

COVID-19 COMMUNITY TENNIS IN NEW ZEALAND GUIDELINES





These guidelines link directly to the [TENNIS ACTIVITY DURING COVID-19 - ALERT LEVEL GUIDELINES](#). Please go here to make yourself familiar with the recommendations for tennis activity at Alert Level 4, 3, 2 and 1.

This document, and the Alert Level Guidelines mentioned above, will be regularly updated if NZ Government announce any changes to the alert level system as we move out of Level 4. We are mindful of wanting to resume tennis activity as soon as it is safe and responsible to do so.

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, at certain NZ Government Alert Levels, tennis 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, association and region 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.

- Be sure to keep 2 metres away from other people while watching, attending or playing any 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, gates, net posts, scoreboards, chairs etc, you must clean these thoroughly before you leave. It is best to completely avoid touching anything.

Organising tennis activities

- Promote prevention techniques and lead by example
- Implement ways to minimise contact for both participants and staff
- Minimise the amount of people around by limiting the amount of people on court and only allowing players, officials and essential staff in the clubhouse
- Postpone any large social gatherings
- Plan for increased levels of staff/volunteer absences
- Keep your team and your participants informed of the actions you're taking
- Leave gates ajar during opening hours so players don't need to use handles to enter.
- If your centre offers 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.



Coaching

- Shorten coaching sessions where necessary to ensure no cross over between players
- Live ball drills and game based play is recommended over basket based
- 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 or via EFTPOS – avoid handling cash.

Tennis equipment

At the time of writing, 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 as target cones
- Don't use 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.