



# COVID-19 Community Tennis Guidelines

May 2020





## COVID-19 Community Tennis Guidelines for Continued Play

**Last updated 12 May 2020**

We all know tennis is a unique sport with many benefits – the main one being health and wellbeing.

The **COVID-19 Community Tennis Guidelines for Continued Play** provide details on how outdoor courts can remain open for use to help ensure people remain active, subject to strict social distancing and hygiene practices being implemented.

Tennis clubs, coaches and operators across the country are all different and operate in different local contexts. They are also independent organisations and businesses. Making an assessment of whether a safe exercise environment can be provided also depends on a range of factors, which will apply differently at each venue – it is the responsibility of each coach, club and operator to make that assessment based on their local environment.



## COVID-19 Community Tennis Guidelines Return to play: Level B

*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

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>

It is highly recommended that all clubs keep records of who attends your activities and their contact details.

Under the WA Government's Phase 2 easing of restrictions, each business and community facility will need to prepare a [COVID Safety Plan](#). You will need to ensure your COVID safety plan is available for inspection by authorized offices.

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

### Social distancing & Public Gatherings

Tennis holds a unique advantage as a sport which requires no direct contact between players. You can also:

- Keep 1.5 metres away from other people while watching or attending an outdoors tennis activity and avoid close contact by moving around indoors
- Touch racquets instead of the regular pre or post match handshakes
- 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





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- 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

- Recommend Private & Group Coaching (Max of 4 students per court with 1 coach)
- Position the players at well-spaced stations
- Shorten coaching sessions where necessary to ensure no cross over between players
- 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 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
- 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. If this type of equipment is used, they must be positioned and removed by a coach/supervisor and cleaned between use.

## Organising tennis activities

- Implement a 15-minute buffer between participants, to ensure equipment can be cleaned
- Limit the number of players per court
- 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.



### **Internal (Intra-club) Competitions**

Intra-club Competitions can be played, however all guidelines detailed in this document, particularly in regards to player limits per court, social distancing and social gatherings must be adhered to.

The Competition Builder feature in League Manager allows clubs to organize play while controlling and recording attendance, a key criteria for the authorities, in order to allow for tracking should an outbreak occur.

Fact Sheets are available for the following internal match formats:

1. Challenge Ladders.
  - Juniors, afternoons and Sunday mornings, managed by coaches, using timeslots allocated to groups of players up to 20
  - Adults, weeknights and weekends, using a court booking system, options of singles or doubles to sign up online. Court numbers are restricted to adhere to the 20 person limit
2. Flex Leagues, using pre-determined court availability
3. Modified Club Champs
  - Adult round robins spread over a number of weeks and scheduled according to court availability

For Clubs wishing to charge their members a fee to participate, the system allows for online payment in order to avoid cash handling.

### **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* and must be cleaned to meet hygiene requirements
- 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.
- If professionally operated café's and canteens are in operation, all staff are to complete the mandatory AHA Hospitality and Tourism COVID-19 Hygiene Course <https://hospitalityhygiene.com>
- 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.