

# COVID-19 Play Safe Guidelines for Tennis



## 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 in a high risk health category.

## Attending tennis activities

- Wash your hands before you play, and afterwards too
- Complete the online contact tracing form at [www.idme.co.nz](http://www.idme.co.nz)
- Arrive and leave as close as possible to when you need to
- Only one parent/guardian should accompany younger children where possible
- Take your own equipment if possible. Do not share equipment with people outside of your bubble
- Exercise caution with common touch points (e.g. doors and gates)
- Check the club's safety plan to make sure you are aware of, and can follow our guidelines.
- Take all your rubbish with you when you leave

## Social distancing

Tennis holds a unique advantage as a sport which requires no direct contact between players. Be sure to keep 2 metres away from other people while taking part in any tennis activity.

## Behaviours

To protect against infection, you should:

- Wash/sterilise your hands before and after you play and avoid touching your face while playing
- Not share water bottles and bring your own full bottle
- Wash your hands frequently with soap and water or hand-sanitiser when available. It is recommended to carry your own hand sanitiser with you
- Cover your coughs and sneezes and dispose of any used tissues immediately
- Avoid touching your face
- Do not attend if you are feeling unwell
- Avoid touching any shared surfaces (gate, net posts, chairs etc). If you do touch anything that is not your own equipment, you must clean these thoroughly before you leave.

## After play

If you become sick with Covid-19 symptoms within 10 days of playing at the club, it is vital that you inform the main contact at the club.