



COVID-19 Community Tennis Guidelines





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

Last updated 14 May 2020 – Effective Saturday 16 May, 12.00am.

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](#).

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

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 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 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

- Activities can occur in small groups of a maximum of 10 people. This includes the coach, participants and spectators. Our recommendation for junior coaching is four participants, to account for the coach, four students, and one accompanying adult/spectator per participant. The same logic should be applied to any program which has accompanying spectators eg. Mums and bubs class.
- 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
- 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.
- Keep venue entry gate closed. Place a sign up at the gate indicating coaching participants should wait outside the gate for their coach to collect them. At the conclusion of the session the coach should open the gate for the participant to leave. Coaching participants should not open or close the gates, this must be done by the coach.

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
- 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 sessions, to ensure equipment can be cleaned
- Groups of up to 10 people are permitted, with the recommendation of four people per court
- Multiple groups of 10 are permitted as long as they adhere to the one person per four square metre rule and there is clear separation between the groups
- All tennis courts at a venue are now able to be used simultaneously under the current restrictions but a common sense approach should be taken at all times. For example, if only 2 courts at the venue are in use please consider having these spaced out and not directly next to each other
- 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
- 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.



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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
- 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.
- 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 where possible
- 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.

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 individual club and or coach.

Incident management process (ACT)

- Encourage all participants and spectators to download the COVIDSafe app.
- Capture participant details for attendance and individual small grouping. Support any requests for contact tracing efforts from authorities
- Abide by the ACT Government restrictions on sport and recreation – found [here](#).
- Maximum of 10 people in a group (including participants, coach and spectators)
- 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.



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COVID-19 Community Tennis Guidelines for Continued Play, ACT Level A: Restricted Community Play

Last updated 14 May 2020 – these guidelines remain in effect until 11.59pm Friday 15 May 2020.

We all must take responsibility to minimise the effects and potential spread of COVID-19. The current recommendation in the ACT is the only tennis activity that can continue is one-on-one coaching and casual court bookings (singles only or residents from the same household). All clubhouses should remain closed.

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.

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 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
- Cover your hand prior to touching the entry PIN pad with a glove, plastic bag or tissue
- 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



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- 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 court hire (singles only or residents from the same household) 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
- 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
- For venues utilising electronic gate access (Book a court), bookers should cover their hand prior to touching the keypad with a glove, plastic bag or tissue. Display a notice to this effect at the entry point.

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.
- Keep venue entry gate closed, to avoid the general public entering the courts. Place a sign up at the gate indicating coaching participants should wait outside the gate for their coach to collect them. At the conclusion of the session the coach should open the gate for the participant to leave. Coaching participants should not open or close the gates, this must be done by the coach.

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
- 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 person, court or day of the week. One idea is to label them with a permanent marker



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- Clean all tennis gear with alcohol-based disinfectant including racquets, towels, coaching gear such as target cones
- Don't use unnecessary equipment such as drop down lines.

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 where possible
- Encourage participants to utilise and bring their own soap, hand-sanitiser 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.

Venues

- All indoor tennis courts and gyms closed
- 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 clubhouse, showers and changerooms
- It's recommended that 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.

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 individual club and or coach.