

**GUIDELINES –
RETURN TO THE GAME
COVID-19
Valid as of November 16th,
2020**



As announced by the Quebec Government, wearing a mask or face-cover covering the nose and mouth will become compulsory for persons aged 10 and over in closed and partially covered public places from **August 24th, 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. 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. Please note that these recommendations are valid as of November 16th, 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.

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 metres 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;
- 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;

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.

RECREATIONAL TENNIS, SUPERVISED PRACTICE WITH A COACH

- 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.
- 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:

- 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 metres 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 lessons are allowed. Please note that the coach must ensure that a minimum of two metres with the participant is kept at all times.
- When coaches are actively engaged in the activities taking place on the courts and that physical distancing of at least two metres can be maintained, wearing a mask or face cover is not required. However, coaches should wear a mask or face cover when physical distancing is not possible or when they are on the courts as observers.
- 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.).
- Coaches should ensure that the players disinfect their hands immediately before and after being on the courts.

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.
- Increase the frequency of cleaning and disinfection of frequently touched surfaces in areas used by participants with the usual disinfection product, depending on the use of the premises and when they are visibly dirty. For example: door handles, railings, reception, doors to the courts, tables, chairs, 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 if needed.

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.

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