

# BACK TO TEQ

FITEQ recommends a step-by-step approach for all teqers and event organisers around the world to restart teqball life. Within this, our primary advice is to always follow your national legislation and adhere to all the restrictions posed by the relevant national and international health authorities!



## SQILLER APP

Use Sqiller App for individual improvement

Train at home and develop your teqball skills



## SINGLES GAME

Practice teqball with a friend or a coach and follow the regulations of WHO and your country



## DOUBLES GAME

If you play teqball doubles: don't change teammates and sides



## PRACTICES

Start training in small groups but strictly follow the regulations of WHO and your country

While not playing use masks covering the mouth and nose area

Keep a distance between the teqball courts

# ADVICE FOR TEQERS



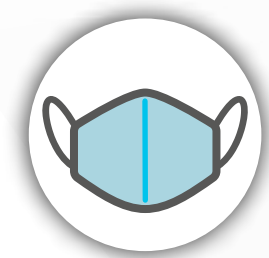
## HEALTH CHECK

If you have any symptoms associated with COVID-19 or you feel unwell, refrain from playing teqball  
Do a regular health check  
Measure your temperature on a regular basis



## SANITIZE

Sanitize playing equipment (Teq table, ball) and your hands in each break  
Wash your hands before and after the training sessions  
Use paper towels for cleaning and throw them away immediately after using them



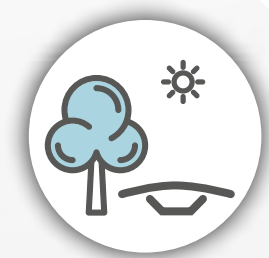
## PROTECTION

Bring your own drink and towel for the practice  
Wear rubber gloves while practicing  
Anybody who is not playing should wear a face mask



## DISTANCING

Avoid handshakes or high-fives  
Maintain at least 1,5 metres from others  
Maintain at least 1,5 metres between courts



## PLAY OUTSIDE

Avoid inside training sessions  
Find open spaces outside to play teqball

# ADVICE FOR EVENT ORGANISERS



## HEALTH CHECK

### Draw the attention of all athletes and officials that:

- If they perceive any symptoms associated with COVID-19, refrain from taking part at the organisation
- Do a regular health check
- Measure their temperature on a regular basis
- We recommend all organisers to test all those officiating at events for COVID-19

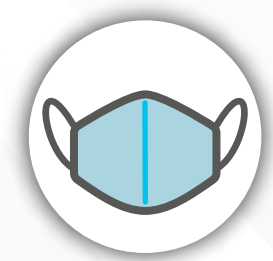


## SANITIZE

Sanitize playing equipment (Teq table, ball) and hands in each break

Use paper towels for cleaning and throw them away immediately after using them

Clean all areas frequently



## PROTECTION

All match officials including volunteers and the spectators (if allowed) should wear rubber gloves and face mask

Anybody who is not playing, should wear a face mask

Avoid offering refreshments from plastic or paper cups to the athletes

Provide drinking water to participants in resealable and disposable bottles, or protecting the environment request the athletes to bring their own bottle and warn them to make sure to clean and sanitize it before and after usage

Provide all athletes with paper towels, if they bring their own towel, that should be washed before and after usage at high temperature

Place more trash bins than usual around the field of play, spectator area and changing rooms, empty them frequently

Draw the players' attention to use their elbow and turn away from their teammate and the table in case of coughing and sneezing during the game

# ADVICE FOR EVENT ORGANISERS



## DISTANCING

### Draw the attention of the athletes and participants to:

- Avoid handshakes or high-fives
- Maintain at least 1,5 metres from others
- Maintain at least 1,5 metres between courts
- In case offering catering during the competition, organise the meals for small groups in rotation
- In case of operating buffets provide proper area for those who are standing in line, warn them on distancing

#STAYSAFE #STAYTEQ

#TEQBALL 

FOLLOW US