



## COVID-19 Community Tennis Guidelines for Continued Play

We all must take responsibility to minimise the effects and potential spread of COVID-19

### Before you play

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
- If you are in a high risk health category, then you should not be administering or playing tennis at any time during this period. The Federal Government have listed the following as high-risk categories:
  - Persons with weakened immune systems
  - Any person aged over 70
  - Persons with diagnosed chronic medical conditions (such as lung conditions and kidney failure)
  - People with diabetes
  - Aboriginal and Torres Strait Islander people
  - Very young children (Under 5) and babies

### Attending tennis activities

- Wherever practical, clubs and venues should be manned throughout to ensure all social distancing protocols are observed and regular cleaning and hygiene can be observed.
- Only people core to playing or coaching should be on court or at the venue
- Arrive and leave as close as possible to when you need to be there
- In order to comply with relevant Child Safety guidelines, at least one parent/guardian should accompany younger children and continue to be present for the duration of the tennis activity.

### 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.



## **Organising tennis activities**

- Limit community tennis activities to casual court hire and individual coaching
- Shorten programs, booking times to create a buffer between sessions
- Limit the number of players per court to a maximum of 2 people (including any coaches)
- Advise players to not change ends
- Where practical use every second court or ensure there is suitable distance (minimum 10 metres) between any playing or coaching groups
- Promote prevention techniques and lead by example
- Implement ways to minimise contact for both participants and coaching staff
- Postpone any social gatherings
- Plan for increased levels of staff/volunteer absences
- Keep your team and your participants informed of the actions you are 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 do not need to use handles to enter.

## **Coaching**

- No group coaching should take place – limit coaching to individual coaching for a maximum of 1 player
- Live ball drills and game based play is recommended over basket based
- Advise player to not change ends
- Maintain social distancing at all times including when giving feedback and while the player is resting
- Limit the use of coaching equipment such as target cones
- Do not let the student 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
- Do 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 group, 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 target cones
- Don't use unnecessary equipment such as drop down lines.