

COVID-19

Play Safe Guidelines for Players

Alert Level 3 - Step 2



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
- You or a member of your household is waiting on the results of a COVID-19 test result
- Have flu-like symptoms
- Are in a high risk health category

Contact tracing

- Book your court in advance through contactless booking (online or by phone)
- Download the Covid Tracer app to check in, or log your movements manually within your diary

Playing

- Play is limited to a maximum of 25 people in a group. Numbers might need to be reduced in order to maintain 2m physical distancing
- Professional coaches can return to work and deliver lessons outside only. Lessons can take place with a maximum of 25 people. This includes the coaches. Everyone should stay 2m apart.
- Wear a face covering before and after playing tennis
- Arrive and leave as close as possible to your playing time
- Do not congregate or stay at the courts after you have finished playing
- Only one parent/guardian should accompany younger children when required
- Use your own equipment. Do not share equipment with people outside of your bubble.

- Shared areas like toilets, clubhouses, changing rooms and water fountains will be closed

Social distancing

Keep 2 metres away from people not in your household or gathering.

Good hygiene

To protect against infection, you should:

- Wash/sterilise your hands before and after you play and avoid touching your face while playing
- Wear a face covering before and after playing
- Not share water bottles and bring your own full bottle
- Wash your hands frequently with soap and water or hand-sanitiser. It is recommended to carry your own hand sanitiser with you.
- Cough and sneeze into your elbow and dispose of any used tissues immediately
- Avoid touching your face
- Stay home/go home if you are feeling unwell
- Avoid touching any shared surfaces (gate, net posts, chairs etc). If you do touch anything that is not your own equipment you must clean these thoroughly before you leave.
- Food and drink (other than personal water bottles) are not permitted at tennis venues under Alert Level 3

After play

If you become sick with Covid-19 symptoms within 10 days of playing at the club, it is vital that you inform the main contact at the club.