

**GUIDELINES –
RETURN TO THE GAME
COVID-19
Updated 14 May 2020
(Phase 1 of the recovery plan)**



On May 13th, the Quebec Government announced the great news of the gradual return of sport, leisure and outdoor activities from May 20th, 2020. The practice of tennis will therefore be allowed across the province on the proviso that all participants adhere to the principles of social distancing and other public health recommendations. It is crucial to note that the practice of tennis will be possible under the following restrictions:

- Recreational singles play only;
- Access solely to outdoor courts;
- No training sessions or lessons allowed.

The following recommendations, intended to guide you towards a safe and responsible practice, are part of the first phase of the recovery plan and apply to the current environment. Please note that these recommendations are valid as of May 14th, 2020 and may need to change rapidly as the situation evolves. Tennis Québec, in close collaboration with the government and public health authorities, is currently preparing for the subsequent phases of the recovery that will allow to gradually return to a less restricted practice. All the details will be made available as soon as possible.

Tennis Québec is committed to the wellbeing of one and all and it is with this in mind that we encourage local authorities to ensure that everyone implements the following rules and recommendations.

We also encourage you to place our [poster](#) in prominent places across your installations.

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 (≥ 20 mg of prednisone per day, or equivalent) for ≥ 14 days;
 - * Others...

DURING THE GAME

- Only people directly involved in the activities will have access to the courts.
- Arrive and leave as close as possible to the beginning and end of the activity.
- Only one parent/guardian/personal assistant (wheelchair) can accompany a player, but must stay outside the courts.

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/sterilize 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;

RECREATIONAL TENNIS

- Book online or by phone.
- Pay online or by debit or credit card/avoid handling money.
- Put in place a secure transition process between bookings, notably by establishing a clockwise direction for the players entering and exiting the courts and ensuring that the equipment on the court is cleaned for the next players.
- In order to facilitate social distancing and in the case where not all the courts are being used, encourage the use of every second court.
- 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.
- To practice the serve, each player must ensure to use their own balls and avoid handling the balls of the other player.

TENNIS EQUIPMENT

On hard surfaces, contamination through the respiratory droplets of an infected person can potentially survive from one to three days. While there is no clear evidence yet that balls can act as a transmission vector for COVID-19, we recommend that you avoid handling the balls of other players and adhere to the following instructions:

- 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;
- 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

- It is the participant's responsibility to ensure that they have access to or bring with them hand sanitizer or cleaning wipes.
- If possible, provide soap, hand-sanitizer or wipes at all main contact points or your site.
- 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 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.
- Only use the toilets in case of an emergency.
- Post the Tennis Québec recommendations – [poster](#).

AFTER THE GAME

- Leave as soon as your playing time is over.
- Avoid contact with other people on and off the courts.
- 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.