



COVID-19 Community Tennis Guidelines





COVID-19 Community Tennis Guidelines (Tasmania)

Return to play: Stage 1 – from 12:01am Monday 18 May 2020

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.

Key Message

Restricted community and social play with gathering of up to 10 people.

Examples of gatherings within tennis club:

- 2 people hiring a court (1 gathering of 2 people)
- 1 coach with group of 6 students using two courts (1 gathering of 7 – 6 students, 1 coach)
- 10 social players using three courts (1 gathering of 10 people)
- *Therefore, if these gatherings were occurring onsite at the same time and all other measures are being followed as per Stage 1 restrictions, they all comply with the gatherings of up to 10 people.*

*** Changes to the current Stage can be made at any time by the State Government as guided by Public Health ***

COVIDSafe App

Tennis encourages all participants to download the COVIDSafe app to help speed up the process of identifying anyone who has been in close contact with someone diagnosed with COVID-19.

Learn more: <https://www.health.gov.au/resources/apps-and-tools/covidsafe-app>

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](#).

Attending tennis activities

- Only people core to playing should attend tennis activities such as players, participants, coaches and operational personnel.
- Arrive and leave as close as possible to when you need to be there.
- Only one parent/guardian should accompany younger children where possible.
- All people onsite are to complete an attendance record with the club.
- All people onsite are to follow the rules and requirements of the club/venue.

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 avoid close contact by moving around indoors.
- Only players, coaches and essential people should be allowed in changerooms and clubhouses.



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Personal behaviours

To protect against infection, you should:

- Wash/sterilise your hands before and after you play and avoid touching your face while playing.
- Bring and only use your own full water 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, etc. you must clean these before you leave.

Coaching

- Limit the number of people per court to 4.
- 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.
- 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.
- Use your own personal drinks bottles, equipment and towels only.
- 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.
- Avoid use of additional equipment such as drop down lines.

Organising tennis activities

- Implement a 15-minute buffer between participants, to ensure equipment can be cleaned
- Limit the number of players per court.
- Where practical use every second court or ensure there is suitable distance between different groups.
- Promote prevention techniques and lead by example.
- Implement ways to minimise contact for both participants and staff/volunteers.
- Postpone any social gatherings.
- Plan for increased levels of staff/volunteer absences.



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- Keep your volunteers 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 or lock and key, provide sanitising facilities at the gate for cleaning each time the pin pad and/or gate is used, and put a notice up to this effect.

Venues

- Follow the Tasmanian [Coronavirus website](#) and Public Health guidelines.
- Close all indoor spaces including showers and changerooms and toilets remain for emergency use only, unless appropriate and strict control measures can be put in place.
- Closure of café, canteen and bar facilities, unless appropriate and strict control measures can be put in place such as take away service and no cash payments.
- Remove all soft furnishings such as seat cushions.

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.