



## GUIDELINES – RETURN TO THE GAME COVID-19



The Quebec government and public health authorities are currently working on a recovery plan that will allow for a gradual return to the game. It therefore becomes conceivable that a gradual return to the game can take place in the coming weeks and months. As you all know, the situation varies considerably from region to region in Quebec, so it is imperative for everyone to ensure that the authorities have given the green light to practice in your area before going on the courts again. The following recommendations are intended to guide you towards a safe and responsible practice to ensure a successful recovery. Please note that these recommendations are valid as of April 27<sup>th</sup>, 2020 and may need to change rapidly as the situation evolves.

### BEFORE THE GAME

#### **You must stay at home if:**

- You have been infected with COVID-19, been in contact with someone with COVID-19 or have been overseas in the last 14 days;
- You have a flu-like symptoms;
- You or a person residing with you are in a high risk health category:
  - \* Chronic renal failure;
  - \* Coronary heart disease or congestive cardiac failure;
  - \* Chronic lung disease;
  - \* Poorly controlled diabetes;
  - \* Poorly controlled hypertension;
  - \* Current chemotherapy or radiotherapy;
  - \* High-dose corticosteroids ( $\geq 20$  mg of prednisone per day, or equivalent) for  $\geq 14$  days;
  - \* Others...

### DURING THE GAME

#### ATTENDING TENNIS ACTIVITIES

- Only people directly involved in the activities should attend: players, coaches and operational personnel.
- Arrive and leave as close as possible to the beginning and end of the activity.

- Ask players under the age of 18 for written permission from a parent/guardian to participate in their tennis session.
- Only one parent/guardian should accompany a minor/junior player.

### **SOCIAL DISTANCING**

**Tennis holds a unique advantage as a sport since it requires no direct contact between players. You must always:**

- Keep a distance of two meters from other people while watching or attending a tennis activity.

### **BEHAVIOURS**

**To protect yourself against infection, you should:**

- Wash/sterilise your hands before and after you play and avoid touching your face while playing;
- Wash your hands frequently with soap and water or hand-sanitizer before and after eating, after going to the toilet, sneezing and coughing;
- Carry hand-sanitizer with you;
- Bring your own water bottle already filled and avoid sharing with others;
- Cover your coughs and sneezes and dispose of any used tissue immediately;
- Avoid touching surfaces and the equipment on the courts such as net, net handle, hoses; if touched, you must clean these before you leave the court;

### **ORGANIZING CASUAL TENNIS ACTIVITIES OR WITH A COACH**

- Book online or by phone.
- Pay online or by debit or credit card / avoid handling money.
- Put in place a 10-minute window between bookings to ensure equipment is cleaned on the court for the next players.
- If possible, use every second court or make sure there is social distancing between players is appropriate.
- Postpone any social gatherings.
- Keep your team and your participants well informed of the actions you are taking.
- Keep records of attendees to your activities and ensure to collect contact details.
- Leave gates open during opening hours so players do not need to touch handles to enter.
- Make use of the racquet/foot to return balls back and/or hit them to other participants to avoid touching the balls with your hands.

### **Casual play:**

- Limit the number to two players per court - singles only.
- Each player should bring their own balls (one can per player) and label them with your initials with a permanent marker.

### **With a coach:**

- Only instructors/coaches with an active certification and who are members of the TPA can lead lessons/training sessions. Through the certification process, these instructors/coaches have learned how to best manage activities on the courts.
- Group coaching should be limited to small groups (maximum of four players per court).

- Group coaching should take place only where social distancing is possible.
- Establish employee protocols for washing hands before going on-court with clients.
- Develop a no touch policy (no handshakes, no touching of the students' rackets or their equipment).
- Position the players at well-spaced stations.
- Maintain social distancing at all times, including when you give feedback to your players and during periods of rest.
- Do not allow students handle any coaching equipment.
- During a group training, only the coach must handle the balls. When the ball basket is empty, students must use their racket/foot to direct the balls in sections of the court determined by the coach. The coach will pick them up and put them back in his basket.

### **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:**

- Clean your hands before and after coming off the court;
- Do not touch your face after touching a ball, a racquet or any other equipment;
- Use your own equipment (balls and racquets);
- Replace all balls if someone with or suspected of having COVID-19 comes in contact with them;
- Clean all tennis gear with alcohol-based disinfectant, including coaching gear such as target cones;
- Clean and sanitized coaching baskets;
- Remove all scorecards from the courts;
- Consider spraying tennis balls briefly with a disinfectant spray (e.g. Lysol or Clorox) at the end of each day.

### **CLEAN ENVIRONMENT**

**Providing a clean environment to play tennis is essential.**

- Provide soap, hand-sanitizer or wipes at all main contact points.
- Close all indoor spaces, including restaurant, showers and changing rooms.
- Make sure the water fountains are not accessible.
- Identify and frequently clean with disposable gloves common areas of facilities or key contact points for exposure to the virus (door handles, railings, reception, fountains, court entrances, net/posts, tables, chairs, vending machines, telephones, computers, bleachers and benches on the courts).
- Regularly remind everyone, particularly juniors, of the need to wash hands and adopt the other principles of a good hygiene.
- Display handwashing and hygiene techniques at the entrance, as well as general information/instructions to customers/employees regarding COVID-19 or flu-like symptoms.
- Provide each tennis court with hand sanitizer stations.
- Only use the toilets in case of an emergency.

## **AFTER THE GAME**

- Leave as soon as your playing time is over.
- Avoid contact with other players/coaches/operational staff.
- Make sure you get all your equipment back after the activity.
- Wash your hands as soon as you arrive home.
- Clean your equipment including racquets and water bottles.

For any questions, please contact Andréanne Martin by email: [regtech@tennis.qc.ca](mailto:regtech@tennis.qc.ca)