

**GUIDELINES –
RETURN TO THE GAME
COVID-19
Valid as of March 29th, 2021**



The following recommendations are intended as a guide towards a safe and responsible practice and apply to the current context. Please note that these recommendations are valid as of **March 29th, 2021** 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 every tennis player adheres to the following rules and recommendations.

In order to guide as best as possible both players and facility managers across the province, this document first presents general recommendations applying throughout Quebec. The subsequent sections detail the practice allowed according to the color-coded alert levels in effect at indoor and outdoor facilities.

The whole team at Tennis Québec is delighted with the return of tennis and wishes everyone a safe and enjoyable time on the courts. For any question, do not hesitate to contact us at the following address: courrier@tennis.qc.ca.

Enjoy the game!

GENERAL RECOMMENDATIONS

BEFORE THE GAME

People must stay at home if:

- They are infected with COVID-19, have been in contact with someone infected with COVID-19 or have returned from overseas in the last 14 days;
- They have flu-like symptoms.

People with chronic illnesses or weakened immune systems and their families should exercise extra caution should they choose to play tennis.

The following list presents chronic diseases and health conditions that may increase the risk of developing serious complications when contracting COVID-19:

- * Heart or lung disease;
- * Diabetes;
- * Liver (including cirrhosis) or kidney disease;
- * High blood pressure;
- * Obesity;
- * Medical conditions that result in decreased clearance of respiratory secretions or risk of aspiration;
- * People undergoing chemotherapy/radiation therapy;
- * Transplant recipients (including bone marrow transplants);
- * People taking corticosteroids;
- * People taking immunosuppressants;
- * People with an immunodeficiency;
- * People living with HIV;
- * People with anemia
- * For wheelchair players, your health condition may put you at a greater risk should you contract COVID-19.

For further details, please consult the [*Instructions for vulnerable individuals and their relatives during COVID-19 pandemic*](#) (Quebec Government).

DURING THE GAME

- Only people directly involved in the activities should have access to the courts.
- It is important to 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 participant and stay outside the courts.

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.

PHYSICAL DISTANCING

Tennis holds a unique advantage as a sport since it requires no direct contact between players. However, it is crucial that participants always keep a distance of at least two metres from other people present at the facilities.

BEHAVIOURS

To protect one and all, everyone must:

- Wash/sterilize their hands before and after playing and avoid touching their face while on the court;
- Wash their hands with soap and water or hand-sanitizer before and after eating, after going to the toilet, sneezing and coughing;
- Carry hand-sanitizer with them;
- Bring their own water bottle already filled and avoid sharing with others;
- Cover their coughs and sneezes and dispose of any used tissue immediately;
- Avoid touching surfaces and equipment on the courts such as net, posts, hoses, which, if touched, must be disinfected before leaving the court.

RECREATIONAL TENNIS, SUPERVISED PRACTICE WITH A COACH

The following practices should be put in place:

- Online or phone bookings when possible;
- Online payments or by debit or credit card in order to avoid handling money;
- A safe transition process between bookings, notably by implementing a clockwise rotation for the players entering and exiting the courts;
- When not all the courts are being used and in order to facilitate physical distancing, encourage the use of every second court;
- Postpone all social gatherings;
- Actively communicate all the actions taken with the employees and the participants;
- Recording the details of all attendees to activities;
- Keeping gates and doors open during opening hours so players do not need to touch handles to enter.

Recreational singles:

- It is imperative that all players disinfect their hands immediately before and after being on the courts.
- Personal effects (bag, towel, can of balls, water bottle, etc.) must be placed at least two metres from those of other participants.
- When changing sides, rotation should be completed in a clockwise direction.
- The racquet or foot should be used to return balls back and/or hit them to other participants to avoid handling the balls of players on adjacent courts.

Practice supervised by a coach

- 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 where 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.
- The coaches and participants must wash their hands and wheelchairs (including the wheels) must be disinfected before going on the court.
- A non-tactile approach (no handshakes, no touching of the participants' rackets or their equipment) must be implemented.
- The players must be positioned within well-delineated zones.
- Physical distancing must be maintained at all times, including when feedback is given to participants and during periods of rest.
- Participants should be allowed to handle any coaching equipment (baskets, tubes, etc.).

TENNIS EQUIPMENT

A good management of the equipment is required and the following actions are therefore recommended:

- Hand washing and cleaning of wheelchair (including the wheels) before and after coming off the court;
- Avoiding face touching after handling a ball, a racquet or any other equipment;
- Preventing any sharing of equipment;
- Replacing all the balls if someone with or suspected of having COVID-19 comes in contact with them;
- Frequent cleaning of all equipment with alcohol-based disinfectant;
- Removal of all scorecards from the courts;
- Briefly spraying of tennis balls with a disinfectant (e.g. Lysol or Clorox) at the end of each day.

CLEAN ENVIRONMENT

- It is the participants' responsibility to ensure that they have access to or bring with them hand-sanitizer or cleaning wipes.
- If possible, soap or hand-sanitizer should be provided at all main contact points of the facilities.
- When possible, all indoor spaces, including restaurant, must be closed. 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 rest rooms must be increased and adjusted according to occupancy levels. **Access to the changing rooms is not permitted, with the exception of yellow zones.**
- The frequency of cleaning and disinfection should be increased for the surfaces regularly touched (for example: door handles, railings, reception, doors to the courts, tables, chairs, bleachers and benches on the courts) in common areas using regular disinfection product. Players have the responsibility to disinfect benches and chairs on the courts before using them.
- Prominent signage throughout the facility or site should remind everyone of the need to wash their hands regularly and adopt the other principles of good hygiene.



AFTER THE GAME

- Players must leave the facilities as soon as their playing time is over.
- Contacts with other people on and off the courts must be avoided.
- Players should ensure to retrieve all their equipment and personal effects after the activity.
- Hand washing must be done once back at home.
- The equipment, including racquets and water bottles, must be cleaned after each session.

RECOMMENDATIONS IN **RED** ZONE

Regardless of the practice context or the specific environment of each site or facility, physical distancing of at least two metres must be maintained at all times, before, during and after being on the courts.

The following guidelines also apply to both indoor and outdoor settings:

- Changing rooms cannot be used by players.
- Competitions are not permitted, nor are spectators allowed. It is possible, when necessary, to authorize the presence of an accompanying person (ex. the parent of a child under 10 years old or the accompanying person of a player in a wheelchair). This person must however be counted in the maximum number of people allowed on the site or within the facility.

Indoor

- Recreational singles
- Recreation doubles (when all four players reside at the same address)
- Private lessons
- Semi-private or group lessons (when all four players reside at the same address)
- A minimum of one person must supervise activities at all time. This person must be employed by the facility owner or designated by the owner. This person's responsibilities include:
 - o Control of access to the courts ensuring the use of separate entrances and exits;
 - o Ensure compliance with sanitary and other measures in place.

Outdoor

- Recreational singles
- Recreation doubles (when all four players reside at the same address)
- Private or group lessons (maximum of eight (8) participants) under the supervision of a person designated by the club

RECOMMENDATIONS IN **ORANGE** ZONE

Regardless of the practice context or the specific environment of each site or facility, physical distancing of at least two metres must be maintained at all times, before, during and after being on the courts.

The following guidelines also apply to both indoor and outdoor settings:

- Changing rooms cannot be used by players.
- Competitions are not permitted, nor are spectators allowed. It is possible, when necessary, to authorize the presence of an accompanying person (ex. the parent of a child under 10 years old or the accompanying person of a player in a wheelchair). This person must however be counted in the maximum number of people allowed on the site or within the facility.

Indoor

- Recreational singles
- Recreation doubles (when all four players reside at the same address)
- Private or group lessons (maximum of eight (8) participants) under the supervision of a person designated by the club
- A minimum of one person must supervise activities at all time. This person must be employed by the facility owner or designated by the owner. This person's responsibilities include:
 - o Control of access to the courts ensuring the use of separate entrances and exits;
 - o Ensure compliance with sanitary and other measures in place.

Outdoor

- Recreational singles
- Recreation doubles (when all four players reside at the same address)
- Private and group lessons (maximum of twelve (12) participants) under the supervision of a person designated by the club

RECOMMENDATIONS FOR **YELLOW** ZONE

Regardless of the practice context or the specific environment of each site or facility, physical distancing of at least two metres must be maintained at all times, before, during and after being on the courts.

The following guidelines also apply to both indoor and outdoor settings:

- Changing rooms can be open according to sanitary measures (controlled access and limited number of people).
- Competitions are not permitted, nor are spectators allowed. It is possible, when necessary, to authorize the presence of an accompanying person (ex. the parent of a child under 10 years old or the accompanying person of a player in a wheelchair). This person must however be counted in the maximum number of people allowed on the site or within the facility.

Indoor

- Recreational singles
- Recreational doubles (players may reside at two different addresses)
- Private or group lessons (maximum of twelve (12) participants) under the supervision of a person designated by the club
- A minimum of one person must supervise activities at all time. This person must be employed by the facility owner or designated by the owner. This person's responsibilities include:
 - o Control of access to the courts ensuring the use of separate entrances and exits;
 - o Ensure compliance with sanitary and other measures in place.

Outdoor

- Recreational singles
- Recreational doubles
- Private and group lessons (maximum of twelve (12) participants) under the supervision of a person designated by the club