



## PLAYING TENNIS SAFELY

### PLAYER GUIDELINES/RESTRICTIONS – COVID-19 PRECAUTIONS

Tennis, if played properly, can be a great opportunity for you to relieve stress and provide much-needed exercise. Of primary importance is taking every precaution to help keep all participants safe. As tennis does not require any direct person-to-person contact, players can enjoy the many physical and mental benefits that tennis offers so long as you practice social distancing by keeping 2 meters apart from other players to ensure you are in a safe exercise environment and follow other safety guidelines included here.

**PLEASE BE ADVISED THAT THE ERIN TENNIS CLUB TAKES NO RESPONSIBILITY FOR PROTECTING YOU FROM COVID-19 INFECTION. PLAY AT YOUR OWN RISK.**

#### BEFORE YOU PLAY

When you arrive for your booked court time, please complete the COVID-Screening Questionnaire by scanning the QR Code posted at the Club.

Do not play if you:

- Are exhibiting any two or more of the symptoms of COVID-19:
  - Fever above 38 degrees Celsius
  - A new cough, or worsening chronic cough
  - Sore throat
  - Runny nose
  - Headache
  - A new onset of fatigue
  - A new onset of muscle pain
  - Diarrhea
  - loss of sense of taste
  - loss of sense of smell
  - In children, purple markings on the fingers and toes
- Have been in contact with someone with COVID-19 in the last 14 days.
- Have travelled outside the province in the last 14 days

#### PREPARING TO PLAY

Protect against infections:

- Wash your hands with a disinfectant soap and water (for 20 seconds or longer) or use a hand sanitizer if soap and water are not readily available, before going to the court.
- 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 to avoid touching a tap or water fountain handle.
- Use new balls and a new grip, if possible.
- Consider taking extra precautions such as wearing gloves or a mask
- If you need to sneeze or cough, do so into a tissue or upper sleeve.
- Arrive as close as possible to when you need to be there.
- Avoid touching court gates, fences, benches. Wipes/hand sanitizer must be provided by each player.



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- Wait for players leaving a court to exit before entering a court. Remain in your vehicle or outside the fence at a safe physical distance while waiting for a court to become available.

### **WHEN PLAYING**

- Remain at least 2 meters apart from other players. Do not make physical contact with them (such as shaking hands or a high five).
- Avoid touching your face after handling a ball, racquet or other equipment. Wash or sanitize your hands promptly if you have touched your eyes, nose or mouth.
- Don't share food, drinks or towels.
- Use your racquet/foot to pick up balls and hit them to your opponent. Avoid using your hands to pick up the balls. Serve using only your designated tennis balls (see below).
- Change ends by crossing on opposite sides of the court.
- Remain apart from other players when taking a break.
- If a ball from another court comes to you, send it back with a kick or with your racquet.

### *USE FOUR BALLS OR SIX BALLS*

Although there is no specific evidence that tennis balls can spread COVID-19, we know that contamination by respiratory droplets from an infected person can potentially survive on hard surfaces up to three days. Here is an extra precaution you can take to keep safe when playing tennis:

- Open two cans of tennis balls that do not share the same number on the ball, or use two different brands of balls (Wilson/Penn), or use two different colors if available.
- Take one set of numbered/brand/color balls, and have your playing partner take a set of balls from the other can.
- Proceed with play, making sure to pick up your set of numbered/brand/color balls only. Should a ball with the other number/brand/color wind up on your side of the court, do not touch the ball with your hands. Use your racquet head or feet to advance the ball to the other side of the court.

### **AFTER PLAYING**

- Leave the court immediately after play.
- Wash your hands thoroughly or use a hand sanitizer after coming off the court.
- No social activity should take place. No congregation after playing.
- All players should leave the facility immediately after play.