

Guidelines for Tennis - Public Courts during COVID-19

Infection prevention and control measures:

The following mitigation guidelines will help reduce the risk of respiratory infections, including COVID-19.

Guidelines: Before Arrival at a Public Court

All tennis players should self-screen to limit the introduction of infection:

- Prior to attending a community tennis club, every player must do the [self-assessment for COVID-19](#) on the Ontario Ministry of Health website and if they do not pass the assessment they should not attend a community tennis club court until they pass the assessment and do not have signs and symptoms of COVID-19. Tennis players can visit the [City's website](#) to determine if further care is required and learn about assessment centres.
- All tennis players should be aware of signs and symptoms of COVID-19, including:
 - Fever
 - Cough
 - Difficulty breathing
 - Muscle aches
 - Tiredness
 - Sore throat
 - Headache
 - Runny nose
 - New loss of taste or smell
- Your risk of severe disease may be higher if you have a weakened immune system. This may be the case for:
 - Seniors
 - People with chronic disease such as diabetes, cancer, heart, renal or chronic lung disease
- The World Health Organization advises that symptoms may appear in as few as two days or as long as 10 to 14 days after contracting COVID-19. Those who are infected with COVID-19 may have few or no symptoms. Hence, there is the possibility of asymptomatic and pre-symptomatic spread of COVID-19.

Entrance Restrictions:

- Anyone who is exhibiting symptoms of COVID-19 or has had close contact with a confirmed case cannot play at a public court.
- Access to public courts is restricted to tennis players only, and any required staff. Spectators are not permitted.

- At this time, there should be no events, camps or programs.
- Under advisement of Medical Officer of Health and Toronto Public Health, the City strongly encourages all Clients 70+, and/or with weak immune systems to remain home.
- All activities must always comply with the physical distancing measures and recommendations issued by federal, provincial, and municipal government authorities, including the arrival and departure of players.

Guidelines: While using Public Tennis Courts

Reduce the risk of transmission during activities:

- Stay at home when you are ill.
- The following screening questionnaire for staff is available on the Toronto COVID-19 site under Workplaces: [Screening Questionnaire](#)
- Respect any provincial Emergency Orders that prohibit social gatherings of a certain size, including when at a community tennis club.

Practice physical distancing

- Maintain a two metre (six feet) distance from others when at the community tennis club.

Practice proper hand hygiene and respiratory etiquette:

- Wash your hands often with soap and water for at least 15 seconds.
- If soap and water are not available, use an alcohol-based hand sanitizer.
- Cover your cough or sneeze into a tissue. Immediately throw the tissue in the garbage and wash your hands.
- If you don't have a tissue, sneeze or cough into your sleeve or arm.
- Avoid touching your face, nose and mouth with unwashed hands.

Cloth Masks & Face Coverings

- Cloth masks and face covers can be used when physical distancing is difficult to maintain.

People who become ill with COVID 19 symptoms while at a community tennis club court should go home to self-isolate:

- People who become ill while at the tennis court should go home immediately, and should review the City of Toronto website for more information about COVID-19.
- If a tennis player tests positive for COVID-19, their local Public Health Unit (TPH for Toronto residents) will follow-up with close contacts who may include other tennis players. Other tennis players who came in close contact with the infected player may be required to self-isolate.

Guidelines: Playing Tennis

To ensure everyone's safety, the following changes to the how we play tennis should be taken.

Prior to Play:

- Wash your hands often with soap and water for at least 15 seconds. If soap and water are not available, use an alcohol-based hand sanitizer.
- Avoid touching your face, nose and mouth with unwashed hands.
- Clean and wipe down your equipment, including racquets and water bottles. Do not share racquets or any other equipment such as wristbands, grips, hats and towels.
- Bring a full water bottle.
- Bring your own personal tennis balls and uniquely identify them.
- Avoid touching court gates, fences, net posts, the net tape, benches, etc.
- Play with persons living in your household if possible.

While Playing:

- Keep a 2-metre distance with other players at all times.
- Doubles is allowed.
- It is recommended that doubles pairs be from the same household or social bubble.
- Bring your own tennis balls, uniquely identify them, and only touch your tennis balls. Do not touch the opposing player's tennis balls with your hands.
- Avoid all physical contact, for example shaking hands with other players.
- Avoid touching your face as much as possible.
- Do not meet the other player at the net.
- Stay on your side of the court.
- Keep your distance from other players when retrieving tennis balls.
- Cross at opposite sides of the net during change of side.

After play:

- Wash your hands often with soap and water for at least 15 seconds. If soap and water are not available, use an alcohol-based hand sanitizer.
- Leave the court and facilities immediately after you finish playing.
- Properly dispose of any garbage.