



LEVEL C - SOUTH AUSTRALIA THE NEW NORMAL

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>.

SOUTH AUSTRALIAN PUBLIC ACTIVITIES COVID-19 DIRECTION (29 JUNE 2020)

- ▶ Toilet facilities, changing rooms and shower facilities can be made available
- ▶ All activities are subject to the density requirement (one person per 2 square metres) and physical distancing principle (1.5 metres between people)
- ▶ COVIDSafe Plan must have been completed for all venues

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.

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.

ORGANISING TENNIS ACTIVITIES

- ▶ Implement a 15-minute buffer between participants, to ensure equipment can be cleaned
- ▶ 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
- ▶ Keep records of who attends your activities and their contact details
- ▶ Payments to be made online or via EFTPOS – avoid handling cash.



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 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

- ▶ Toilet facilities, changing rooms and shower facilities can be made available
- ▶ Indoor public meetings are permitted (all attendees must be seated and attendance records must be kept)

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.