

COVID-19 Play Safe Guidelines for Players Alert Level 3



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

- Book your court in advance through contactless booking (online or by phone)
- Download the government contact tracing app and check yourself in, or log your movements manually within the app
- At Alert Level 3, play is only permitted within your bubble. Players should not arrange to meet anyone outside of their bubble. This means no coaching or social play between members who are not in the same bubble
- Only players should attend – no spectators
- Arrive and leave as close as possible to when you need to be
- Do not congregate or stay at the courts after you have finished playing
- Only one parent/guardian should accompany younger children where possible
- Take 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

Tennis holds a unique advantage as a sport which requires no direct contact between players. Be sure to keep 2 metres away from other people while taking part in any tennis

Behaviours

- To protect against infection, you should:
- Wash/sterilise your hands before and after you play and avoid touching your face while playing
- Wear a mask in areas where you cannot physically distance from others
- Not share water bottles and bring your own full bottle
- Wash your hands frequently with soap and water or hand-sanitiser when available. It is recommended to carry your own hand sanitizer with you
- Cover your coughs and sneezes and dispose of any used tissues immediately
- Avoid touching your face
- Do not attend 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.