

**Tennis Alert Level Guidelines for covid-19
(March 2021 version)**



LEVEL	KEY CENTRAL GOVERNMENT MEASURES	TENNIS NZ MEASURES	WHAT WE RECOMMEND FOR TENNIS ORGANISATIONS (REGIONS, ASSOCIATIONS, CLUBS, COACHES & FACILITIES)
<p>LEVEL 4 – ELIMINATE</p> <ul style="list-style-type: none"> Sustained and intensive transmission Widespread outbreaks 	<ul style="list-style-type: none"> People instructed to stay at home. Educational facilities closed. Businesses closed except for essential services and lifeline utilities. Rationing of supplies and requisitioning of facilities. Travel severely limited. Major reprioritisation of healthcare services. 	<ul style="list-style-type: none"> All organised tennis competition, training and in person education under the mandate of Tennis NZ and Regions cancelled or postponed. All Tennis NZ Performance Squad/Programme Training cancelled. All in person workshops, conferences, face to face meetings and other external activities not taking place – postponed and on hold. Tennis NZ offices shut – all staff working from home. No international or domestic travel for Tennis NZ staff. Tennis NZ will conduct all internal and external business via video conferencing/telephone. 	<ul style="list-style-type: none"> Shut all facilities, offices, clubs, and suspend all coaching and tennis and activities. All staff and/or volunteers should work from home. No tennis activity happening at clubs or facilities.
<p>LEVEL 3 – RESTRICT</p> <ul style="list-style-type: none"> Community transmission occurring OR Multiple clusters break out 	<ul style="list-style-type: none"> Travel in areas with clusters or community transmission limited. Affected educational facilities closed. Mass gatherings cancelled. Public venues closed (e.g. gyms, pools, libraries). Alternative ways of working required, and some non-essential businesses should close. Non face-to-face primary care consultations. Non acute (elective) services and procedures in hospitals deferred and healthcare staff reprioritised. 	<ul style="list-style-type: none"> All organised tennis competition, training and in person education under the mandate of Tennis NZ and Regions cancelled or postponed. All in person workshops, conferences, face to face meetings and other external activities not taking place – postponed and on hold. Tennis NZ offices shut – all staff working from home. No international or domestic travel for Tennis NZ staff. Tennis NZ will conduct all internal and external business via video conferencing/telephone. 	<p>Clubs and centres can choose to open courts under the following conditions:</p> <ul style="list-style-type: none"> Appropriate health and safety measures must be in place. Courts are open only. Buildings, clubhouses, toilets etc remain shut. Only players can go to the courts (no spectators) Hand sanitiser must be accessible by the gate/entrance to courts. Hand sanitiser should be used regularly and certainly on entry and exit to the courts. Equipment will not be shared with anyone outside of your bubble. Play within YOUR BUBBLE only. Do not arrange to meet anyone else to play. Some coaching may be permitted under specific circumstances – Click Here for further details. Coaching can only take place in agreement with facility operators. Read the full Sport NZ Government guidelines. We recommend you use the Ministry of Health NZ Covid Tracer QR code poster. Use R911288 for the LocationBIC code in the template spreadsheet. Ensure your club/business has a safety plan in place which is communicated clearly to all members, visitors and customers.

Please continue to monitor for further updates:

<https://covid19.govt.nz/>

<https://health.govt.nz>

<https://tennis.kiwi/covid-19/>

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<p>LEVEL 2 – REDUCE</p> <ul style="list-style-type: none"> The disease is contained but the risk of community transmission remains. Household transmission could be occurring. Single or isolated cluster outbreak 	<ul style="list-style-type: none"> People can reconnect with friends and family, go shopping, or travel domestically, but should follow public health guidance. Physical distancing of two metres from people you don't know when out in public is recommended, with one metre physical distancing in controlled environments like workplaces unless other measures are in place. Restrictions on gatherings apply. Gatherings may be up to 10, 50 or 100 people depending on localised rules. Sport and recreation activities are allowed, subject to conditions on gatherings, contact tracing, and – where practical – physical distancing. Public venues can open but must comply with public health measures. Health and disability care services operate as normally as possible. Businesses can open to the public but must follow public health guidance including in relation to physical distancing and contact tracing. Alternative ways of working encouraged where possible (e.g. remote working, shift based working, physical distancing, staggering meal breaks, flexible leave). It is safe to send your children to schools, early learning services and tertiary education. There will be appropriate measures in place. People at higher-risk of severe illness from COVID-19 (e.g. those with underlying medical conditions, especially if not well-controlled, and seniors) are encouraged to take additional precautions when leaving home. They may work if they agree with their employer that they can do so safely 	<ul style="list-style-type: none"> All organised tennis competition under the mandate of Tennis NZ is risk assessed and delivered only if government requirements can be met. All Tennis NZ Performance Squad/Programme Training are held based on government requirements listed below being met. All Tennis NZ in person workshops, education, face to face meetings and external activities risk assessed and held based on government requirements listed below being met. Tennis NZ offices open on rotation basis to limit staff numbers and practice safe physical distancing. No international or domestic travel for Tennis NZ staff unless absolutely necessary Tennis NZ will conduct the majority of external business via video conferencing / telephone. 	<p>All facilities must practice sanitation measures, and record contact tracing details. Facilities with employees must have a WorkSafe plan in place and a safety plan is recommended for all clubs, venues and businesses.</p> <p>Contact Tracing Government contact tracing QR code poster must be displayed at various points throughout the venue.</p> <p>Cleaning and Hygiene</p> <ul style="list-style-type: none"> Participants should wash and dry their hands before and after playing; equipment should be washed and dried before and after playing. Measures should be taken to minimise the sharing of equipment/balls. However, for sports or activities where equipment must be shared ensure that all participants wash and dry their hands before and afterwards and clean and disinfect the equipment before and afterwards. Exercise caution with common touch points (e.g. gates or doors) and wash or sanitise your hands after touching these surfaces. Facilities must have a written plan for safe operation in place. Water, soap and towels/drier should be made available for participants to wash and dry their hands or hand sanitiser (containing at least 60% alcohol). <p>Gatherings Restrictions on gatherings may vary around NZ. At Level 2, gatherings are usually restricted to 100 people. Please follow local government advice for gatherings. More detail is below relating to tennis and gatherings.</p> <p>If unwell If you or members of your household are unwell, you should stay home. You must not participate in physical activity (or leave home) if you are displaying symptoms of COVID-19, awaiting a test result, or required to self-isolate.</p> <p>Physical Distancing People may participate in team sport and physical activity, including where physical distance cannot be maintained. This means that training and competition for contact sports will be possible if other public health measures are observed. Participants should maintain physical distancing when not participating in the sport or activity.</p> <p>Risky activities Activities should only be completed within your confidence and skill level to continue to reduce the need for essential services assistance.</p>

APPLYING REQUIREMENTS TO TENNIS AT ALERT LEVEL 2

Contact Tracing

- Clubs, venues, coaches, organisers should use the government contact tracking tool. QR code tracer poster. We recommend you use the [Ministry of Health NZ Covid Tracer QR code poster](#). Use R911288 for the LocationBIC code in the template spreadsheet.
- All participants and spectators should complete contact tracing via an electronic system or online registration system. The register should be accessible to the Ministry of Health for contact tracing purposes at all times up to 4 weeks after the contact took place. This process should be detailed in your organisation's plan for safe operation – a safety plan is provided on <https://tennis.kiwi/covid-19/tennis-nz-updates/>
- You may need to consider restricting the number of spectators or asking people to register in advance.

Cleaning and Hygiene

- All participants should wash and dry their hand before and after partaking in any tennis activity. Ideally, they should be advised of this in advance of attending to allow time for this to happen safely.
- Measures should be taken to minimise the sharing of equipment, for example only the coach should touch balls and any shared equipment like ball machines should be cleaned before and after each use.
- Clubs and coaches should work together to ensure they are managing this well between them.

Gatherings

- Gatherings in your area will be limited to 100 or fewer people. The points below should be applied in accordance with government regulations in your area.
- Indoor and outdoor facilities will need to restrict crowds to a maximum of 100 or fewer (depending on local regulations) people while maintaining a 1 metre physical distancing requirement if a contact tracing register is being used. For smaller venues a lower maximum number may be more appropriate to maintain physical distancing.
- Gathering restrictions apply to each separate space e.g. an outdoor court that can be managed separately with suitable physical distancing between these spaces.
- Coaches will need to consider numbers for group sessions. e.g. for a Hot Shots red session, plan for a maximum group number which always keeps at least 1 metre distance between all children and coaches.
- Care must be taken to avoid gathering at communal points such as entries and car parks. Phasing of activities could be used to allow time for people to pass through these areas safely.
- Tennis facilities and deliverers should follow public health guidelines on physical distancing and personal hygiene.
- If you are holding events or competitions, consider limiting numbers to ensure physical distancing can take place, take extra care on cleaning surfaces and when preparing food to minimise risks.
- Now is not the time to have a large club prizegiving or event, think about keeping things simple.

Physical Distancing

Tennis is a naturally physically distanced sport but you should still exercise caution when playing or delivering tennis. For example: change ends at the other side of the net to your opponent, don't congregate at the net, in the clubhouse or carpark, keep your distance when talking to players.

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<p>LEVEL 1 – PREPARE</p>	<ul style="list-style-type: none"> • If you're sick, stay home. Don't go to work or school. Don't socialise. • If you have cold or flu symptoms call your doctor or Healthline and make sure you get tested. • Wash your hands. Wash your hands. Wash your hands. • Sneeze and cough into your elbow, and regularly disinfect shared surfaces. • If you are told by health authorities to self-isolate you must do so immediately. • If you're concerned about your wellbeing, or have underlying health conditions, work with your GP to understand how best to stay healthy. • Keep track of where you've been and who you've seen to help contact tracing if needed. Use the NZ COVID Tracer app as a handy way of doing this. • Businesses should help people keep track of their movements by displaying the Ministry of Health QR Code for contact tracing. • Stay vigilant. There is still a global pandemic going on. People and businesses should be prepared to act fast to step up Alert Levels if we have to. • People will have had different experiences over the last couple of months. Whatever you're feeling — it's okay. Be kind to others. Be kind to yourself. 	<ul style="list-style-type: none"> • Good hygiene for all staff at all times • Events and competitions will be held with an expectation of good hygiene from all staff, players and attendees. Venues will display government best practice signage and appropriate QR code contact tracing/tracking posters. • All Tennis NZ Performance Squad/Programme Training will be held following best hygiene practices. • All Tennis NZ in person workshops, education, face to face meetings and external activities will be held following best hygiene practices. • Tennis NZ offices are open. Staff can travel domestically, and international travel is restricted to a case by case basis. • Tennis NZ will conduct external business in person or via video conferencing/telephone 	<p>Level 1 is close to business as usual. To keep everyone safe, for coaches, clubs, tennis centres and businesses these golden rules will apply:</p> <ul style="list-style-type: none"> • Display hygiene signage prominently on your courts, club rooms, entrances, noticeboards. • Follow good hygiene practices • QR code tracer poster. We recommend you use the Ministry of Health NZ Covid Tracer QR code poster. Use R911288 for the LocationBIC code in the template spreadsheet. • Keep things clean or closed. Ensure a regular cleaning schedule is in place for shared areas such as changing rooms, toilets, clubrooms, bar tables, door handles. • Manage larger events well – for example, at club fundraisers and prizegivings ensure all attendees register to attend (or, as organizer, keep a good register) especially if you can't guarantee that people will have checked in using the QR code tracer displayed at your venue.