

# Club News



*When you're a pro (Simone Jardim), you attack the ball with intensity!*



Merry Christmas!  
Happy Hanukkah!  
Happy Holidays!





# News & Events

President - Steve Elzinga  
 Vice-President - John Frizzo  
 Secretary - Cari Brooks  
 Treasurer - Hub Capes

**Play Safe ... Stay Safe**

Director of Advance Play - Paul Richards  
 Director of Open Play - Tom Miller  
 Communications - Suzanne Schmieder  
 Social Events - Lori Mann

## Local News

**Wishing you and your family the very best for this holiday season. Keep well and stay healthy!**

Suzanne, Eric, Neil, Keith

### December News:

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### Ladder Leagues Temporarily Close!

COVID-19 has claimed more victims, both the Women's Ladder and the Mixed Ladder Leagues. Both were required to stop play in mid-November due to the state restrictions for group play because of the substantial increase in COVID cases. The three week restriction period ended December 8; however, it has now been extended to December 20.

Jim Price runs the mixed league and Jean McArthur heads the women's ladder. Both indicated that the ladder can return, but it wouldn't be until January 2021 at the earliest.

COVID-19, as predicted, is taking a severe toll in this fall and winter season. We have more information about the corona virus in the following pages. The last page of this newsletter is solely dedicated to information about COVID-19.

### Help Support Our Sponsors!

Our sponsors are an integral part of the Club finances as well as other donations they provide. We truly appreciate their contributions and assistance in putting together the fantastic tournaments and other activities we enjoy.

Please, whenever you can, support these sponsors through your purchases and personal giving. Our local sponsors are in particular need of your support at this time. Please, help them during this pandemic season.

### Even COVID-19 Can Have a Silver Lining!

Yes, I survived COVID this year, but first, some history. My pickleball journey started the summer of 2019 where I met Frank and Mark Kirsch at Belknap. As I became hooked on pickleball, my play led to meeting so many other players, one of whom was Karen Baxter. Karen and I clicked, and we played together at the Alley in Kalamazoo and won a silver medal at the local tournament. By then, pickleball was my obsession.

But, back to my COVID experience. It all began after visiting my 88-year-old in-laws. It turns out my in-laws had snuck out of the house earlier that week to attend a banquet after having been quarantined for months. A few days after that visit, I awoke with a fever. That fever became the defining symptom of my sickness, lasting about 10 days. Other family members also experienced headache, diarrhea, sleepiness, cough, nerve pain, and loss of

By Christy Cotton

(Continued on page 4)

# EDITORIAL PAGE EDITORIAL PAGE

## Player COVID Comments:

*Editor's Note: This email was sent to us after our November newsletter was issued. Unless you expressly authorize us to use your name, we will not do so. Minor edits were made in the language.*

I still think, at least to me, that the club is not taking COVID-19 seriously. I continue to see players without masks or social distance on Facebook—standing on medal stands, standing next to their partners, no masks , no social distancing.

I feel the club policy at this time should be, at the least, to wear masks at all times whether playing or waiting. We are not playing in a bubble.

It is the least someone can do to protect their fellow members no matter what your politics are. People are dying from COVID-19 unnecessarily.

Cases are going up in Kent county because these easy precautions are not being followed.

Unfortunately, I know that we can't force players to do it.

Hopefully, we will have a safe vaccine soon.  
Stay safe.

*Editor's Note: What are your thoughts? Write to us with your opinion to [grpbclub@gmail.com](mailto:grpbclub@gmail.com).*

In this edition, the last page is dedicated to COVID-19 questions, answers, and statistics from accesskent.com. We encourage you to review this data, think about the consequences of contracting or spreading the virus, and act accordingly to help protect pickleball members and the individuals you interact with.

## Editor Comments:

Overall, we concur with the member's comments that fellow members could more effectively follow safety guidelines published for Michiganders. We have always encouraged the wearing of masks, social distancing, washing hands, etc. Each of us has a general and overall responsibility to practice those necessary precautions for our own safety as well as others that we interface with.

For many of us, wearing a mask is a personal choice. However, there are some instances where a mask may not be necessary such as individuals who have already had COVID-19 and may no longer be susceptible to further illness or passing on the corona virus. Others may have valid medical reasons for not wearing a mask. And yes, we do have some members who have had COVID-19 and are over it. Although this does not explain why the majority of members, who have not had the virus, are not wearing masks.

So, again it comes back to personal choice, which the Club does not control. Club guidelines do encourage players to use masks and follow issued guidelines for health and safety. If like-players decide not to wear masks, that is their decision to do so. Similarly, players, who have a problem with others not wearing masks, do not need to play with those who elect not to wear masks.

In essence, each player is attempting to balance multiple risks - the risk of getting COVID-19 against the probability of not getting the virus. As with any game of chance, some win and some lose. The cost of losing in COVID-19's case can be deadly, not only to you but to others that may be exposed.

## Play Safe - Stay Safe!

*The above comments are those of the newsletter editorial staff and not necessarily those of the Grand Rapids Pickleball Club Board.*

*(Continued from page 2)* My COVID Experience

taste. Oddly, we experienced almost none of the same symptoms and recovery took about two to five weeks.

Once I was released as “recovered”, it was back to the pickleball court. I discovered brain fog (seeing the ball wasn’t the same), lack of coordination (couldn’t catch a ball thrown to me), a dead paddle (which I knew was actually me) and primitive dinking ability (finer motor skills loss). It took another three weeks to feel like my skills had returned, limited as they are.

Pickleball has been cathartic to my recovery. With the nets removed from Belknap this summer, I journey out to Lowell and discover 40 new friends. Soon it’s fall, and I helped host a small group (PickleUps) play. I must have met another 100 friends. My friend list exploded as I enjoyed this cathartic, inclusive, endorphin producing, weight losing, age, and sex ignoring sport of pickleball.

My family has jumped on board with pickleball too. In March I played pickleball with my son living in Arizona. In May my youngest daughter started to play, and a mini net shows up for me on Mother’s Day. On Father’s Day my oldest daughter starts playing with her husband, and by October they are buying a home near brand new pickleball courts. Even the toddler grandkids have paddles and are practicing pickleball in the family room.

Makes me smile....Makes me cry....Makes me rejoice.....

I hope you too can find silver during this time.



## Tournament Software

By Neil Johnson

Have you wondered about how to set up a tournament? Our club hosted the State Games of America in 2017. We had two venues with a total of 26 courts and over 600 players. How is that managed?

Maybe you would like to put on a tournament yourself. How can you do that? One way is to volunteer during a tournament and ask questions. Another is to get a background of how an event works. (Click on the blue hyperlinks to go there.)

There are multiple websites that offer tournament software. Here are a few.

[Pickleball Portal](#) is a site that offers how to plan and organize a tournament.

[Playinga](#) is one which will give you a good outline of what is done. Peruse the first page and at the bottom is a link to their tournament features.

Note: GRPB does not endorse or promote any particular game software. This is provided for information purposes only.

(Continued on page 6)



5910 Comstock Park Drive,  
Comstock Park, MI 49301.

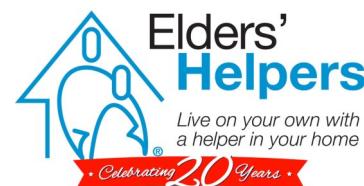
Open for takeout service  
**Monday-Sunday, 11am-8pm.**  
To place a food and beer  
takeout order, call  
**616-551-1957.**

Find their menu at  
[www.perrinbrewing.com](http://www.perrinbrewing.com) or click  
on their logo.

Perrin is a proud sponsor of the  
Beer City Open (BCO)/Club tournament.



Wilson Pickleball can satisfy all  
of your pickleball sporting  
needs at one location. Click on  
the “Wilson” symbol!



Proud sponsors of the BCO/Club Tournament.

For companionship, personal care,  
transportation, hospice, overnight  
care, etc. Elders’ Helpers is there for  
you! Click on their symbol.

## Nets Up for the Winter Season

**Belknap Park:** At the November GRPC Board meeting, the Board voted to leave the Belknap nets up for the community to use the rest of the winter and spring seasons. This decision was made in conjunction with the City Parks & Rec Department after the Mayor requested that outdoor recreational activities be extended during the pandemic season. Paul Richards, the Club's Director of Advance Play, said "While this will put significant wear and tear on the nets, it's well worth it to have pickleball available to the community when the weather is acceptable."



**Ada Park:** Regarding Ada Township pickleball courts and winter Use, Mark Fitzpatrick, Director, Ada Township Parks & Recreation Department, issued the following statement: (Note: Partially edited)

The pickleball nets will remain up for the winter. They will be on a "use at your own risk" status requiring people to stay off them when wet or snow covered. At no time should shovels be used on the courts to clear snow! Please wait until the snow melts and courts dry before use. Personal and privately owned nets are still not being allowed. They should not be needed with the nets back up.

Covid-19 restrictions have been extended: keep socially distant, use masks, do not share equipment, or

play games with people outside of your "home group".

Court use is limited to one hour from your start time when other people are waiting. If you have played for over an hour and others show up with no courts left available, you may finish your current game and then need to let others use the court. Do not invite in or rotate into your games, people from outside your immediate group. Large groups need to always leave two courts available for other players and still adhere to the hour time frame courtesy.

Reservations are available through the park office at a rate of \$15/court/hour. Reservations are only being taken up to one month in advance at this time.

We appreciate your feedback and recommendations. Thanks for your support. Mark.

Mark Fitzpatrick can be reached at 616-676-0520 should you have any questions/comments. His email is mfitzpatrick@adatownshipmi.com.

## Our IPA Sponsors

## Our IPA Sponsors



## Do you have an article you'd like to submit?

If you do, send your draft and thoughts to [grpclub@gmail.com](mailto:grpclub@gmail.com). We're looking for your pickleball stories and experiences. For example, how you started pickleball, how pickleball play has helped you, how the social aspect of pickleball has changed your life, etc. In short, what a



Each year, the **I Love Pickles.org** brand enjoys major recognition at the U.S. Open Pickleball Championships in Naples, Florida, sponsoring more than 300 volunteers that work during the week-long tournament. Over 2,000 players are registered and 20,000 spectators attend from all around the world. Annually, **I Love Pickles.org** sponsors 12 national and regional tournaments across the country. Get in the game!

A proud sponsor of the BCO/Club tournament.

(Continued from page 4) **Tournament Software**

#### Pickleball Den

On their site is videos for:

- Player Videos... Registration, Invite a Teammate, Day of Event Self Check-In, Day of Event Notifications
- Tournament Director videos... Overview, Creating a Tournament, PayPal codes, Tournament Simulator, Court Management, Adding A Player
- League Video... Creating a league

A USA Pickleball sanctioned tournament allows players to be ranked on a national basis and for certain tournaments, allows players who medal in them to qualify for national tournaments.



Our club uses [Pickleball Tournaments](#) for our major tournaments such as the Meijer State Games of Michigan 06/11-13/21, and the Grand Rapids BEER CITY OPEN Pickleball Championships \$\$\$\$ 07/07-11/21. Services and fees can be found on their website by clicking on the blue hyperlink. Good Luck!!



Outside  
dining and  
take out is  
available.

1001 MONROE AVE NW  
GRAND RAPIDS, MI 49503  
616-200-4343

Our dining room is currently closed until further notice. Weather permitting, we will serve tables outdoors on a walk-in basis. Our updated hours are listed below.

**Take out is available**  
Wednesday-Saturday from 4pm-8pm.

#### HOURS:

- Sunday:** Closed  
**Monday:** Closed  
**Tuesday:** Closed  
**Wednesday:** 4:00 pm - 8:00 pm  
**Thursday:** 4:00 pm - 8:00 pm  
**Friday:** 4:00 pm - 8:00 pm  
**Saturday:** 4:00 pm - 8:00 pm

*Linear is a proud sponsor of the BCO/Club tournament.*



Although currently closed due to the pandemic restrictions, please frequent this local restaurant when it returns to active service.

The Birch Lodge and its owners have done so much for the Grand Rapids Pickleball Club as well as being significant contributors to the national game of pickleball. Your patronage will help the Lodge and particularly its staff. Let's show our appreciation by visiting the Lodge and having some of their fine food and beverage whenever you can.

## Playing with Advanced Players—An Age Old Perspective

By Eric Gustafson

That reads ‘age-old perspective’ not ‘old age perspective’ for those who know me pretty well. Let me ask you if you think your game can only significantly improve when playing with or against better players? I hesitate to inform you; respectfully of course; that this hypothetical is conceptually incorrect.

Yes, of course, your pickleball play can improve without competing/playing against advanced players. Incremental improvements will occur with playing experiences; however, if you want to improve, then playing with better players is not the be all to end all. There are two activities you should seriously consider being more important. A step one and a step two . . .

### 1. Become a student of the game

Watch better/advanced players and identify the game strategies they use, where they place the ball, whether they hit a hard shot or play a soft game and under what game situations/conditions, be aware of their positional mechanics. Study their play, select one or two items of play and then purposefully work on those items. When you play, put those mechanics into your game, you will find that over time your own game will improve. Do not become discouraged; stick with it, and perfect the tactic. It can be a slow process, but it will develop and become a new component of your improving game. Once your

first couple of planned improvements materialize, pick one or two more and repeat the process.



### 2. Find a partner and drill, drill, drill.

As the articles in the November issue and this issue have recommended, drilling your pickleball shot(s) is how you really improve. But, and this is a qualifier, simply drilling will not suffice. Your practice has to perform the shot correctly. If you practice the shot incorrectly, you’ll continue to hit it incorrectly in a game. Your partner can be any player willing to practice. If you are in the search for improving your game be aware that you are not alone. Nearly everyone will take the opportunity to practice if only for 5 – 10 minutes at a time. Just locate another player standing around and ask them if they

would want to drill dinks or serves or hard/soft shots or the proverbial ‘third’ shot. Do lobs and half-volleys, angle shots and line shots. Perfect one and then move on to the next one. One caution, when you practice, make sure you’re doing the shot correctly! Practicing incorrect strokes won’t improve your game. Generally, the more practice, the better the shot(s) become.

You will find that by becoming a student of the game, learning both the correct shot selections and techniques, will get you to where you really want to get – playing at a more advanced play level. And remember, age is irrelevant; improvement is constant. Enjoy, and above everything else, have fun.



A Proud Sponsor of the BCO/Club Tournament.

# The Training Page

## How to Improve Your Game with Drills!

*Editor's Note: This is a continuation of Andrea's drill article from November. Go to the Club website to see the November issue.*

A common theme amongst recreational players is that they need to get into the higher-level crowd in order to get better and progress amongst the levels of Pickleball. To some degree, I would agree with that thought process. But there are other ways to improve. I come from a tennis background, where 80% or more of my practice time was dedicated to drilling. In Pickleball, I often see higher level (4.5 and above) drilling, but I rarely observe it at the lower levels.

Drilling is important at all levels of pickleball. In fact, a good drill session can be as much fun or more than playing 4-person doubles. In drilling you can challenge yourself a different way. For example, how many third shot drops can you hit in a row? Can you hit your serve 8 out of 10 times in a 4 square foot box at the corner of the court? Can you and your drill partner hit 50 unattackable

cross court dinks in a row? These are all mini drill challenges that I like to make myself do on a weekly basis in practice.

So how can drilling impact the game at each particular skill set? For this newsletter, let's start with the 4.5 and 5.0 players. What is the biggest difference between the 4.5 and 5.0

dinks in a row. These dinks have to be both consistent and low enough that the opponent cannot speed up the ball or change the direction with a redirect. It is very difficult to work on these skills in recreation doubles play because once the competitive juices are flowing, most people just want to win the game to the detriment of improving.

Finally, at the 5.0 level up to professional, we focus on all of the same skills, but just at a higher frequency. A 90 minute plus drill session often leaves me feeling more accomplished and mentally ready for tournament play than a 4-person recreation game. Additionally, if I practice the right way, I am always ready to relax afterward with a Perrin Selzter and drink back some of the calories I just burned off.

So, I encourage everyone to grab a partner and get out for some pickleball drilling. The Perrin beer is still cold afterwards, same as doubles play. Additionally, drilling might be just a tad safer in the indoor COVID-19 world too.



Lori Mann, Club Director, using a "Lobster" to practice drills.

levels? In my opinion, it is hitting consistent "unattackable dinks" and "hand speed." Drilling can help players work on both of these skills. At the 4.5 level, it is no longer acceptable just to be able to hit 50

## Serve, Return, Practice, Practice, Practice!

By: Eric Gustafson

Practice can be a good thing if you want it to be. Pickleball is a great social activity, and the interactions with other like-minded players are fun (win or lose), satisfying and release the pressures of the day. It can be a highlight of the day for many. While one

practices, putting the ball into the net, miss hitting the ball, or hitting the ball outside the lines should be expected since, after all, you are practicing.

Whether you serve/return a pickleball, hit a hardball, kick a

roundball, strike a volleyball, catch a pigskin, or swish the rock, they all have one commonality. PRACTICE, right? PRACTICE, PRACTICE, PRACTICE. For those of us who take their skill level(s) at least halfway seriously or who want to improve as

(Continued on page 9)

# The Training Page

(Continued from page 8) **Practice, Practice, Practice**

much as possible to be the best one can be, practice is a necessary preparatory component of any game regimen. Let's face it, practice generally means repetitive motions, developing muscle memory, gaining 'touch,' becoming more consistent, and most certainly persistence. It can be boring to many, frustrating to some, but fun too. The questions become, "Do you practice?", "Do you want to practice?", "How do you practice?", "What do you practice?", and/or "When do you practice?".

Now some individuals only practice when they play pick-up games, which is fine if you are not easily frustrated; they know what they want to do but cannot quite execute the stroke consistently. Others practice serves, lobs, dinks, and directional strikes by themselves with a bucket of balls

on an empty court when they have the time. If you have a ball machine, set it to practice serve returns, half volleys, dinks, return of lobs, and hard or soft returns. Many practice methodologies and drills can be found on the internet that give instructions on the drill, and just what results should be expected to be gained. What one does to prepare for play determines their quality of play. What's that old saying, "You

get out of the game that which you put into the game." If one just puts fun into the game, then fun is what you get out of it.

The next step of course, beyond practicing by oneself or with a ball machine, would be practicing with another player. Take advantage of the situations when presented to ask someone to drill with you as they



Eric practicing Drills!

would probably love to do so. There are so many one-on-one practice drills to run with another player – it does not matter what their or your skill levels are, everyone usually will drill when possible unless they are 'played out' at the end of a session. Practice can be an enjoyable activity too.

Whether one decides to practice or not is solely a personal decision. Practice is certainly

not necessary to enjoy the game, but it is necessary to improve one's game to a higher level if that is what is desired. Practice is for those who feel they need it to obtain the satisfaction from the game of Pickleball they strive for. So, Pickle-on and enjoy yourself, whether you practice or not.

## Three Serves to Help Your Game

As you become more advanced in your serving skills, there are essentially three serves that may help improve your game. Those three are the high soft serve, the power serve, and the soft angle serve. So what are these, and how do they help? Let's get into it.

**High Soft Serve:** This serve is exactly how it is described; it has a high loft and is hit deep into the player's court. It's a good change of pace if you're consistently hitting power serves. The opposing player has to rethink how they will play

this serve and change their timing to better match the soft speed of the ball. Not surprisingly, it can throw your opponent off, especially if you also put spin on the serve.

**The Power Serve:** The power serve is a hard-hit ball that goes close to the net and back into the opponent's court. With some spin on the ball, this becomes even more difficult to make an offensive shot. Generally, to return the ball, you simply have to softly block the ball as it's coming toward you.

**The Soft Angle Serve:** The soft

angle serve forces your opponent to run towards the net in order to get to the ball. It usually doesn't allow your opponent to get set and frequently causes them to be off-balance. When your opponents are stacking, a soft angle shot can cause the service-return player to rush to the net next to his/her partner, leaving the other half court open.

As you're playing, consider using these three serves during your games.

# National News

## USA Pickleball has a New Chief Executive Officer!

[USA Pickleball](#) recently announced that it has selected a first-time Chief Executive Officer. Stu Upson started his new position on December 14, 2020.

He has held numerous management positions, most recently with the International Tennis Hall of Fame.

The USA Pickleball Board looks forward to Stu's guidance and experience to help bring pickleball further into mainstream America.



## ***Update December 10, 2020 (10am PT) on USA Pickleball Corona Virus Position***

### **USA Pickleball Sanctioning Remains Limited and on a Case-by-Case Basis for those Meeting State and Local Mandates**

Due to the varying geographical impacts of COVID-19 and differing state and local mandates, a full return to sanctioned play without restrictions continues to be not possible. Sanctioned tournaments that meet their state and local safety mandates and guidelines must also meet new criteria and provide USA Pickleball with documentation from local city, county and/or state officials confirming that the event meets all safety regulations.

USA Pickleball continues to recommend that all players follow all local health and safety regulations and mandates as well as those implemented by individual facilities.

## 125 Pickleball Rule Revisions for 2021—Just Out!

USA Pickleball has just issued new rules for 2021 plus they now have two rule books: "The Official 2021 Rule Book" and the "2021 Alternate Rulebook". The Alternate Rulebook is an attempt to simplify how rules are presented. However, it cannot be used for tournament play. Look for details by clicking the button.

Want to see more? USA Pickleball has a special document with just the 2021 rule changes. Two of the new rules are (1) bouncing the ball on serves is now legal and (2) having to play "Let" serves when they occur. This 77 page document will keep you entertained most of the day. Click on the button.



For the 2021 season, the Pro Pickleball Association, PPA, indicates that it will have over \$1 million in total payout for the season. Their numerous tournaments extend from Florida to California. Currently they have fifteen tournaments listed. To see more details, click on the symbol:



The Association of Pickleball Professionals, APP, for their 2021 season, currently have 16 tournaments scheduled with approximately \$500 thousand in prize money available. If you desire more information regarding these tournaments, click on the symbol below.

**Priority Health**, a BCO/Club Sponsor, is a nationally recognized nonprofit health benefits company focused on improving the health and lives of one million members across Michigan. Priority Health continues to be recognized as a leader for quality, customer service, transparency and product innovation. (Click on "Priority Health" symbol)



Web: GRPICKLEBALL.COM  
 Facebook: Grand Rapids Pickleball Club

# Club Information

## Club Officers:

### President

Steve Elzinga

### Vice President

John Frizzo

### Secretary

Cari Brooks

### Treasurer

Hub Capes

### Director of Advanced Play

Paul Richards

### Director of Open Play

Tom Miller

### Communications

Suzanne Schmieder

## Lessons / Equipment

The Grand Rapids Pickleball Club does not endorse or recommend any individual instructor or distributor. This is simply a list of GRPC members who offer lessons/equipment and is for the convenience of the GRPC membership and others looking for Pickleball Instruction or equipment in the Greater Grand Rapids area. (Alpha Order)

### Jeffrey W. Howlett

[dgfjeffpb@gmail.com](mailto:dgfjeffpb@gmail.com)

616-299-2000

Distributor for: Engage Equipment

### Linda Jirous

[lindenvp@yahoo.com](mailto:lindenvp@yahoo.com)

616-238-4412

Distributor for: Paddletek Equipment

### Larry Keefe

[lkeefe@bmc-pos.com](mailto:lkeefe@bmc-pos.com)

616-446-4000

### Ross Kornoelje

[rosskornoelje@gmail.com](mailto:rosskornoelje@gmail.com)

### Bob Trout

<http://www.facebook.com/pickleballlessonandclinics>

[bob.teamselkirk@gmail.com](mailto:bob.teamselkirk@gmail.com)

616-240-1413

Distributor for: Selkirk Equipment

### Larry VanderRoest

<https://www.facebook.com/PickleballCoach1>

[pbccoach@comcast.net](mailto:pbccoach@comcast.net)

810-923-8290

### Equipment Distributors Only (No Lessons)

#### James Stokes

616-560-0405

[imboldone@hotmail.com](mailto:imboldone@hotmail.com)

Distributor for: Gearbox

#### Jamin Stokes

616-690-3111

[jaminstokes@gmail.com](mailto:jaminstokes@gmail.com)

Distributor for: Gearbox

**AED** - This life-saving machine is located in the shed. If you're not familiar with its operation, please review the associated video.

[How to Use AED - Click Here](#)

## Club Discount and Credits

**Pickleball Central** gives you a 5% discount on eligible purchases and gives another 5% back to the Club. Use "crGrandRapids" as the discount code. Click on image to go there.



**Smile.Amazon.com** provides a small percentage back to the Club for eligible purchases. There is no additional cost to you. You do need to set up "Grand Rapids Pickleball" as the charitable organization. Click on image to go there.



## DONATE TO THE CLUB!

Your tax deductible donation significantly benefits the Club in so many ways. Your funding is used in court maintenance, equipment purchases, as well as a host of other expenditures. Consider donating today.

[Donate](#)

## Renew Membership

[Click](#)

## COVID-19 HOTLINES

Phone: **616.893.7516**

Steve Elzinga

Email: [covid@grpickleball.com](mailto:covid@grpickleball.com)

## USA Pickleball Ambassadors:

Paul Richards—Area Team Leader

John DeHoog

Linda Jirous

Larry Keefe

Ross Kornoelje

# The COVID-19 Page

November 20, 2020

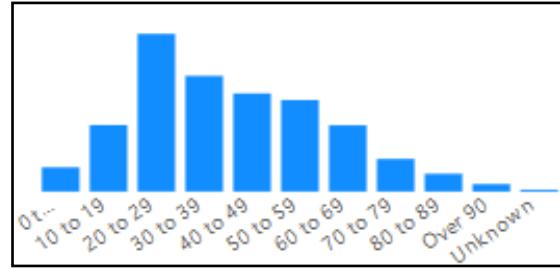
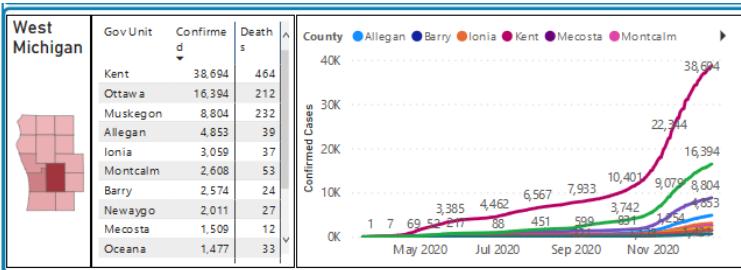
The **Kent County Health Department** (KCHD) is issuing this Public Health Warning to provide residents with heightened guidance to best protect themselves and others. This Public Health Warning will remain in effect until the 14-day total incidence of new cases per 100,000 of population is less than 350 (or approximately 165 new cases per day) and the seven-day average positivity rate of new tests is trending downward. *People should expect that this Public Health Warning will likely continue through January 15, 2021 at the earliest.* The cooperation of all residents with these recommendations will help our community prevent suffering and reach these markers as quickly as possible.

Any person notified of a positive test for COVID-19 should immediately isolate for a period of time not less than ten days from onset of symptoms (if applicable) or from test date. Person shall be fever-free without the help of fever-reducing medications for at least 24 hours and all other symptoms must be improving before leaving isolation.

Any person who has had close contact with someone who is infected with COVID-19 must quarantine for 14 days from the date of their last contact with the infected person. The quarantined person should stay home, stay away from others as much as possible, and watch for symptoms.

*Information is only a partial statement. Click on button to get the full statement.*

**Data as of December 18, 2020**



## Frequently Asked Questions from accesskent.com

[Why does someone who tested positive have to isolate for 10 days, but someone who is a close contact has to quarantine for 14 days?](#)

For most people who have symptoms, the infectious period of COVID-19 is 2 days before symptoms appear to 10 days after symptoms appear. For those who **do not** have symptoms, the infectious period is assumed to be two to fourteen days before test collection date to 10 days after test collection date.

Isolation is for people who have been diagnosed with COVID-19. To be released from isolation, a person with COVID-19 must meet the release from [isolation criteria](#).

Quarantine is for close contacts who are not sick and helps prevent spread of disease that can occur before a person knows they are sick or if they are infected with the virus without feeling symptoms. Symptoms may appear two to 14 days after exposure to the virus.

[I live with someone who tested positive, but I tested negative. Why is this?](#)

You may not have been exposed to the virus, or you may have the virus but at a lower level that didn't show up as positive on the test. Regardless, you should quarantine for 14 days from date of last exposure which starts on the last day of contact with the positive person. Otherwise quarantine starts when the COVID-positive person's isolation period is over.

	Total Tests	Daily Avg	Positivity
Last 7 Days	346,714	49,531	10.0%
Last 30 Days	1,698,431	56,614	12.3%
Since March	7,481,512	26,343	9.1%

[When a family member is positive, when does quarantine end for everyone else in the house?](#)

If the person that tested positive can truly stay isolated from everyone else in the house (separate room and separate bathroom, does not eat in a common area), quarantine starts on the last day of contact with the positive person. Otherwise quarantine starts when the COVID-positive person's isolation period is over.

*The above is only a partial picture of the county data/FAQ available. Go to [accesskent.com](#) to obtain more data and relevant health information.*