

As promised, I am resending the latest TTE guidelines (these have not changed since I forwarded you them on 12 December) to all club contacts.

I am assuming that all teams/players that have entered to play are happy to play under these conditions/recommendations; if not, please let me know when (in the next couple of days) you are asked to confirm membership of your teams.

Following the Government announcement on Wednesday 8th December (the move to Plan B in response to the risks of the Omicron variant) the following changes relevant to table tennis are:

- **Face coverings should be worn when not participating, coaching or officiating in an activity/event.**
- **Face coverings are not required when exercising, as it is not recommended to wear a face covering while exercising or strenuous activity.**
- **Face coverings do not have to be worn in any café/bar/restaurant facilities when seated**
- **You should limit close contact with other people**
- **You may choose to take a lateral flow test before being in close contact and also encourage those people you are meeting with to do so, which will help to manage periods of risk. This includes close contact in a higher risk environment, or when spending prolonged periods of time with a vulnerable individual.**
- **Your sport provider may ask you to take a COVID-19 test before participating. This helps them to ensure that sport can take place safely, and that participants are not at risk of catching or spreading the virus.**

These are personal choices which can help reduce your risk of catching or spreading COVID-19. It is important to consider that others may wish to continue to take a more cautious approach. We should all be considerate of this and provide the opportunity and space for others to reduce close contacts if they wish.

Our league play takes place under these guidelines (and we will obviously notify you if there are any changes).

For the avoidance of any doubt, the 'sport provider' referred to in the final bullet point is LD TTL.

We are not insisting on the taking of COVID-19 tests (lateral flow tests) before play but recommend it where possible.

Similarly, we have previously recommended but not insisted that players are vaccinated (and we repeat that now in respect of both vaccinations and boosters).

The basic 3 word government slogan (hands, face, space; and don't forget ventilation) is a helpful summary:

-hands: use sanitiser and do not shake hands with opponent/umpire

-face: wear masks/coverings in venue other than when playing/umpiring

-space: make the most of the space you have got and follow social distancing

And, finally, you can't beat a bit of common sense.

So (at the risk of stating the b...ing obvious), do not play if you are exhibiting symptoms or have recently tested positive.

Peter