



COVID-19 Community Tennis Guidelines





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COVID-19 Community Tennis Guidelines for Continued Play

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This is a rapidly evolving issue, please ensure you refer to Tennis ACT website for the latest recommendations on dealing with COVID-19.

We all know tennis is a unique sport with many benefits – the main one being health and wellbeing.

The **COVID-19 Community Tennis Guidelines for Continued Play** provide details on how outdoor courts can remain open for use to help ensure people remain active, subject to strict social distancing and hygiene practices being implemented.



COVID-19 Community Tennis Guidelines for Continued Play

Before you play

You must 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 been to a COVID-19 exposure site. Please [click here](#) for a list of exposure sites.
- Have flu-like symptoms
- Are under Stay At Home orders, or are in quarantine
- Or are in a [high risk health category](#).

Attending tennis activities

- **All participants aged 16 and over must check in on the Check In CBR App on arrival**
- **All participants will be required to wear a mask at all times at the club. There is no need to wear a mask while playing if your activity is vigorous, however it must be put on immediately after play.**
- Only people playing should attend the club. No spectators are allowed.
- Where possible stay within your region to play
- Arrive and leave as close as possible to when you need to be there

Social distancing

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

You can also:

- Touch racquets instead of the regular pre or post match handshakes
- Keep 1.5 metres away from other people while watching or attending an outdoors tennis activity.

Behaviours

To protect against infection, you should:

- Wash/sterilise your hands before and after you play and avoid touching your face while playing
- Not share water bottles and bring your own full bottle
- Wash your hands frequently with soap and water or hand-sanitiser when available, before and after eating, after going to the toilet, sneezing and coughing
- Cover your coughs and sneezes and dispose of any used tissue immediately
- Avoid touching your face
- Keep your distance from people who are obviously sick
- Be aware of what surfaces you touch and if you touch the on court equipment such as net, net handle, hoses, and court bagger you must clean these before you leave.



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Organising tennis activities

- Limit community tennis activities to casual court hire only and coaching only
- Implement a 15-minute buffer between court hire bookings
- Limit the number of players per court to a maximum of 4 people only
- Where practical use every second court or ensure there is suitable distance (minimum 10 metres between different groups)
- Please note that while you are able to play with a total of 4 participants, this is not an opportunity to have multiple sessions with different groups as the Chief Minister has outlined with examples of walking etc too. It is not a chance to have a doubles session with different people every day of the week and we strongly recommend you stick with the same group of people for each session. Please do not change double partners for your sessions and play with the same group of people.
- All court hire bookings are to be made online at <https://play.tennis.com.au/>
- Leave gates ajar during opening hours so players do not need to touch handles to enter. If using Book a Court, provide sanitising facilities at the gate for cleaning each time the pin pad and gate is used, and put a notice up to this effect.

Coaching

- The restrictions are for 1 coach and 2 players for each session (3 people max)
- Shorten coaching sessions where necessary to ensure no cross over between players
- Live ball drills and game based play is recommended over basket based
- Coaches are allowed to coach for 4+ hours everyday. Participants are still only allowed a max of 4 hours exercise per day.
- Maintain social distancing at all times including when giving feedback and while players are resting
- Where practical use every second court
- Limit the use of coaching equipment such as target cones
- Don't let students handle any coaching equipment - coach to pick up balls and feed drills
- Payments to be made online via EFTPOS – avoid handling cash.

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
- Not touch your face after touching a ball, racquet or other tennis equipment
- Use new balls and racquet grips where possible
- Use fewer balls per session
- Replace all balls if someone with/suspected to have COVID-19 comes in contact with them



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Clean environment

Providing a clean environment to play tennis in is essential. Make sure you:

- Provide soap, hand-sanitiser or wipes at all main contact points
- Clean all surfaces, such as counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and tables, at least once a day wearing disposable gloves
- Clean any surfaces which may have blood, body fluids and/or secretions or excretions on them
- Regularly remind and encourage everyone, particularly juniors, of the need to wash hands regularly and adopt the other principles of a good hygiene strategy
- Display signage about handwashing and hygiene techniques at strategic points like all sinks, eating areas, drinking areas and on the side of court.

Venues

- All indoor tennis courts and gyms are closed
- Venues run by volunteers are recommended to close all indoor spaces including showers and changerooms
- It's recommend that toilets remain for emergency use only
- Closure of café, canteen and bar facilities. Unless professionally operated in which case activities are to be restricted to take away service only – no cash payments.
- Remove all soft furnishings such as seat cushions.

Incident management process (ACT)

- **All venues must have the Check In CBR app and all players must check in on arrival**
- Abide by the ACT Government restrictions on sport and recreation – found [here](#).
- Practice good hand hygiene before and after playing.
- Follow the 4 players per court.



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These guidelines have been developed to reduce the likelihood of spreading the COVID-19 virus through tennis. Before attending a tennis venue or playing tennis, you should consider your individual situation noting that the COVID-19 virus can spread very quickly and result in very serious medical complications in some people. Like any activities, there are some inherent risks involved and by participating you are accepting those risks.

For further information in relation to these guidelines please contact Tennis ACT;

PH: 6160 7800

Email: actreception@tennis.com.au