



Updated 10/23/20

Pickleball Coronavirus Update

To Fallbrook Senior Center members, activity groups and staff:

Pickleball, if played properly, can be a great opportunity for you to relieve stress, socialize with others and provide much-needed exercise. Of primary importance is taking every precaution to help keep all participants safe.

Because Pickleball does not require any direct person-to-person contact, players can enjoy the many physical and mental benefits that pickleball offers so long as you practice social distancing by keeping six feet apart from other players to ensure you are in a safe exercise environment and follow other safety recommendations included here.

- Be aware that although restrictions are being eased, safety precautions must remain in place until there is a universal vaccine or effective treatment for the coronavirus.
- Arrange to play only with family members or others who live in your household or with individuals who are considered to be low risk.
- Do not play if **any of you**:
 - Are exhibiting **any** symptoms of the coronavirus. According to the CDC, people with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. These symptoms may appear 2-14 days after exposure to the virus: fever, cough, shortness of breath or difficulty breathing, chills, repeated shaking with chills, muscle pain, headache, sore throat, new loss of taste or smell.
 - Have been in contact with someone with COVID-19 in the last 14 days.
 - Are a vulnerable individual. A vulnerable individual is an elderly individual and/or an individual with serious underlying health conditions, including high blood pressure, chronic lung disease, diabetes, obesity, asthma and those whose immune system is compromised such as by chemotherapy for cancer and other conditions requiring such therapy.

Sincerely,

Rene

Renae Rasmussen, Executive Director

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