



COVID-19 Community Tennis Guidelines





COVID-19 Community Tennis Guidelines, ACT Return to play: Level C, Version 2

Last updated 10 November 2020 – Effective from 9am 13 November 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.

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>.

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](#).

Do not visit a tennis facility if you have visited a COVID-19 Hotspot in the past 14 days.

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.

Personal behaviours

To protect against infection, you should:

- Wash/sterilise your hands before and after you play and avoid touching your face while playing
- Cover your hand prior to touching the entry PIN pad. Eg. Glove, plastic bag, tissue
- 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.

Organising tennis activities

- Implement a buffer between participants where required, to ensure equipment can be cleaned
- Gatherings can increase to a maximum of 500 people. Promote prevention techniques and lead by example
- Implement ways to minimise contact for both participants and staff
- Keep your team and your participants informed of the actions you're taking



- Recommended to keep records of who attends your activities and their contact details
- Payments to be made online or via EFTPOS – avoid handling cash.
- For venues utilising electronic gate access (Book a court), bookers should cover their hand prior to touching the keypad, eg with a glove, plastic bag, tissue. Display a notice to this effect at the entry point.

Coaching

- Position the players at well-spaced stations
- Implement a buffer where necessary between participants, to ensure equipment can be cleaned.
- 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
- Minimise students handling of coaching equipment –
- Payments to be made online via EFTPOS – avoid handling cash.
- For venues utilising electronic gate access (Book a court), bookers should cover their hand prior to touching the keypad, eg with a glove, plastic bag, tissue. Display a notice to this effect at the entry point.

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, coaching gear such as target cones
- Avoid using unnecessary equipment such as drop down lines.

Venues

- **Venues can have:**
 - one person per four square metres of usable space in each indoor space (excluding staff),
 - one person per two square metres of usable space in each outdoor space (excluding staff),
 - maximum of 500 people for each space.
- Outdoor/Indoor tennis courts, gyms and changerooms including showers are open as long as they follow [Department of Health](#) guidelines in their state or territory.
- Clubhouses are open, however this will be at the discretion of the individual venue and some clubs may wish to keep their clubhouses closed. Clubs should complete a risk assessment prior to opening the clubhouse and implement a strict cleaning regime (pre, during, and post use) which includes:
 - Clean all surfaces, such as counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and tables.
 - Clean any surfaces which may have blood, body fluids and/or secretions or excretions on them.
- Clubhouses should also display signage with maximum capacity for the space.



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- Canteens can operate, however physical distancing must be encouraged and strict cleaning regime put in place.
- Display your return to play plan on your website.

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
- Encourage participants to bring their own sanitiser, soap or wipes. 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.
- Implement a strict cleaning regime at the venue

Notes

- For the purposes of this document, a coach is defined as the coaching business or employee of the coaching business who is engaged with the coaching rights at the tennis facility.
- The final decision on whether a club or coach can operate safely within the current circumstances will rest with each individual club and/or coach.

Incident management process (ACT)

- Encourage all participants and spectators to download the COVIDSafe app.
- Recommended to capture participant details and attendance for programming. Support any requests for contact tracing efforts from authorities.
- Abide by the ACT Government restrictions on sport and recreation – found [here](#).
- Gatherings of up to 500 people.
- Practice good hand hygiene before and after playing.
- Keep a distance of 1.5 metres away from others.
- Follow the one person per 4 square metres rule of usable space in each indoor space and one person per two square metres of usable space in each outdoor space.