

Guidelines: Playing Tennis



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.
- 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 tennis balls with distinct numbers or identify your balls with a marker in order to differentiate them and only handle balls that belong to you.
- Maintain physical distancing at all times. Consider wearing a mask when physical distancing cannot be maintained, such as while waiting to enter the court.
- If you need to sneeze or cough, do so into a tissue or upper sleeve
- Arrive as close as possible to the game start time. Where possible, games, game times, and courts should be booked in advance. Drop-ins are to be avoided if possible.
- Avoid touching court gates, fences, net posts, the net tape, benches, etc.
- Avoid touching your face, nose and mouth with unwashed hands.
- Play with persons living in your household if possible.
- Scheduling of matches is for singles play only. No doubles play at this time.
- Ensure scheduling of matches is for singles play only and there are staggered courts times to avoid overlap of players both playing and waiting. No doubles play at this time.

While Playing:

- Keep a 2 metre distance with other players.
- Only singles tennis should be played at this time.
- Use only tennis balls that have been brought with your specific numbering or identifying marker and only handle balls that belong to you. Do not touch any other balls or equipment.
- 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 carefully with water and disinfectant soap or with hand sanitizer.
- Do not use locker rooms or changing areas.
- Leave the court and facilities immediately after you finish playing.
- Properly dispose of any garbage.

General:

- Stay at home when you are ill.
- The following screening questionnaire for staff is available on the Toronto COVID-19 site under Workplaces: <https://www.toronto.ca/wp-content/uploads/2020/05/95f0-Survey-Screening-poster-TPH.pdf>
- Practice physical distancing (<https://www.publichealthontario.ca/-/media/documents/ncov/factsheet/factsheet-covid-19-guide-physical-distancing.pdf?la=en>) and maintain a 2 metre distance from others when at a community tennis club.
- Respect any provincial Emergency Orders that prohibit social gatherings of a certain size, including when at a tennis club.