

Tennis Court Use Directive

General Directive and Intent:

- To open the tennis courts to allow patrons to participate in physical activity while maintaining within the guidelines set out by the province of Alberta and Alberta Health Services.

Restrictions:

- All patrons must maintain physical distancing of 2 meters (6 feet) of each other.
- Must not gather in groups larger than 15 while maintaining the physical distancing of 2 meters (6 Feet)

Best Practices:

- Post signs that indicate the guidelines set out by the province and AHS.
- Wearing a face mask is recommended by Alberta Health Services if the 2 meter (6 feet) physical distancing cannot be maintained.
- Key holders to the tennis court are encouraged to register the names of all who will have access to the court for tracking purposes.
- It is recommended to only play with family members, persons living in your household or individuals considered to be low risk.
- Everyone needs to be using their own sports equipment to prevent the potential for touch spread of Covid-19.
- Provide players with the fact sheet from Tennis Canada "Tips and Recommendations for Players".
- It is essential that if any patron who is feeling unwell or has signs and symptoms of Covid-19 **do not** attend the tennis courts.

Individual Actions and Precautions:

- Caution should be taken around common touch points, proper hand hygiene should be practiced.
- Wash your hands frequently
- Refrain from touching your face with unclean hands
- Carry and use hand sanitizer containing at least 60% alcohol content
- Wear a mask to help limit the spread to others if you will be within 2 meters (6 feet) of people other than members of your own household.



TIPS AND RECOMMENDATIONS FOR PLAYERS

If you wish to play tennis, make sure that you follow the below recommendations:

BEFORE YOU PLAY

- Make sure that your city or region allows tennis play based on the government authorities' criteria for the progressive lifting of confinement measures and that your municipality permits the use of tennis courts.
- Play only with family members, persons living in your household or individuals considered to be low risk.
- Do not play if you or your playing partner:
 - Exhibit any coronavirus symptoms, such as a fever, cough, difficulty breathing, or other symptoms identified by health experts.
 - Have been in contact with someone with COVID-19 in the last 14 days.
 - Are considered vulnerable or at risk (elderly individuals, immunosuppressed persons, individuals suffering from serious health problems, notably high blood pressure, pulmonary diseases, diabetes, obesity and asthma).

PREPARING TO PLAY

- Protect yourself against infections:
 - Wash your hands with disinfectant soap and water for at least 20 seconds before going to a tennis court.
 - Bring hand sanitizer.
 - Clean your equipment, including your racquets and water bottles.
 - Do not share equipment with your playing partner.
 - Make sure you have enough water before leaving the house to avoid having to touch a tap or water fountain handle.
 - Consider wearing a mask or gloves while playing.
 - If you cough or sneeze, do so in a tissue or in your sleeve.
 - Avoid touching door handles, gates, benches and all other objects where the virus could survive. If you touch something, make sure to wash your hands and disinfect the surface you have touched.

WHILE PLAYING

- As much as possible, keep a 2-metre distance with other players. To respect this measure, we strongly suggest only playing singles.
- Avoid all physical contact, for example shaking hands, with other players.
- Avoid touching your face after manipulating a ball, racquet or when you hit the ball to another player.
Avoid sharing food, drinks and towels.
- As much as possible, use your racquet and your foot to pick up the balls or to send a ball to another player.
- Stay on your side of the court.
- Because it is still unknown if the virus can live on a tennis ball, use two cans of balls with distinct numbers or identify your balls with a marker in order to be able to differentiate them and only handle the balls that are yours.

AFTER PLAYING

- Wash your hands carefully with water and disinfectant soap or with hand sanitizer.
- Do not use locker rooms or changing areas.
- Leave the court immediately after you finish playing.