

## Guidelines for Tennis Community Clubs during COVID-19

### Infection prevention and control measures:

The following mitigation guidelines will help reduce the risk of respiratory infections, including COVID-19.

### Before Arrival at Community Tennis Club

All tennis players should self-screen to limit the introduction of infection:

- Prior to attending a community tennis club, every player must do the [self-assessment for COVID-19](#) on the Ontario Ministry of Health website and if they do not pass the assessment they should not attend a community tennis club court until they pass the assessment and do not have signs and symptoms of COVID-19. Tennis players can visit the [City's website](#) to determine if further care is required and learn about assessment centres.
- All tennis players should be aware of signs and symptoms of COVID-19, including:
  - Fever
  - Cough
  - Difficulty breathing
  - Muscle aches
  - Tiredness
  - Sore throat
  - Headache
  - Runny nose
  - New loss of taste or smell
- Your risk of severe disease may be higher if you have a weakened immune system. This may be the case for:
  - Seniors
  - People with chronic disease such as diabetes, cancer, heart, renal or chronic lung disease

The World Health Organization advises that symptoms may appear in as few as two days or as long as 10 to 14 days after contracting COVID-19. Those who are infected with COVID-19 may have few or no symptoms. Hence, there is the possibility of asymptomatic and pre-symptomatic spread of COVID-19.

### Entrance Restrictions

- Anyone who is exhibiting symptoms of COVID-19 or has had close contact with a confirmed case cannot enter a community tennis club.

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- Access to community tennis clubs is restricted to tennis players only, and any required staff. Spectators are not permitted.
  - At this time, there should be no events, camps or programs.
  - All activities must always comply with the social distancing measures and recommendations issued by federal, provincial, and municipal government authorities, including the arrival and departure of players.
  - Under advisement of Chief Medical Officer of Health of the Province of Ontario all Clients 70+, are strongly encouraged to self-isolate.

## **While using Community Tennis Club**

**Reduce the risk of transmission** during activities:

- Stay at home when you are ill.
- The following screening questionnaire for staff is available on the [City's COVID-19 site under Workplaces](#)
- Respect any provincial Emergency Orders that prohibit social gatherings of a certain size, including when at a community tennis club.

**Practice [physical distancing](#)**

Maintain a two metre (six feet) distance from others when at the community tennis club.

**Practice proper hand hygiene** and respiratory etiquette:

- Wash your hands often with soap and water for at least 15 seconds.
- If soap and water are not available, use an alcohol-based hand sanitizer.
- Cover your cough or sneeze into a tissue. Immediately throw the tissue in the garbage and wash your hands.
- If you don't have a tissue, sneeze or cough into your sleeve or arm.
- Avoid touching your face, nose and mouth with unwashed hands.

### **Cloth Masks & Face Coverings**

Cloth masks and face covers can be used when physical distancing is difficult to maintain.

People who become **ill with COVID 19 symptoms while at a community tennis club court** should go home to self-isolate:

- People who become ill while at the tennis court should go home immediately, and should review the [City of Toronto website](#) for more information about COVID-19.
- If a tennis player tests positive for COVID-19, their local Public Health Unit (TPH for Toronto residents) will follow-up with close contacts who may include other tennis players. Other tennis players who came in close contact with the infected player may be required to self-isolate.

## **Playing Tennis**

### **Prior to Play**

- Wash your hands often with soap and water for at least 15 seconds. If soap and water are not available, use an alcohol-based hand sanitizer.
- Clean and wipe down your equipment, including racquets and water bottles. Do not share racquets or any other equipment such as wristbands, grips, hats and towels.
- Bring a full water bottle.
- Bring tennis balls with distinct numbers or identify your tennis balls with a marker in order to differentiate them and only handle tennis balls that belong to you.
- Arrive as close as possible to the game start time. Where possible, games, game times, and courts should be booked in advance. Drop-ins are to be avoided if possible.
- Avoid touching court gates, fences, net posts, the net tape, benches, etc.
- Avoid touching your face, nose and mouth with unwashed hands.
- Play with persons living in your household if possible.
- Scheduling of matches is for singles play only. No doubles play at this time.
- Ensure scheduling of matches is for singles play only and there are staggered courts times to avoid overlap of players both playing and waiting.

### **While Playing**

- Keep a 2 metre distance with other players.
- Only singles tennis should be played at this time.
- Use only tennis balls that have been brought with your specific numbering or identifying marker and only handle tennis balls that belong to you. Do not touch any other tennis balls or equipment.
- Avoid all physical contact, for example shaking hands with other players.

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- Avoid touching your face as much as possible.
  - Do not meet the other player at the net.
  - Stay on your side of the court.
  - Keep your distance from other players when retrieving tennis balls.
  - Cross at opposite sides of the net during change of side.

#### **After play**

- Wash your hands carefully with water and disinfectant soap or with hand sanitizer.
- Do not use locker rooms or changing areas.
- Leave the court and facilities immediately after you finish playing.
- Properly dispose of any garbage.

### **Facility Operation**

For community tennis clubs with clubhouses, the following guidelines should be implemented.

#### **Facility Information**

- Facilities (lounge, patios, benches, etc.) will be closed except for washrooms, and front-desk access if applicable.
- Players should only enter a clubhouse facility to complete a transaction or to use the washroom.
- Where possible, online or phone reservations and payment is recommended. All other payment to be conducted using debit or credit card.
- Stagger booking times to avoid multiple parties entering or exiting the court area at the same time.
- Food and beverages are not permitted.
- Special events or tournaments are not to be held, to avoid congregation.
- Spectators are not allowed.
- Limit access to all communal areas where gathering may naturally occur.

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## Communications and Record Keeping

Community Tennis Club must:

- provide information to members to ensure they are familiar with symptoms of COVID-19
- where possible, create a schedule to minimize crowding and to understand who visited the club to assist with contact tracing, if someone develops COVID-19.
- maintain an up-to-date list of members, including contact information
- communicate with members frequently about these guidelines.

If a member tests positive for COVID-19, TPH will follow-up with close contacts who may include other club members or volunteers. Individuals who came in close contact with the infected member may also be required to self-isolate. Clubs are not expected to record or provide information about usage that occurs during public hours.

### Maintaining a safe facility

- It is the responsibility of the community tennis club to provide and ensure all the guidelines and requirements for maintaining a safe facility are provided and adhered to.
- Washroom and/or change room facilities should be cleaned with increased frequency, and at a minimum of twice daily.
- Thoroughly clean and disinfect high traffic areas, and frequently touched surfaces and objects (e.g. entrances/exits, pay terminals, waste containers, and common areas, etc.).
- Employees and/or volunteers should be provided with appropriate protective equipment, and set-up to complete their duties while maintaining physical distancing guidelines.
- Review [Public Health Ontario's Cleaning and Disinfection for Public Settings document](#).
- Regular handwashing is required for staff and/or volunteers
- Soap or hand sanitizer must be made available to all clients in various locations throughout the facility.
- Soap, hand sanitizer and other cleaning products are the responsibility of the club.

- Hand sanitizer (minimum 70% alcohol) stations should be refilled regularly, and sanitizer bottles should be added where stations are not installed.
- High-touch surfaces should be disinfected at least 2-3 times per day
- Service desks and equipment, including electronic payment key-pads, will be disinfected between uses and at other times staff feel is necessary
- Score cards should be removed.
- Close all water fountains.
- Physical distancing must be maintained at all times. If current arrangements do not allow that, than alternative arrangements need to be developed and implemented before proceeding.

### **Coaching and Lessons**

- Coaching and lessons should be limited to a maximum of two participants.
- Coaches should always maintain physical distance of 6 feet from others.
- Group lessons are not permitted, with the exception of single household groups.
- Coaches should try to remain on the same court and adjust their schedules in order to stay on-site for the minimum amount of time required.
- Position players in designated and well spaced-out stations.
- Exercises that require continuous play are recommended, as opposed to ones that require the use of an entire basket of tennis balls.
- Limit the use of equipment such as cones and targets. Do not let players touch the practice equipment.
- Coaches should take charge of picking up the tennis balls.
- Encourage players to use their racquet or their foot to push balls back.
- Keep clear records of coaching and lesson schedule.

### **Required Signage**

Post the [physical distancing poster](#) and [how to protect yourself poster](#) at all facility entrances, and throughout the course at common areas.

- [Poster for tennis players and posted at entrances](#)
- Tennis courts use rules sign to be provided by the City of Toronto.