

Important Update
Weston Creek Tennis Club *Updated Covid-19 Safety Protocol*
commencing at 7am on Friday 15 October 2021

As a result of the ACT Government's COVID-19 Pathway Forward the Weston Creek Tennis Club (WCTC) will introduce new operational arrangements for users of the Club, including coaching, commencing on 15 October 2021. It is anticipated these arrangements will remain in place for up to two weeks.

Until further notice, the Club will be divided into two distinct and separate venues:

- **Venue A:** Courts 1 – 4 (**coaching** limited to these courts)
- **Venue B:** Courts 5 – 10

All players, regardless of whether playing at Venue A or Venue B, must adhere to this *Updated WCTC COVID-19 Safety Protocol* which is also available on the Club's Website.

Before you play, please read this *Updated Safety Protocol Update* including the attached pages on 'Risk' (see Page 3), and if you are being coached please read the 'Procedures for Students Entering Venue A' and the 'Procedures for Coaches Coaching at Venue A' (see Pages 4 and 5).

1. All players must adhere to the current ACT Government Covid-19 Lockdown directions which state that exercising outdoors (including tennis) is only for a maximum period of four hours per day.
2. There will be no competition play.
3. Expanded coaching for up to 25 players on Courts 1-4 from 15 October 2021 in accordance with this *Updated Safety Protocol* and the attached pages titled 'Procedures for Students Entering Venue A' and 'Procedures for Coaches Coaching at Venue A'. Very importantly all players undertaking coaching must enter and exit through the large side gate adjacent to Court 1. A separate QR code and signage will be installed at the side gate for players to book in.
4. For all players booked in at Venue B (Courts 5 – 10) you must enter and exit through the main gate and book in using the QR code installed at the main gate.
5. Existing permanent bookings and day-time and evening "social tennis" sessions will resume on the understanding that this Safety Protocol is adhered to.

6. For Courts 5-10 up to four players are permitted on a court at the one time – non-playing spectators are not permitted on the playing area.
7. When Courts 1-4 are not being used for coaching they may be used by all players to a maximum of 25.
8. At all times players must observe strict physical separation of 1.5 metres, and no handshakes.
9. Bookings should be made using *Book a Court*, but please arrive and leave Venue A or Venue B as close as possible to your booking time. No form of social gathering will take place before or after play.
10. On arrival at the Club, QR Codes for Venue A and Venue B must be strictly adhered to by everyone over 16 using the Canberra QR App.
11. All players entering Venue A or Venue B are required to wear a mask at all times within the facility. There is no need to wear a mask while playing, but must be put on immediately after play.
12. Apart from leaving and entering Venue A or Venue B, please stay within the confines of the court you have booked.
13. The Clubhouse toilets will be open for emergencies only otherwise do not enter the Clubhouse.
14. Junior players can be dropped off by adults, but the adults must not enter the playing area of either Venue A or Venue B if they are not playing.
15. Members must have their own supply of alcohol wipes and use them before and after play, and before and after entering or leaving via the entrance gate. No alcohol wipes means no play.

RISK (Ref - the Tennis ACT and ACT Government Guidelines)

Who is at high risk of severe illness?

You are at high risk of severe illness from COVID-19 if you:

- are 70 years of age or over
- have had an organ transplant and are on immune suppressive therapy
- have had a bone marrow transplant in the last 24 months
- are on immune suppressive therapy for graft versus host disease
- have blood cancer eg leukaemia, lymphoma or myelodysplastic syndrome (diagnosed within the last 5 years)
- are having chemotherapy or radiotherapy.

Who is at moderate risk of severe illness

You are at moderate risk of severe illness from COVID-19 if you have:

- chronic renal (kidney) failure
- heart disease (coronary heart disease or failure)
- chronic lung disease (excludes mild or moderate asthma)
- a non-haematological cancer (diagnosed in the last 12 months)
- diabetes
- severe obesity with a BMI ≥ 40 kg/m²
- chronic liver disease
- some neurological conditions (stroke, dementia, other) (speak to your doctor about your risk)
- some chronic inflammatory conditions and treatments (speak to your doctor about your risk)
- other primary or acquired immunodeficiency (speak to your doctor about your risk)
- poorly controlled blood pressure (may increase risk – speak to your doctor).

Advice for specific communities and groups

For information on how you can stay safe and healthy please read: The ***Living well in the COVID-19 pandemic fact sheet***. This fact sheet will help you to make COVIDSafe decisions about work, transport and social activities.

You may also like to talk to you doctor and complete a **COVID-19 Action Plan**.

Read more about how to reduce the risk for particular community groups who might be more at risk of exposure to COVID-19, or severe illness:

- Aboriginal and Torres Strait Islander people
- older people
- people living in aged care facilities
- people with chronic conditions
- people with disability

PROCEDURES FOR STUDENTS ENTERING VENUE A



Before Lesson

- Ensure hands are washed prior to arrival at courts. Student must also have their own hand sanitiser/ alcohol wipes and use before the start of their lesson.
- Students aged 12 years or older to be wearing a mask upon arrival at the venue.
- Students aged 16 years or older are required to use the **Check in CBR app at Venue A at Court 1.**
- Please enter the complex at your designated start time, not before. This allows for the previous class to clear out, equipment to be cleaned and everything prepared in a timely fashion
- Do not touch gates or any fixtures in the club. Your session will be arranged to be touch-free.
- Student is to bring their own full drink bottle. The clubhouse will be open during the lesson for access to the toilets only in case of emergencies.
- Parents should drop children off and remain **outside Venue A.**
- Students are to enter the court only when instructed by the coach who will meet you at the gate.

During Lesson

- Masks will be allowed to be removed for the purposes of playing. Please keep the mask on you at all times in case the coach asks you to put it back on.
- When speaking to a coach, maintain physical distance of at least 1.5m.
- Students are not required to pick up the balls. They will be asked by the coach to hit the balls along the ground towards a corner for the coach to pick them up.
- The lesson will finish 5 minutes before the scheduled end. This will allow for the coach to end the lesson and prepare for the next in a safe manner.

After Lesson

- Put mask back on before leaving **Venue A**
- Both coach and student to use hand sanitiser/wipes at end of lesson.
- Ensure your departure of the club is done in a timely manner – no hanging around.
- Leave without touching gates or club fixtures.

PROCEDURES FOR COACHES COACHING AT VENUE A



Before Lesson

- Check into CBR app at front entrance – first coach is to ensure gate is left ajar
- Unlock shed – door is to be left ajar. Only one coach is to touch the locks.
- Retrieve the baskets you'll need for the lessons – where possible, allocate different baskets to different coaches – ie. Joe's red basket, Nick's red basket etc.
- No extra equipment such as lines, cones etc to be used.
- Take your baskets to the court.
- Ensure appropriate hand sanitiser and/or alcoholic hand wipes are available – use before lesson and observe student using their own before commencing.
- Coach **to bring student into Venue A from the Court 1 gate only** when court you are coaching on is clear of previous students. If student is over 16 they must check in using the QR CBR code.

During Lesson

- Coach to brief student on all COVID-19 controls and procedures for the lesson.
- Coach to ensure student has used hand sanitiser/alcoholic wipes
- Only coach is to touch the balls – this means no serves. Balls to be picked up by coach only. After a basket is emptied, the player is to hit the balls to one corner for the coach to pick up.
- Where possible, rally based activities to be used – this means less balls will be picked up throughout the lesson.
- If the lesson requires the Coach and student to be closer than 4m then both the coach and student/s should wear masks. When speaking to student, maintain physical distance of at least 1.5m. This includes but is not limited to adjusting grips with your own hands, no physical moving of hand/arms when demonstrating a shot.

After Lesson

- Both coach and student to use hand sanitiser at end of lesson.
- Clean hands with hand sanitiser/alcohol wipes
- Coach is to ensure no crossover of students on the court. Ensure lesson finishes (balls packed up, ready to leave) at least five minutes before scheduled finish. Eg 1:55pm for a 1:00-2:00pm lesson.

After Lesson

- Put mask back on for leaving the club
- Both coach and student to use hand sanitiser/wipes at end of lesson.
- Ensure your departure of the club is done in a timely manner – no hanging around.
- Leave without touching gates or club fixtures.