

Coronavirus COVID-19



PROTOCOLS AND GUIDELINES FOR REOPENING OF BECTIVE TENNIS COURTS

The measures set out here (following the guidelines issued by Tennis Ireland), which relate to Phase 1 of the Roadmap for Reopening Irish Society and Business, cover each step of the journey from home to the club gate and back home again.

These measures will be in place seven days a week and until further notice. The measures relate to the tennis courts only. We are hoping to issue similar guidelines for padel shortly.

These 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.

A new court-booking system has also been introduced for all members wishing to book a court. You will be required to digitally sign a form indicating that you will abide by all the procedures and guidelines as set out below before being granted access to the court booking system.

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 feeling unwell
- Live outside a 5km radius of the club
- Are over 70 years of age during this phase of the reopening

You must:

- Check with your GP prior to playing if you are in a high-risk health category
- Familiarise yourself with the protocols in place at the club
- Ensure the club has up-to-date contact details for you



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ATTENDING TENNIS ACTIVITIES

- Courts must be pre-booked online
- Arrive and leave as close as possible to when you are due on court
- Play will be limited to **singles only** during this phase of the reopening. The only exception for doubles is if playing partners are from the same household. Further doubles play will be considered in future phases of reopening.

ARRIVING AT THE CLUB

- The gates to the grounds will be locked so you will need to contact the on-site representative to arrange for access. Only those who have booked online, signed all the relevant forms and submitted all contact details as required will be allowed into the grounds. Please note that there is no car parking in the grounds at present.
- You should arrive ready to play as there will be no access to clubhouse or dressing rooms during this phase. We would ask that you utilise toilet facilities in your own home prior to arriving at the club as toilet facilities will not be available during this phase.
- We would ask all members to bring a small bottle of hand sanitizer or antiseptic wipes with them for personal use. Please dispose of tissues, wipes, bottles or any other items at home or in bins outside the confines of the grounds.
- Please proceed directly to the reception area adjacent to the courts upon arrival. Do not go on or near the rugby pitches or the clubhouse.
- You will be called to your court when it is safe to enter the courts. There will be a hand sanitising stand inside the gates and we ask that you use this upon entering and leaving the courts. Please do not touch the keypad or gates on entering or leaving the courts.
- At all times you are obliged to observe and respect social distancing procedures. Anyone in breach of this or any other guidelines will be asked to leave the premises and will be reported to the Management Committee, who will decide on a further course of action if warranted.



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PLAYING TENNIS

To protect against infection:

- Players must refrain from handshakes and high fives
- Keep two metres away from other people at all times, and keep your distance from people who are obviously sick
- Do not share food, towels and drinks
- Wash your hands frequently with hand-sanitiser or wipes as available
- Cover your coughs and sneezes and dispose of any used tissue in your own bag and bring it home with you
- Avoid touching your face
- Try not to touch any surfaces, but if you do sanitise your hands as soon as possible. *Please note that the fixed seating on Court 1 is not to be used. We also ask that you do not touch the winders on the nets - the nets will be checked each day in advance of play to ensure they are at the correct height.*
- Change ends at opposite sides of the net. If this is not possible then do not change ends
- Use two sets of clearly marked tennis balls. These should be alternated for serving with each player only touching their individual tennis balls
- Use your racquet / foot to pick up balls and hit them to your opponent. Avoid using your hands to pick up the balls. If a ball from another court comes across, send it back with a kick or with a racquet
- Remain apart from other players when taking a break
- Practice caution with 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 or longer
- 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 very regular basis is highly encouraged.



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WHEN PLAY FINISHES

- Once play has finished players should leave the club promptly
- Hands should be washed and sanitised as soon as possible
- Ensure equipment is cleaned thoroughly after use. Tennis balls can be sprayed with a disinfectant
- 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

We thank you all for your continued patience and support in these particularly trying and difficult times. We all need to work together to ensure that all procedures and guidelines are adhered to and that we do not jeopardise the health and well-being of fellow members or the reputation of the club. Stay safe and see you on court soon!

