



COVID-19 **Community Tennis** Guidelines





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Last updated 4 June 2020

On 30 April 2020, the Northern Territory Government released the Territory's 'Roadmap to the New Normal', relevant to restrictions around COVID-19. This Roadmap includes the staged adjustments to various restrictions across the Northern Territory, including for the sport and active recreation sector. Stage three of the three step process commences on 5 June 2020.

The Department of Tourism, Sport and Culture has also provided more specific information to the sector, including through the provision of [Sport and Active Recreation sector COVID-19 Questions and Answers](#). This includes the need for organisation's to complete the following checklists if they are providing services beyond May 15 2020:

[COVID-19 Checklist for Sport and Active Recreation Organisation's](#)
[COVID-19 Checklist for Food Businesses](#)

COVID-19 Community Tennis Guidelines for Continued Play

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.

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 flu-like symptoms
- Or are in a [high risk health category](#).

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 and whilst indoors

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, and hoses you must clean these before you leave.



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Organising tennis activities

- Implement a 15-minute buffer between participants, to ensure equipment can be cleaned
- Promote prevention techniques and lead by example
- Implement ways to minimise contact for both participants and staff
- Keep your team and your participants informed of the actions you're taking
- Keep records of who attends your activities and their contact details
- Payments to be made online or via EFTPOS – avoid handling cash
- Leave gates ajar during opening hours so players don't 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

- Position the players at well-spaced stations
- Shorten coaching sessions where necessary to ensure no cross over between players
- Live ball drills and game based play is recommended over basket based
- Maintain social distancing at all times including when giving feedback and while players are resting
- 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
- Restrict balls to a particular person, court or day of the week. One idea is to label them with a permanent marker
- Clean all tennis gear with alcohol-based disinfectant including racquets, towels, coaching gear such as target cones
- Don't use unnecessary equipment such as drop down lines.

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.



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Venues

- All venues are required to complete the NTG's [COVID-19 checklist for sport and active recreation organisations](#) before resuming activities beyond May 15 2020
- If venues wish to provide clubhouse, gym or toilet facilities, regular cleaning of all frequently touched surfaces is required
- Clubhouses and facilities where food and beverages are consumed may resume, subject to the completion of the NTG's [COVID-19 checklist for food business](#) before commencing
- Ensure clear signage is displayed that provides participants with all key information pertaining to tennis participation and venue requirements
- If using Book A Court, ensure that booking Terms and Conditions are updated to reflect relevant requirements outlined within these guidelines