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## 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.
- 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

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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.
- 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.