



Causeway Tennis and Bowls Club

COVID-19 Guidance for Tennis Players

Always follow the Government Guidelines of Good Hand Hygiene, Respiratory Etiquette, Social

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
- The club may wish to recommend that Players should arrive in Tennis attire and change footwear in the car or at home
- 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
- Both singles play and doubles play is permitted. 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 BEHAVIOR:

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 drinks 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
- Ensure equipment is cleaned thoroughly after use
- If a player becomes unwell after playing, they should first contact their GP/HSE and then inform their club. The club will then follow advice provided to them by the HSE 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

