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

- Book your court, session or lesson in advance through contactless booking (online or by phone)
- Wash your hands before you play, and afterwards too
- Complete the online contact tracing form on **tennis.kiwi/checkin** OR the clubs own contact tracing form
- 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 clubs safety plan to make sure you are aware of, and can follow their guidelines.

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.

Unite against COVID-19

https://tennis.kiwi/covid-19/tennis-alert-level-guidelines

#PlayingApartTogether