



EMERGENCY PROTOCOL – COVID-19 OUTBREAK¹

Any person having taken part in recreational practice of tennis, a training session or lesson or any other activity or who has been present at sport facilities (or a person with whom they reside) and who displays symptoms associated with COVID-19 must inform the management team of the centre/association.

Each organisation must nominate a COVID-19 coordinator. This coordinator has the mandate to insure that the facility provides a safe environment for practicing tennis. The coordinator has the following responsibilities:

1. Ensure that all the steps of the emergency protocol have been followed should a presumptive case of COVID-19 be reported (including if it involves a person residing with one of the participants of the facility's activities).
2. Communicate any change made to the procedures and/or to the activity programme.
3. Ensure that all involved parties have been contacted in an anonymous manner to inform them that a person is or could have been infected by the virus.
4. Ensure to follow up on all cases of COVID-19 identified within the club.

RECREATIONAL PRACTICE, TRAINING, LESSON OR ANY OTHER TYPE OF ACTIVITIES

As soon as a person having participated in an activity or been present at the facility is suspected of having contracted COVID-19 or exhibits symptoms (or a person with whom they reside), the following protocol must be implemented:

1. Inform the coordinator of the presence of a possible COVID-19 case.
2. The person involved and those residing at the same address must undertake a quarantine until it can be established that they are not contracted the virus or have completely recovered. These people will need to obtain a medical certificate confirming that they are not required to be in quarantine in order to be allowed back on the courts. <ul style="list-style-type: none">· Ensure that the person involved and those residing at the same address are aware of what they are allowed during the quarantine period.· Ensure that the person involved and those residing at the same address know the phone number of the regional Public Health center in order to receive advice and keep informed of the directives to follow.· Ensure that these people follow the directives issued by Public Health and health professionals.
3. Identify the recreational sessions, trainings and any other type of activities in which the person participated. Determine the people with whom they may have been in contact.
4. Notify the people who may have been in contact with the person suspected of having contracted COVID-19 without identifying them. These people will be required to undertake a quarantine until it can be established that they are not contracted the virus (following a negative test to COVID-19 or a 14-day quarantine period). These people will

¹ This protocol is subject to modification according to Government or Public Health directives.

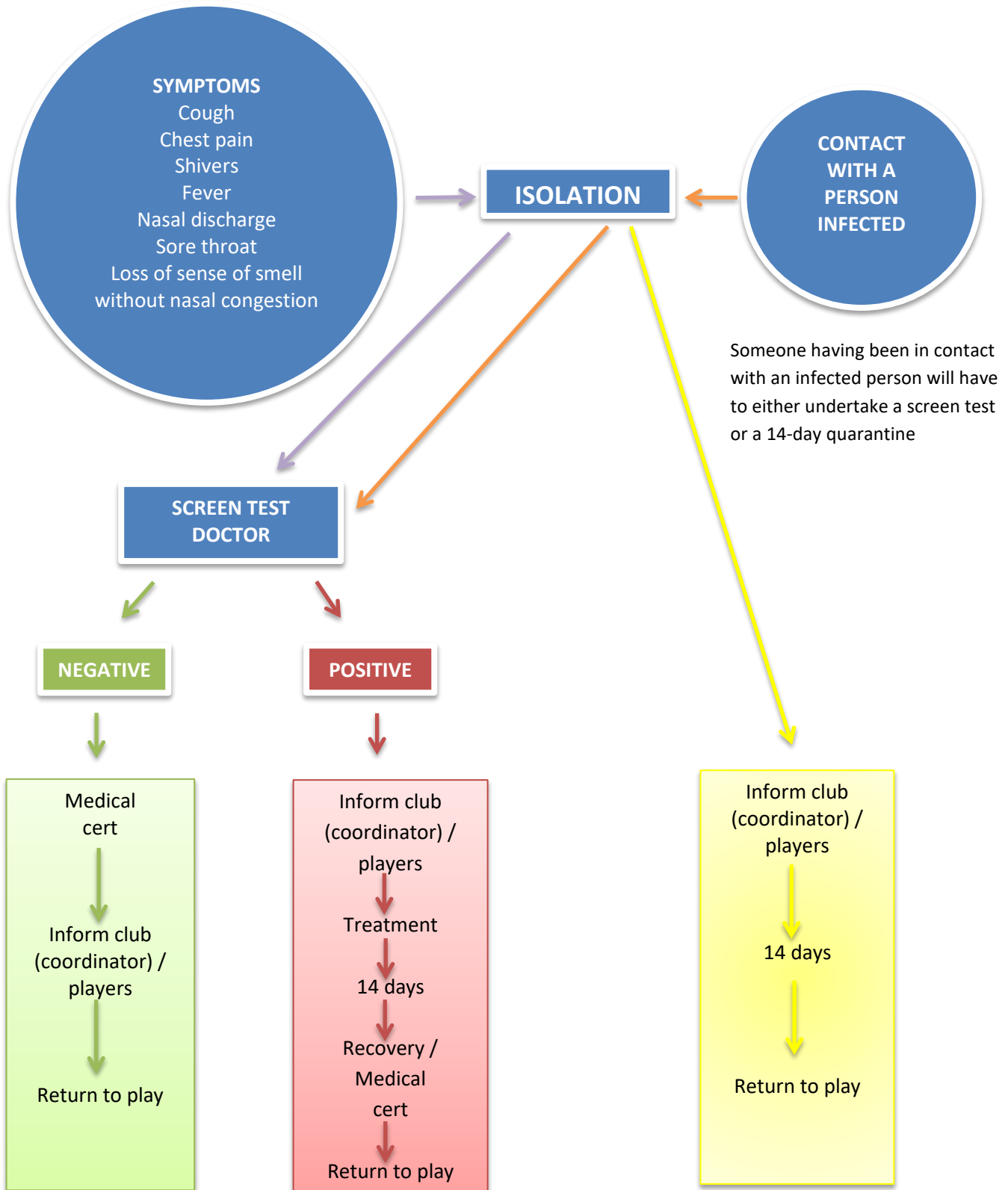
<p>need to contact the regional Public Health centre in order to receive advice and keep informed of the directives to follow.</p>
<p>5. Determine if further measures must be taken before resuming recreational sessions, trainings or any other type of activities.</p>

DURING RECREATIONAL SESSIONS, TRAININGS OR ANY OTHER TYPE OF ACTIVITIES

If a person experiences symptoms during a recreational session, training or another type of activities, the following protocol should be followed:

<p>1. The person must immediately stop the practice/training session.</p> <ul style="list-style-type: none"> · Move the person towards a location exclusively used for care and confinement and ensure that they wear a mask · Ensure that the person is not experiencing respiratory distress. Should it be the case, immediately contact the emergency medical services to receive assistance. As required and if the relevant equipment is available, provide oxygen support as recommended by the emergency medical services. · Provide first aid as required.
<p>2. Contact the parents/tutors should the person be a minor. This person will need to be immediately placed under care.</p>
<p>3. Inform the COVID-19 coordinator of the facility.</p>
<p>4. Identify and inform the people who may have been in contact with the person. These people must also immediately stop the practice/training session.</p> <ul style="list-style-type: none"> · These people will be required to undertake a quarantine until it can be established that they are not contracted the virus (following a negative test to COVID-19 or a 14-day quarantine period). These people will need to contact the regional Public Health centre in order to receive advice and keep informed of the directives to follow.
<p>5. Contact the regional Public Health centre in order to receive advice and keep informed of the directives to follow.</p> <ul style="list-style-type: none"> · The person who experiences symptoms must follow all the prescribed directives by health professionals.
<p>6. Determine if other measures must be put in place before resuming the practice/training session.</p>

PROTOCOL WHEN SYMPTOMS ARE EXHIBITED



ANNEX 1 – I HAVE CONTRACTED COVID-19 GUIDELINES AND RECOMMENDATIONS

TRANSMISSION PREVENTION

We request that you follow the following guidelines in order to prevent the transmission of COVID-19.

STAY HOME

- Do not go to school, work, children day care or any other public location.
- Do not use public transport.
- If you cannot get assistance for your groceries or medication, you can use home delivery services.
- Do not host visitors at your home.
- If you are residing with other people who are not infected by COVID-19:
 - ▲ Stay alone in a room of the house as often as possible and close the door.
 - ▲ Eat and sleep alone in one room of the house.
 - ▲ Where possible, use a bathroom that is reserved for you; otherwise, disinfect the bathroom after each use.
 - ▲ Avoid as much as possible contacts with the other people residing with you. When not possible, ensure to wear a mask. Should no mask be available, keep a distance of at least two (2) metres between you and others.
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- Air the house and your room often by opening the windows.
- If you have to go to a medical clinic or the hospital to receive care:
 - ▲ Before heading, inform the clinic or hospital services that you have contracted COVID-19.
 - ▲ Unless it is an emergency, ensure to have an appointment.
 - ▲ If you need to go to the emergency room, call 9-1-1 before and inform them that you have contracted COVID-19.

WEAR A MASK

- When another person is in the same room as you.
- If you must leave the house to receive medical attention, you must first inform the clinic (or call 9-1-1, in the case of an emergency) that you have contracted COVID-19.

COVER YOUR COUGH AND SNEEZES

- Use a paper tissue to cough, blow your nose or sneeze.
- Throw away the tissue in a bin and wash your hands.
- If you do not have a tissue, cough or sneeze in your elbow.

WASH YOUR HANDS

- Wash your hands often with warm water and soap for at least 20 seconds
- Use an alcohol disinfectant should you not have access to water and soap
- Wash your hands before meals and after having been to the toilet.

DO NOT SHARE YOUR PERSONAL EFFECTS

- Do not share your plates, utensils, glasses, towels, sheets and clothes with another person.

MONITOR YOUR SYMPTOMS AND CHECK YOUR TEMPERATURE DAILY

- Check your temperature daily, at the same time
- If you are taking fever medication, wait at least four (4) hours before checking your temperature.

PRECAUTIONS TO TAKE FOR THE PERSON RESPONSIBLE FOR WASHING CLOTHES AND CLEANING OF THE HOUSE

Sheets, towels and clothes of the infected person can be washed with those of the other members of the household.

- Use hot water
- Wear disposable gloves (avoid direct contacts with clothes, sheets and towels used by the infected person).
- Do not shake the dirty laundry

The utensils and dishes used by the infected person must be washed with your usual dishwashing liquid and water.

The infected person's garbage can be thrown out with the household garbage. Ensure to close the garbage bag tightly.

Wash your hands with soap and water:

- After all contact with the infected person or the objects and surfaces they may have touched.
- Before and after preparing food, before eating and after having been to the toilet.

Clean and disinfect every time:

- The surfaces frequently touched by the infected person (ex.: door handles, bed frame, nightstand and other furniture in the bedroom).

Where possible, the space reserved for the infected person should be cleaned by them.

To disinfect, prepare a mix containing one (1) part bleach for nine (9) parts of cold water.

IF A PERSON MUST ASSIST YOU

If a person must assist you for your daily activities (ex.: help for meals, to go to the bathroom, to move around the house, etc.), assistance should ideally always come from the same person. This person must be in good health, must not have a chronic health issue, such as diabetes, must not be undertaking cancer treatment or be taking numerous medications. When another person is in the room with you, you must ensure to be wearing a mask.

Before helping you, the person must:

- Wash their hands;
- Wear a mask;
- Wear disposable gloves.

After assisting you, the person must:

- Remove the gloves and dispose of them in a closed bin;
- Wash their hands;
- Remove their mask (and throw it in a closed bin in the case of a single-use mask);
- Wash their hands once more.

DIRECTIVES IN THE CASE OF SERIOUS SYMPTOMS

If your condition worsens, call 1-877-644-4545 (toll free).

If you experience serious symptoms, such as:

- ▲ Difficulty breathing;

- ▲ Severe shortness of breath;
- ▲ Chest pain.

Call 9-1-1 and mention that you are a person who has contracted COVID-19.

WHEN IS IT POSSIBLE TO END HOME CONFINEMENT?

If you have experienced symptoms, but have not been hospitalised in intensive care, you can end your confinement if you meet the following three conditions:

1. A minimum of 14 days have elapsed since the first day of sickness (since the first day of exhibiting symptoms).
2. You have not exhibited symptoms for at least 24 hours.
3. You have not had fever for at least 48 hours.

IMPORTANT: If you are still exhibiting symptoms or if you still have a fever on the 14th day, you must remain in isolation until your symptoms have ceased for at least 24 hours or your fever receded for a minimum of 48 hours.

If you have never exhibited any symptoms, you can stop your confinement 14 days after receiving a positive test.

If you have been hospitalised or in intensive care for COVID-19 or you are immunosuppressed or using corticosteroids, you can end your isolation when meeting the three following conditions:

1. At least 21 days have elapsed since the first day of sickness (since the first day of exhibiting symptoms).
2. You have not exhibited symptoms for at least 24 hours.
3. You have not had fever for at least 48 hours.

ANNEX 2 – I HAVE BEEN IN CONTACT WITH A PERSON WHO HAS CONTRACTED COVID-19

DIRECTIVES AND RECOMMENDATIONS

PREVENTING TRANSMISSION

You may have been exposed to COVID-19. We therefore request that you adhere to the following directives in order to prevent the transmission of the virus to other people.

STAY AT HOME

- Same directives as for annex 1.

COVER YOUR COUGH AND SNEEZES

- Same directives as for annex 1.

WASH YOUR HANDS

- Same directives as for annex 1.

DO NOT SHARE PERSONAL EFFECTS

- Same directives as for annex 1.

MONITOR YOUR SYMPTOMS AND CHECK YOUR TEMPERATURE EACH DAY

- Same directives as for annex 1.

IF A PERSON MUST ASSIST YOU

Same directives as for annex 1.

DIRECTIVES SHOULD SYMPTOMS APPEAR

If you are exhibiting light or moderate symptoms, among the following, call 1-877-644-4545 (toll free) and mention that you have possibly been in contact with a person having contracted COVID-19:

- Fever (above 38°C or 100,4°F);
- Cough;
- Diarrhea or vomiting;
- Unusual fatigue.

If you are experiencing severe symptoms, among the following, call 9-1-1 and mention that you have been in contact with a person having contracted COVID-19:

- Difficulty breathing;
- Severe shortness of breath;
- Chest pain.