

# Bennington Heights Tennis Club

## COVID-19 Guidelines for Community Tennis Clubs

### Before Arrival at 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 2 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.
- Access to community tennis clubs should be restricted to tennis players only, and any required staff. Spectators are not permitted.
- Day camps for children may open if they operate in a manner consistent with the document entitled [COVID-19 Guidance: Summer Day Camps](#), which is available on the website of the Government of Ontario.

- 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 the Chief Medical Officer of Health of the Province of Ontario, all Clients 70+, are strongly encouraged to self-isolate.

## **Guidelines: 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 personal items including (but not limited to) water, water bottles, personal protective equipment (masks, sanitizer, gloves), tennis balls and anything that would normally have been accessible from the clubhouse.
- Bring tennis balls with distinct numbers or identify your balls with a marker in order to differentiate them and only handle balls that belong to you.
- Maintain physical distancing at all times. Consider wearing a mask when physical distancing cannot be maintained, such as while waiting to enter the court.
- If you need to sneeze or cough, do so into a tissue or upper sleeve.
- 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. No doubles play at this time.

### **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 balls that belong to you. Do not touch any other balls or equipment.
- Avoid all physical contact, for example shaking hands with other players.
- 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.

**General:**

- Stay at home when you are ill.
- The following screening questionnaire for staff is available on the Toronto COVID-19 site under Workplaces: [COVID-19 Workplace Questionnaire](#)
- Practice physical distancing and maintain a 2 metre distance from others when at a community tennis club.
- Respect any provincial Emergency Orders that prohibit social gatherings of a certain size, including when at a tennis club.

**Guidelines: Facility Operation****Communications and Record Keeping:**

The 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.

**Coaching and Lessons:**

- Coaching and lessons should be limited to a maximum of six participants and one coach.
- Coaches should always maintain physical distance of 6 feet from others.
- 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 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 balls.
- Encourage players to use their racquet or their foot to push balls back.
- Keep clear records of coaching and lesson schedule.