



TENNIS

TIPS AND RECOMMENDATIONS FOR MEMBER PLAY

We strongly encourage our members to review the following tips and recommendations outlined by Tennis Canada and the Ontario Tennis Association

BEFORE YOU PLAY

- 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)
- Members must familiarize themselves with the *Tennis Canada* and the *Ontario Tennis Association* recommendations for safe play (links are also provided on the RLWYC website, Tennis section).

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
 - If you cough or sneeze, do so in a tissue or in your sleeve and wash your hands immediately
 - Gates should be left open during play and between bookings to reduce exposure risk
 - Avoid touching 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

- Keep a two-meter distance from other players. Double players, who do not live in the same household, are responsible for maintaining social distance of 2 meters (6 feet) apart
- 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
- Stay on your side of the court. If possible, do not switch sides of the court during play
- Because it is still unknown if the virus can live on a tennis ball, use two cans of tennis balls with distinct numbers for singles and four cans of balls with distinct numbers for doubles or identify your tennis balls with a marker in order to be able to differentiate them and only handle the tennis balls that are yours, or a family member's residing in the same household.

AFTER PLAYING

- Wash your hands with hot water and disinfectant soap or with hand sanitizer
- Sanitize surfaces you touched with disinfectant spray provided
- Leave the court and club immediately after you finish playing