



# COMMUNITY TENNIS GUIDELINES





## LEVEL A RESTRICTED COMMUNITY 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.

### 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.

### 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 attending a tennis activity.

### PERSONAL 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 or towels. Bring your own full bottle and towel
- ▶ 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

- ▶ Limit community tennis activities to casual court hire and individual coaching
- ▶ Limit the number of players per court to a maximum of 2 people (including any coaches)
- ▶ Implement a 15-minute buffer between participants, to ensure equipment can be cleaned
- ▶ Advise players to not change ends
- ▶ Where practical use every second court or ensure there is suitable distance (minimum 10 metres between different groups)
- ▶ Promote prevention techniques and lead by example
- ▶ Implement ways to minimise contact for both participants and staff
- ▶ Postpone any social gatherings



# COMMUNITY TENNIS GUIDELINES



- ▶ Plan for increased levels of staff/volunteer absences
- ▶ 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

- ▶ No group coaching should take place - limit coaching to individual coaching for a maximum of 1 player
- ▶ 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 respiratory droplet contamination on hard surfaces can potentially survive for some time. 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 shared tennis equipment
- ▶ Sanitise hands at regular intervals while on court
- ▶ Use fewer balls per session
- ▶ Restrict balls to a particular person, court or day of the week. One idea is to label them with a permanent marker
- ▶ Clean all shared tennis gear before and after use with alcohol-based disinfectant including ball tins, any shared racquets, coaching gear such as target cones
- ▶ Avoid using unnecessary equipment such as drop down lines.

## VENUES

- ▶ Professionally managed centres that have full time staff can remain open at their discretion as long as they follow Department of Health guidelines in their state or territory.
- ▶ Venues run by volunteers are recommended to close all indoor spaces including showers and changerooms and 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.
- ▶ Any social spaces including outdoor seating and shaded areas to be closed or cordoned off
- ▶ 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.



## LEVEL B

### GET IN, PLAY, GET OUT

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.

#### COVIDSAFE APP

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- ▶ 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 – get in, play, get out
- ▶ Only one parent/guardian should accompany younger children where possible.

#### 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, officials and essential staff should be allowed in changerooms and clubhouses.

#### PERSONAL 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 or towels. Bring your own full bottle and towel
- ▶ 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.

#### COACHING

- ▶ Limit the number of people per court
- ▶ 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



# COMMUNITY TENNIS GUIDELINES



- ▶ 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.

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- ▶ Not touch your face after touching a ball, racquet or other shared tennis equipment
- ▶ Sanitise hands at regular intervals while on court
- ▶ Clean all shared tennis gear before and after use with alcohol-based disinfectant including ball tins, any shared racquets, coaching gear such as target cones
- ▶ Avoid using unnecessary 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 (minimum 10 metres between different groups)
- ▶ Promote prevention techniques and lead by example
- ▶ Implement ways to minimise contact for both participants and staff
- ▶ Postpone any social gatherings
- ▶ Plan for increased levels of staff/volunteer absences
- ▶ 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.

## VENUES

- ▶ Follow Department of Health guidelines in your state or territory.
- ▶ Venues run by volunteers are recommended to close all indoor spaces including showers and changerooms and toilets remain for emergency use only
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## CLEAN ENVIRONMENT

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- ▶ 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.



## LEVEL C THE NEW NORMAL

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- ▶ Sanitise hands at regular intervals while on court
- ▶ Clean all shared tennis gear before and after use with alcohol-based disinfectant including ball tins, coaching gear such as target cones
- ▶ Avoid using unnecessary equipment such as drop down lines.

## VENUES

- ▶ Indoor tennis courts, gyms and changerooms including showers are open as long as they follow Department of Health guidelines in their state or territory
- ▶ Cafés, canteens and bar facilities can be used – no cash payments.

## CLEAN ENVIRONMENT

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

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