



# COVID-19 Community Tennis Guidelines





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## COVID-19 Community Tennis Guidelines for Continued Play

*Last updated 11 November 2021, effective from 12 November 2021*

**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.



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## **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**
- **From 12 November no masks will be required indoors, or outdoors.**
- 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.

## **Organising tennis activities**

- From 12 November no density limits will apply with a maximum of 2000 people for an outdoor venue
- Up to 25 people can gather in any indoor space, and if over 25, the density limit of one person per 2 sqm applies
- Organised tennis events are permitted, such as local tournaments, social tennis and competition can return
- 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.



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## Coaching

- Full coaching classes can resume, and no density limits apply
- There is no cap on the coaches hours
- Maintain social distancing at all times including when giving feedback and while players are resting
- 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  
Don't touch your face after touching a ball, racquet or other tennis equipment
- Use new balls and racquet grips where possible
- Replace all balls if someone with/suspected to have COVID-19 comes in contact with them

## 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

- Clubhouses can open under the density rules, no masks are required.

## 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.



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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**

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