



# COVID-19 Community Tennis Guidelines





## COVID-19 Community Tennis Guidelines for Continued Play

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**This is a rapidly evolving issue, please ensure you refer to [the Tennis body in your State or Territory](#) regularly for the latest recommendations on dealing with COVID-19.**

We all know tennis is a unique sport with many benefits – the main one being health and wellbeing.

The **COVID-19 Community Tennis Guidelines for Continued Play** provide details on how outdoor courts can remain open for use to help ensure people remain active, subject to strict social distancing and hygiene practices being implemented.

Tennis clubs, coaches and operators across the country are all different and operate in different local contexts. They are also independent organisations and businesses. Making an assessment of whether a safe exercise environment can be provided also depends on a range of factors, which will apply differently at each venue – it is the responsibility of each coach, club and operator to make that assessment based on their local environment.



## COVID-19 Community Tennis Guidelines for Continued Play

### Before you play

You must stay at home if you:

- Have been in contact with someone with COVID-19 in the last 14 days
- Have been overseas or exposed to someone with COVID-19 in the last 14 days
- Have flu-like symptoms
- Or are in a [high risk health category](#).

### Attending tennis activities

- Only people core to playing should attend tennis activities such as players, participants, coaches and operational personnel
- Arrive and leave as close as possible to when you need to be there
- Only one parent/guardian should accompany younger children where possible.

### Social distancing

Tennis holds a unique advantage as a sport which requires no direct contact between players. You can also:

- Touch racquets instead of the regular pre or post match handshakes
- Keep 1.5 metres away from other people while watching or attending an outdoors tennis activity.

### Behaviours

To protect against infection, you should:

- Wash/sterilise your hands before and after you play and avoid touching your face while playing
- Not share water bottles and bring your own full bottle
- Wash your hands frequently with soap and water or hand-sanitiser when available, before and after eating, after going to the toilet, sneezing and coughing
- Cover your coughs and sneezes and dispose of any used tissue immediately
- Avoid touching your face
- Keep your distance from people who are obviously sick
- Be aware of what surfaces you touch and if you touch the on court equipment such as net, net handle, hoses, and court bagger you must clean these before you leave.

### Organising tennis activities

- Limit community tennis activities to casual court hire and one-on-one coaching
- Implement a 15-minute buffer between participants, to ensure equipment can be cleaned
- Limit the number of players per court to a maximum of 2 people – singles only
- Where practical use every second court or ensure there is suitable distance (minimum 10 metres between different groups)
- Promote prevention techniques and lead by example
- Implement ways to minimise contact for both participants and staff
- Postpone any social gatherings
- Plan for increased levels of staff/volunteer absences
- Keep your team and your participants informed of the actions you're taking
- Keep records of who attends your activities and their contact details
- Payments to be made online or via EFTPOS – avoid handling cash
- Leave gates ajar during opening hours so players don't need to touch handles to enter. If using Book a Court, provide sanitising facilities at the gate for cleaning each time the pin pad and gate is used, and put a notice up to this effect.



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## Coaching

- Only one-on-one coaching can take place
- Shorten coaching sessions to ensure no cross over between players
- Limit the number of players per court to a maximum of 2 people
- Position the players at well-spaced stations
- Live ball drills and game based play is recommended over basket based
- Advise players to not change ends
- Maintain social distancing at all times including when giving feedback and while players are resting
- Where practical use every second court
- Limit the use of coaching equipment such as target cones
- Don't let students handle any coaching equipment - coach to pick up balls and feed drills
- Payments to be made online via EFTPOS – avoid handling cash.

## Tennis equipment

There is no specific evidence that balls can spread COVID-19. We do know that on hard surfaces contamination by respiratory droplets from an infected person can potentially survive up to three days. Therefore, you should:

- Make sure you clean your hands before and after coming off the court
- Not touch your face after touching a ball, racquet or other tennis equipment
- Use new balls and racquet grips where possible
- Use fewer balls per session
- Replace all balls if someone with/suspected to have COVID-19 comes in contact with them
- Restrict balls to a particular person, court or day of the week. One idea is to label them with a permanent marker
- Clean all tennis gear with alcohol-based disinfectant including racquets, towels, coaching gear such target cones
- Don't use unnecessary equipment such as drop down lines.

## Clean environment

Providing a clean environment to play tennis in is essential. Make sure you:

- Provide soap, hand-sanitiser or wipes at all main contact points
- Clean all surfaces, such as counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and tables, at least once a day wearing disposable gloves
- Clean any surfaces which may have blood, body fluids and/or secretions or excretions on them
- Regularly remind and encourage everyone, particularly juniors, of the need to wash hands regularly and adopt the other principles of a good hygiene strategy
- Display signage about handwashing and hygiene techniques at strategic points like all sinks, eating areas, drinking areas and on the side of court.

## Venues

- All indoor tennis courts and gyms must close immediately
- Professionally managed centres that have full time staff can remain open at their discretion as long as they follow [Department of Health](#) guidelines in their state or territory.
- Venues run by volunteers are recommended to close all indoor spaces including showers and changerooms
- It's recommend that toilets remain for emergency use only
- Closure of café, canteen and bar facilities. Unless professionally operated in which case activities are to be restricted to take away service only – no cash payments.
- Remove all soft furnishings such as seat cushions.