

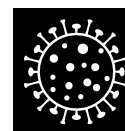


COVID-19 Guidance for Tennis Players

Step 3 of The Northern Ireland Executive

Approach to Removing the Covid-19 Restrictions





Phase 3

Return to Restricted Play Always follow the Government Guidelines of Good Hand Hygiene – Respiratory Etiquette – Social Distancing

The guidelines in this document relate to Step 3 of the Northern Ireland Executive Approach to Removing the Covid-19 Restrictions

These measures are part of the second phase of lifting the public health restrictions that were put in place to protect us all from COVID-19. They come into effect on top of the measures in phase 1 and 2

This Stage allows:

- Outdoor activities with groups of 30 people. In all cases, maintain social distancing as far as possible and any contacts should be brief.

This practical guide, prepared by our team in consultation with Government advice, international norms and medical experts, outlines the robust measures Tennis Ireland would like clubs to implement and coaches and players maintain to help safeguard staff and members during the COVID-19 pandemic.

Our measures and procedures are under constant review and updated as advice from government, health authorities and governing bodies evolves in line with the gradual lifting of social restrictions.

These measures should be in place seven days a week and until further notice.

Before you Play

You should stay at home if you:

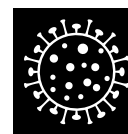
- Have been in contact with someone with COVID-19 in the last 14 days.
- Have been overseas or exposed to someone with COVID-19 in the last 14 days.
- Have flu-like symptoms or are feeling unwell.

You should:

- Find out what protocols are in place at the club.
- Ensure your club has up-to-date contact details for you.

Attending Tennis Activities

- Pre book your court online or via phone.
- Players should continue to observe social distancing including only travelling in cars with members from the same household.
- Players should sanitise their hands using dispensers provided at the entrance to the club and courts or indeed should bring their own.
- Players should head straight to their designated court unless required to check-in.



- A parent/guardian should accompany any player under 18 years. For casual play, Clubs have discretion to remove this requirement for junior players aged 16 years and over if they so choose.
- Both singles play and doubles play is now permitted with people from outside of your household. It is still recommended that you stay 2 metres apart as much as possible.
- Players should, ideally, bring a small bottle of hand sanitiser with them and keep it in their pocket of bag for use.

Social Distancing Behaviours

To protect against infection:

- Physical distancing should continue to be observed throughout the period of play, particularly on change of ends and entering and exiting the court.
- Players should change ends at opposite sides of the net.
- Players should continue to refrain from handshakes and high fives.
- Equipment such as towels, food, and drink should not be exchanged between players.
- Players should avoid touching their face after handling a ball, racquet, or other equipment.
- Players should, ideally, bring a small bottle of hand sanitiser with them and keep it in their pocket or bag for regular use.
- Players should still avoid using their hands to pick up tennis balls from other courts where possible - use your racquet / foot to return them.
- Players should remain apart from other players when taking a break.

When Play Finishes

- Hands should be washed and sanitised as soon as possible.
- Once play has finished, players have the option of leaving the premises promptly, sanitising their hands on the way out using a courtside dispenser or visiting the club restaurant and bar if available.
- Ensure equipment is cleaned thoroughly after use.
- If a player becomes unwell after playing, they should first contact their GP/NHS and then inform their club. The club will then follow advice provided to them by the NHS on the next steps.
- Members should be encouraged to remind other members of the guidelines, in a gentle way, when they witness poor practices.
- Repeated poor practice should be reported to the club as soon as possible.

Tennis Balls

- Although there is no specific evidence that tennis balls can spread COVID-19, we know that contamination from respiratory droplets from an infected person can potentially survive on hard surfaces for up to three days.
- If you choose to use shared balls then extra care must be taken to ensure you do not touch your face during play, and you should clean / sanitise your hands before play, during play (particularly after serving) and immediately after finishing.
- Replace balls if someone suspected of having COVID 19 comes in contact with them.
- Consider spraying balls with a disinfectant spray at the conclusion of play. Using new balls on a regular basis is encouraged.



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