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!

**BACK TO TEQ**

- **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
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 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

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

Avoid handshakes or high-fives
Maintain at least 1.5 metres from others
Maintain at least 1.5 metres between courts

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
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