## TENNIS PRACTICE COVID-19 / GUIDELINES

Update: April 15<sup>th</sup>, 2021 v1



	YELLOW ZONE	ORANGE ZONE	RED ZONE	EMERGENCY MEASURES
OR	<ul> <li>Recreational practice in singles for participants from different residences or in doubles for occupants of the same residence is permitted.</li> </ul>	<ul> <li>Recreational practice in singles for participants from different residences or in doubles for occupants of the same residence is <u>permitted</u>.</li> </ul>	<ul> <li>Recreational practice in singles for participants from different residences or in doubles for occupants of the same residence is <u>permitted</u>.</li> </ul>	<ul> <li>Recreational practice in singles for participants from different residences or in doubles for occupants of the same residence is <u>permitted</u>.</li> </ul>
	<ul> <li>Group activities of up to         12 people, including doubles,         are <u>permitted</u> under the         supervision of a supervisor or         coach.     </li> </ul>	<ul> <li>Group activities of up to         12 people, including doubles,         are <u>permitted</u> under the         supervision of a supervisor or         coach.     </li> </ul>	<ul> <li>Group activities of up to</li> <li>8 people, including doubles, are <u>permitted</u> under the supervision of a supervisor or coach.</li> </ul>	<ul> <li>Group activities of up to</li> <li>8 people, including doubles, are <u>permitted</u> under the supervision of a supervisor or coach.</li> </ul>
OUTDOOR	• Competitions are <u>not allowed</u> .	• Competitions are <u>not allowed</u> .	• Competitions are <b>not allowed</b> .	Competitions are <u>not allowed</u> .
NO	Spectators are not allowed on site, <a href="https://www.no.ng/">however</a> an accompanying person is <a href="mailto:allowed">allowed</a> for children under 10 years old and people with disabilities.	Spectators are not allowed on site, <u>however</u> an accompanying person is <u>allowed</u> for children under 10 years old and people with disabilities.	<ul> <li>Spectators are not allowed on site, <u>however</u> an accompanying person is <u>allowed</u> for children under 10 years old and people with disabilities.</li> </ul>	Spectators are not allowed on site, however an accompanying person is allowed for children under 10 years old and people with disabilities.
	Changing rooms may be opened according to the sanitary measures in place.	<ul> <li>Changing rooms must be <u>closed</u>, but access to the sanitary facilities is <u>permitted</u>.</li> </ul>	<ul> <li>Changing rooms must be <u>closed</u>, but access to the sanitary facilities is <u>permitted</u>.</li> </ul>	<ul> <li>Changing rooms must be <u>closed</u>, but access to the sanitary facilities is <u>permitted</u>.</li> </ul>

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	<ul> <li>Recreational practice in singles for participants from different residences or in doubles for occupants of the same residence is <u>permitted</u>.</li> </ul>	<ul> <li>Recreational practice in singles for participants from different residences or in doubles for occupants of the same residence is <u>permitted</u>.</li> </ul>	<ul> <li>Recreational practice in singles for participants from different residences or in doubles for occupants of the same residence is <u>permitted</u>.</li> </ul>	
	<ul> <li>Group activities of up to</li> <li>12 people, including doubles, are permitted under the supervision of a supervisor or coach.</li> </ul>	<ul> <li>Private lessons are <u>allowed</u>.         Group lessons are <u>only allowed</u>         for occupants of the same residence.     </li> </ul>	<ul> <li>Private lessons are <u>allowed</u>.         Group lessons are <u>only allowed</u>         for occupants of the same residence.     </li> </ul>	
INDOOR	<ul> <li>Competitions are <u>not allowed</u>.</li> <li>Spectators are not allowed on site, <u>however</u> an accompanying person is <u>allowed</u> for children under 10 years old and people with disabilities.</li> </ul>	<ul> <li>Competitions are <u>not allowed</u>.</li> <li>Spectators are not allowed on site, <u>however</u> an accompanying person is <u>allowed</u> for children under 10 years old and people with disabilities.</li> </ul>	<ul> <li>Competitions are <u>not allowed</u>.</li> <li>Spectators are not allowed on site, <u>however</u> an accompanying person is <u>allowed</u> for children under 10 years old and people with disabilities.</li> </ul>	The practice of tennis in indoor facilities is <b>forbidden</b> .
	<ul> <li>Changing rooms <u>may be</u> <u>opened</u> according to the sanitary measures in place.     </li> </ul>	• Changing rooms must be <b>closed</b> , but access to the sanitary facilities is <b>permitted</b> .	<ul> <li>Changing rooms must be <u>closed</u>, but access to the sanitary facilities is <u>permitted</u>.</li> </ul>	
	Tennis facility owners and managers must determine and display the maximum capacity of players at any one time.	Tennis facility owners and managers must determine and display the maximum capacity of players at any one time.	Tennis facility owners and managers must determine and display the maximum capacity of players at any one time.	



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Update: Apri	I 15th, 2021 v
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	YELLOW ZONE	ORANGE ZONE	RED ZONE	EMERGENCY MEASURES
PRIMARY AND SECONDARY SCHOOLS	OUTDOOR     Activities within stable class groups or with a maximum of 12 students (intra-school; may come from different stable class groups) are allowed.  INDOOR     Activities in stable class groups or with a maximum of 12 students (intra-school; may come from different stable class groups) are allowed. However, practice must be adapted to respect physical distancing of two metres between stable class groups.	<ul> <li>The activities of recognized sport-study and concentration programs are maintained.</li> <li>Extracurricular activities for a stable class group are permitted.</li> <li>Competitions and spectators are not permitted.</li> <li>Access to the changing rooms is permitted for students involved.</li> </ul>	The activities of recognized sport-study and concentration programs are <b>maintained</b> .	All face-to-face activities are <b>prohibited</b> ,  including sport-study programs  and other concentration  programs.

## **RECOMMANDED RATIOS FOR GROUP ACTIVITIES**(FOR EVERY ZONE)

Age group	Ratio instructor-coach / participants (tennis)	
3-6 years old	1/6 (on 3 mini tennis courts)	
7 years old and above	1/6 (on 1 regular court or one 3/4 court)	
7 years old and above	1/8 (on 2 regular courts or two 3/4 courts)	

