

**PHASE 3 OF THE RECOVERY**

**GUIDELINES –  
RETURN TO THE GAME  
COVID-19  
Valid as of June 18<sup>th</sup>, 2020**



The Quebec Government has allowed for the implementation of phase 3 of the recovery for the practice of tennis across the province. This third phase will come into effect on **June 22<sup>nd</sup>, 2020** throughout the province on the proviso that all participants adhere to the principles of physical distancing and other public health recommendations. For this third phase of the recovery, numerous recommendations of the earlier phases still apply, but the conditions under which tennis can be practiced have now been expanded to allow for the following additional activities:

- Recreational doubles;
- Singles and doubles local and regional recreational leagues.

The following recommendations, intended to guide you towards a safe and responsible practice, are part of the third phase of the recovery plan and apply to the current environment. Please note that these recommendations are valid as of June 22<sup>nd</sup>, 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 facilities.

## **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;
  - \* For wheelchair players, your health condition increases the risks should you become infected by COVID-19
  - \* 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<sup>1</sup> (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;

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<sup>1</sup> A decree from the Quebec Government states that the personal assistant must reside with the player. Should it not be the case, the personal assistant must wear a mask and, if required by the context, protective goggles.

- 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, SUPERVISED PRACTICE WITH A COACH AND LEAGUES**

- Book online or by phone when possible.
- 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 rotation for the players entering and exiting the courts and ensuring that the equipment (cones, chairs, etc.) on the court is cleaned for the next players.
- In the case where not all the courts are being used and in order to facilitate social distancing, 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 of your partners/opponents with your hands.

### **Casual play in singles and doubles:**

- Arrive with your own balls (one can per player in singles and doubles) and label them with your initials with a permanent marker.
- For doubles, in order to avoid having 12 balls on the court, only the balls of the server should be used during each game. The balls of the other three players should be placed in their respective can and put in play solely when the next player is serving.
- To practice the serve, each player must ensure to use their own balls and avoid handling the balls of the other players.
- Place your personal effects (bag, towel, can of balls, water bottle, etc.) at least two meters from that of the other participants (See illustrations in the appendix).
- When changing sides, ensure to rotate in a clockwise direction.

### **Practice supervised by a coach**

- Private, semi-private and group lessons (maximum of six participants per court) are allowed. Please note that the coach must ensure that a minimum of two metres between participants is kept at all times.
- Group coaching should take place only where social distancing is possible.
- Coaches can supervise a maximum of two courts concurrently.
- Only instructors/coaches with an active certification and who are members of the TPA should lead lessons/training sessions. Through the certification process, these instructors/coaches have learned how to best manage activities on the courts.
- Establish employee protocols for washing hands before going on the 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 to handle any coaching equipment (baskets, tubes, etc.).

- During a group training, only the coach must handle the balls. When the 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.
- To practice the serve, each player must ensure to use their own balls and avoid using the ones provided by the coach.
- For recreational lessons with juniors and/or adults, the following participation ratios must be applied (See illustrations in appendix):

Age Category*	Ratio per coach
3-4 year old	6 players per court
5-6 year old	6 players per court
7-8 year old	6 players per court 8 players (two courts)
9 year old and over	6 players per court 8 players (two courts)

### **Singles and doubles local recreational leagues**

- House, local and regional leagues are authorised.
- In order to avoid gatherings, the coordinators must provide a staggered match schedule to avoid having too many people on site at the same time.
- Two cans of balls are required for the singles matches and four cans of balls for the doubles matches. Participants can use the balls again during subsequent matches.
- A contactless reception area for all participants must be planned with, if possible, an exit path different to the entry point for a secure transition between matches.
- It is recommended that only participants and operating staff be present on site,
- For the leagues with a rotation of players, the coordinators have the responsibility to ensure a transition between matches where social distancing is respected.
- All the information pertaining to the league must be made available online rather than posted on site to avoid gatherings.

### **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 and your wheelchair (including the wheels) 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 of your site.
- When possible, close all indoor spaces, including restaurant, showers and changing rooms. If these spaces are accessible, frequently touched surfaces (door handles, water taps, etc.) must be cleaned regularly during the day. The frequency of the cleaning and disinfecting of the changing and rest rooms must be increased and adjusted according to occupancy levels.
- 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, telephones, computers, bleachers and benches on the courts). Players have the responsibility to disinfect benches and chairs on the courts before using them.
- 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

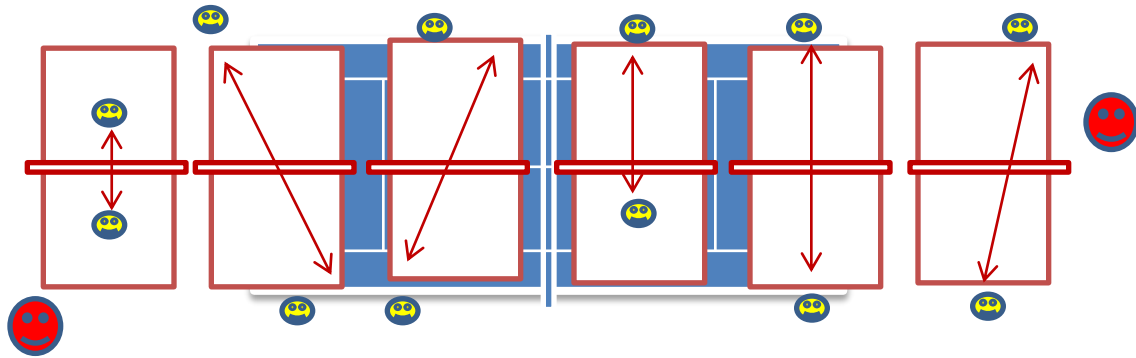
- Leave as soon as your playing time is over.
- Avoid contact with other people on and off the courts.
- Make sure you retrieve all your equipment after the activity.
- Wash your hands as soon as you arrive home.
- Clean your equipment including racquets and water bottles.

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

## Appendix

### Court set-ups and ratios for supervised practice

*6 mini-tennis courts on a full court (3 to 6 years old) - Ratio 1 coach / 6 players*



*1 court  $\frac{3}{4}$  on a full court  
(7-8 years old)*

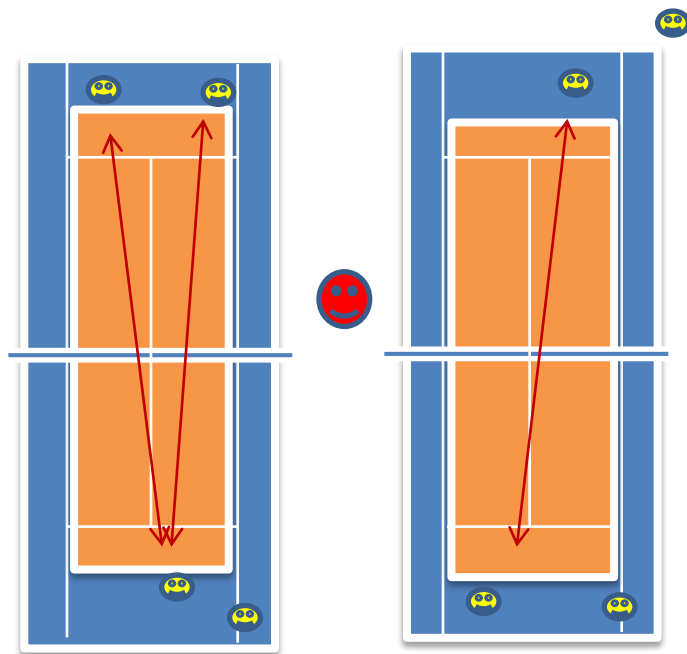
*Ratio 1 coach / 8 players / 2 courts*

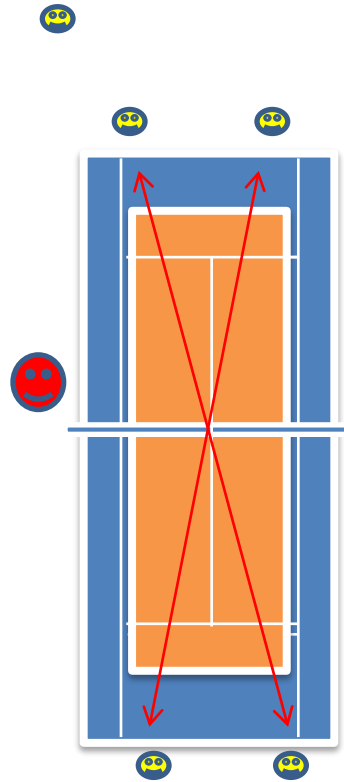
*AND*

*Full court*

*(9 years old and over)*

*Ratio 1 coach / 8 players / 2 courts*

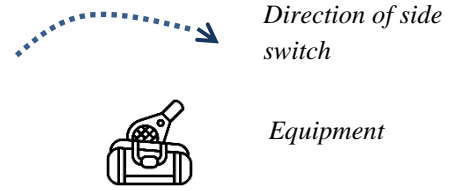
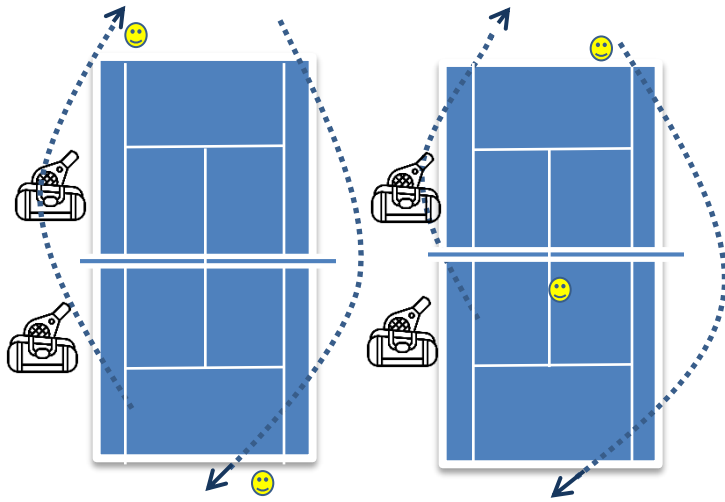




1 court  $\frac{3}{4}$  on a full court  
(7-8 years old)  
Ratio 1 coach / 6 players / 1 court  
AND  
Full court  
(9 years old and over)  
Ratio 1 coach / 6 players / 1 court



**Casual play and leagues**  
**Changing sides and layouts of equipment**



**SINGLES**

*Equipment of the 2 players on each side of the net*  
*Clockwise side switch*



**DOUBLES**

*Equipment of the 4 players at the back of the court*  
*Clockwise side switch*

