currently cleared DBS Coaches or, by one of the same, with a currently cleared DBS assistant.
- 6.2 All groups are to be self-sufficient e.g. a coach cannot oversee two separate groups at the same session.
- 6.3 Parents should drop off and collect participants via a protocol that maintains social distancing.
- 6.4 Parents should be asked to leave the venue until the coaching session has ended, if it is not possible for them to leave they must wait in their vehicle and if this is not possible they must wait in a designated area away from the terrains. Players must have no contact with parents for the duration of the session.
- 6.5 Initially all sessions must be fully conducted outdoors including lunch break.
- 6.6 Do not let juniors touch each other's equipment or share drinks bottles etc.
- 6.7 It is the responsibility of each player to bring all equipment required, sharing of equipment is not permitted.
- 6.8 It is compulsory for junior players bring hand sanitiser and use this regularly.
- 6.9 After toilet breaks, all attendees must sanitise their hands after leaving the building.

### Additional Advice for Coaches at Junior Level

- 6.10 Be open and clear with your thoughts and plans to the juniors and parents prior to the session.
- 6.11 Look at the social distancing measures as a good way to improve individual skill and not just focusing on teamwork.
- 6.12 Start off with training tasks that players do individually and slowly move to socially distanced joint tasks and finally on to socially distanced play.
- 6.13 After each session have a de-brief with any other coaches and highlight any areas that need to be modified. Review the session and ask for feedback from players and/or parents.
- 6.14 Please set out clear and concise requirements.

## APPENDIX 1 – PE PLAY SAFE POSTER

# Pétanque England Covid-19 Playing Guidance

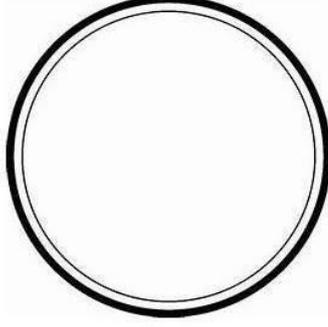


Maintaining social distancing of 2m (or at least 1m or more where this is not possible) between players must be observed at all times. maximum group size at any one time must not exceed 30

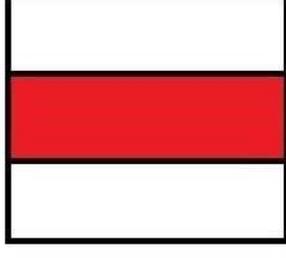


Each player should touch their own boules and equipment only

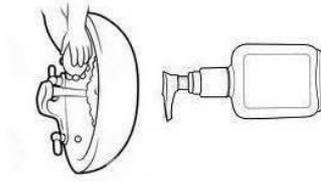
Use only pocket scorers and not public or club scoreboards



Plastic circles should not be used; instead players must mark circles with their feet



Matches should take place with a vacant lane between them



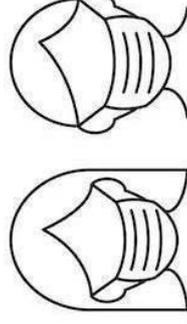
Hand sanitiser should be used before play between games and after play



Do not shake hands or elbow bump



Do not share food and drink with persons outside your household



Players should consider wearing a face covering