



COVID-19 Community Tennis Guidelines





COVID-19 Community Tennis Guidelines (Tasmania)

Return to play: Stage 3 – from 12:00 noon Friday 26 June 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

Full training and competition.

***** All Tennis Deliverers (Club, Centre, Coach, Association, or other) must now have completed a COVID Safe Plan as per Department of Community, Sport & Recreation (State Government). *****

Examples of gatherings within tennis club:

- Outdoor gatherings limits are increased to 500 people
- Indoor gatherings are determined by the size of your space with application of the density limits (currently 1 person per 2sqm).

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

Overview of changes in Stage 3 (from Stage 2)

- Outside gatherings are now up to 500 (increased from 20)
- Indoor gatherings are determined by density limits (previously a fixed number)
- Leagues / Pennant / Competition allowed with sufficient time between end and start times.

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](#).

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.
- Observe the density limits within internal areas such as 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.

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.
- 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.

Venues

- Follow the Tasmanian [Coronavirus website](#) and Public Health guidelines.
- Indoor spaces such as changerooms and clubhouses including showers are open as long as they follow density limits
- Cafés, canteens and bar facilities can be used – avoid cash payments.



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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.