

PHASE 4 OF THE RECOVERY

**GUIDELINES –
RETURN TO THE GAME
COVID-19
Valid as of July 15th, 2020**



As announced by the Quebec Government, wearing a mask or face-cover covering the nose and mouth will become compulsory for persons aged 12 and over in closed and partially covered public places from Saturday, **July 18th, 2020**. This obligation will apply to indoor tennis facilities. A mask must be worn from the moment you arrive at the facilities until you reach your court. The mask can only be removed while playing. It is mandatory to put it back on when off the court. It is important to note that the refusal to wear a mask or face cover will deny you access to the facilities. Most of the other directives relating to phase 3 of the recovery plan implemented throughout Quebec on **June 22nd, 2020** are still in effect. It remains crucial to ensure that the principles of physical distancing and other public health directives are adhered to.

The following recommendations, intended to guide you towards a safe and responsible practice, apply to the current environment. All changes and new elements pertaining to this 4th phase of the recovery are highlighted in yellow. Please note that these recommendations are valid as of July 15th, 2020 and may need to change rapidly as the situation evolves.

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 (≥ 20 mg of prednisone per day, or equivalent) for ≥ 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 assistant¹ (wheelchair) should accompany a player and stay outside the courts.

PHYSICAL 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 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;

¹ 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 physical 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 players on adjacent courts with your hands.

Casual play in singles and doubles:

- The directive relating to the use of one can of balls per player is no longer in effect. This makes complying with the hygiene and physical distancing rules all the more crucial. It is therefore imperative that all players disinfect their hands immediately before and after being on the courts.
- 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 physical 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 within well-spaced zones.
- Maintain physical 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 with ball feeding, the ideal is for the coach alone to handle the balls. When the basket is empty, students can, for example, 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. As it is possible that participants will handle the balls, this makes complying with the hygiene and physical distancing rules all the more crucial. It is therefore imperative that all players disinfect their hands immediately before and after being on the courts.

- For the following training session, it is recommended that another basket be used and that the balls used during the previous session be disinfected before being reused.
- For sessions with directed situations and fixed groups (without ball feeding by the coach), the same balls can be used and handled by the participants. However, the balls will have to be disinfected before being used by a new group.
- 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.
- The directive relating to the use of one can of balls per player is no longer in effect. This makes complying with the hygiene and physical distancing rules all the more crucial. It is therefore imperative that all players disinfect their hands immediately before and after being on the courts.
- 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 physical 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 as much as possible handling the balls of other players and adhere to the following instructions:

- Wash your hands and clean 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

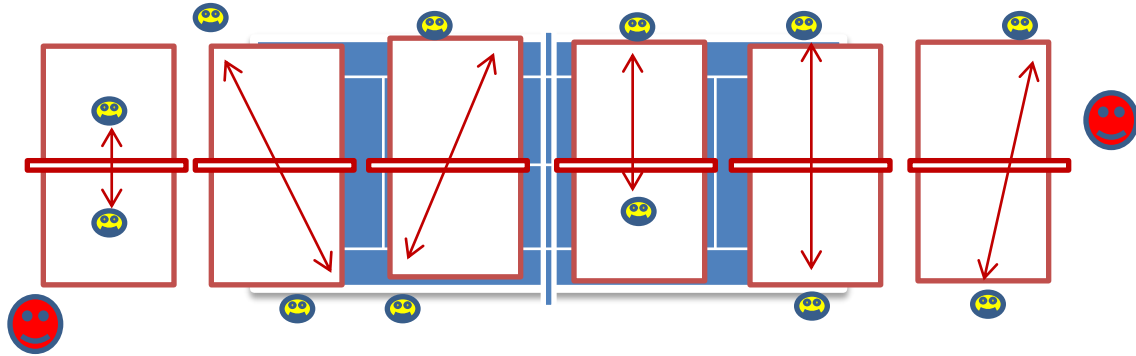
- Leave as soon as your playing time is over.
- Avoid contact with other people on and off the courts.
- Make sure you retrieve all your equipment after the activity.
- Wash your hands as soon as you arrive home.
- Clean your equipment including racquets and water bottles.

For any questions, please contact Andréanne Martin by email: regtech@tennis.qc.ca.

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 ¾ on a full court
(7-8 years old)*

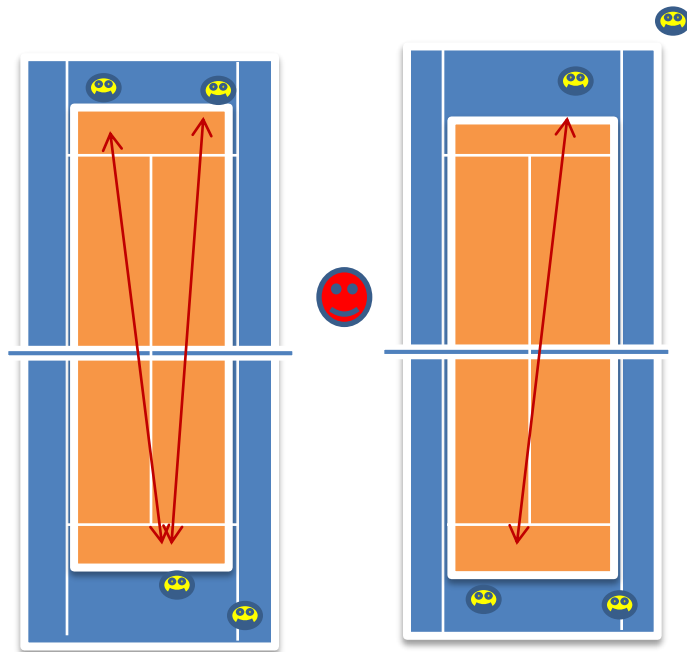
Ratio 1 coach / 8 players / 2 courts

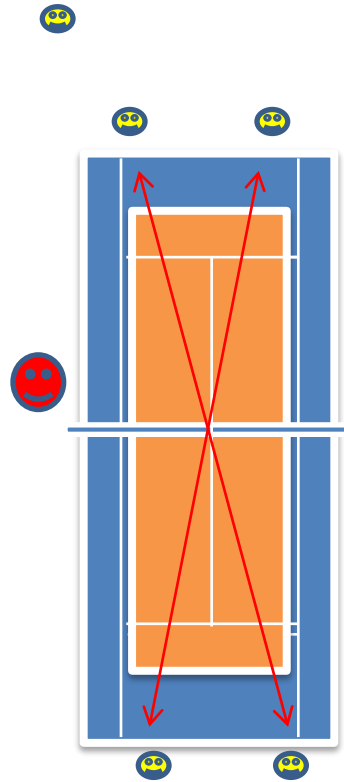
AND

Full court

(9 years old and over)

Ratio 1 coach / 8 players / 2 courts

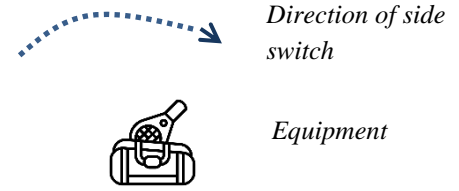
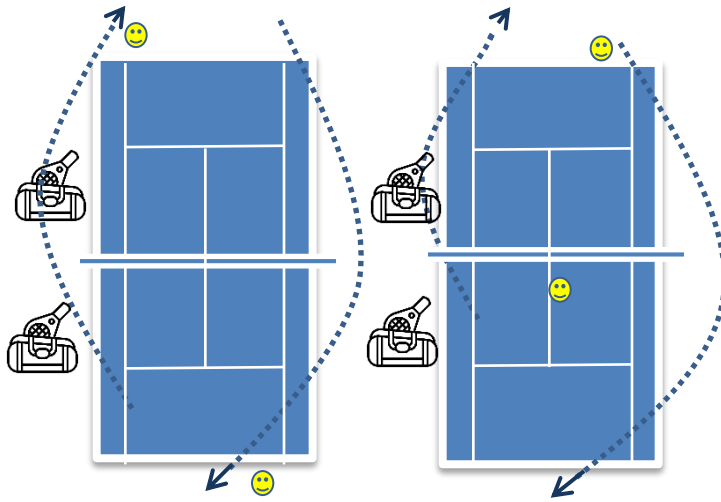




1 court $\frac{3}{4}$ on a full court
(7-8 years old)
Ratio 1 coach / 6 players / 1 court
AND
Full court
(9 years old and over)
Ratio 1 coach / 6 players / 1 court



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

