

## COVID-19 Community Tennis Guidelines for Continued Play - issued 18.6.2020

We all must take responsibility to minimise the effects and potential spread of COVID-19.

### **Before you play**

Stay at home if you:

- Have been in contact with someone with COVID-19 in the last 14 days
- Have been overseas or exposed to someone with COVID-19 in the last 14 days
- Have flu-like symptoms
- If you are in a high risk health category, then you should not be playing tennis at any time during this period. The Federal Government have listed the following as high-risk categories:
  - Persons with weakened immune systems      ○ **Any person 70 and over**
  - Persons with diagnosed chronic medical conditions; **including Any person 60 and over** (with such as lung conditions & kidney failure)      ○ People with diabetes

### **Attending tennis activities**

- Only people core to social playing or coaching should be on court or at the venue
- Arrive and leave as close as possible to when you need to be there.
- **Showers or change rooms be used from 1 June**
- **Clubhouses are from 1 June open to the public; seating off court can also be used but still keeping social distance**

### **Social distancing (ON and OFF court - 1.5metres to be maintained at ALL times – NO group socializing!)**

Tennis holds a unique advantage as a sport which requires no direct contact between players.

- **Each player (for either social or competition), or person watching (off court) should keep 1.5 metres away from the other players or persons off court while attending play**
- Any parent/guardian accompanying a junior for coaching and is outside the court should keep a distance of 1.5ms from any other person. Grouping off court(s) limited to 20 people, in any two separate areas

### **Behaviours**

To protect against infection, you should:

- Wash your hands before and after you play and after going to the toilet, sneezing and coughing
- Not share a water bottle, by bringing your own full bottle
- Cover your coughs and sneezes; in your elbow and dispose of any tissue used immediately
- Avoid touching your face      • Be aware of what surfaces you touch

### **Organised tennis activities**

Community tennis activities are limited to casual social court hire and competition – a pair v another pair ONLY (no spectators on court)

- **Group coaching for adults /children now permitted + the coach from 1 June**
- When on courts players and those in coaching still to minimise contact for both participants and coaching staff and maintain 1.5ms distancing
- **Records will be maintained of who attends the activities** and their contact details; such as - mob. # - and email address
- Payments to be made online by Eft, or via EFTPOS to minimise handling of cash
- Gates to each court will be left ajar during opening hours, so players do not need to push gates to enter
- Players are still to observe 1.5ms rule when changing ends

### **Coaching (or primarily Hitting) & Squads**

- One parent to be present; in terms of WWC requirements, for juniors in coaching (BUT off court)
- There is to be limited use of coaching gear; balls, target cones, markers & NO drop down lines
- Social distancing of 1.5ms will be maintained at all times including when giving feedback & when the player being coached is resting

### **Tennis equipment**

There is no specific evidence that balls can spread COVID-19. We do know that on hard surfaces contamination by respiratory droplets from an infected person can potentially survive up to three days.

- Therefore, you should:
- Make sure you clean your hands before and after coming off the court
  - Do not touch your face after touching a ball, or racquet