



Practical Guide for Tennis Clubs, Players and Coaches during Level 5 of the COVID-19 Restrictions

Effective from April 26th, 2021

**Version 1.1 Updated 14th April 2021
Republic of Ireland**





Level 5

Introduction

The COVID-19 pandemic has presented unprecedented challenges to our country and our sport. The pandemic is not over, and the disease has continued to evolve and generate new challenges for us all.

While the various vaccines and their delivery provide a clear pathway for us, we must continue to be mindful of the risks involved in everyday life and the need to:

- wash hands properly and often
- practice social distancing
- cover coughs and sneezes

We must continue to be agile and flexible in our response while recognising that one year on, imposing and adhering to restrictions places an enormous burden on us all.

This document references the Irish Government document, [COVID-19 Resilience and Recovery 2021: The Path Ahead](#), which outlines the protocols that should be implemented in clubs during this level of reopening society during COVID-19.

We have learned a lot over the last 12 months and these learnings are informing our ongoing approach:

- The power to control the level of transmission is in our hands — individually and collectively
- People in Ireland and within our sport are willing to follow public health advice to protect themselves and others
- Cooperation and solidarity across our sport is vital if this disease is to be contained
- No single preventative measure is adequate to control virus transmission — what matters is a combination
- There is an ongoing need to minimise the risk of cases/clusters and respond decisively when new threats/clusters emerge
- If the disease spreads in the community, it will have the greatest impact on the vulnerable and this will impact our members, many of whom are of an older age profile
- Rapid identification and contact tracing of new cases is central to the government's response

The Republic of Ireland as a country is moving to reopen society once again.

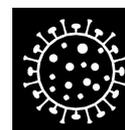
To this end, a new plan, [COVID-19 Resilience and Recovery 2021: The Path Ahead](#) has been developed and released by the Government to help us to go about our daily lives as much as possible, while managing the behaviour of the virus.

The plan recognises the need for society and business to be allowed to reopen albeit with restrictions.

The Government's strategy, in line with the public health advice, is suppression.

In response to the Government's plan our team, in consultation with Sport Ireland and the Department of Sport Return to Sport Expert Group have developed a framework of protocols that are specific to Tennis in the Republic of Ireland.

Please note that the new protocols are due to come into effect from April 26th. Any further updates will be communicated to clubs directly.



Clubs and their members must make themselves aware of and implement the measures contained within the framework to help safeguard staff and members. This will allow all of us to play safely and keep our communities safe while the threat of COVID-19 exists.

This document is designed to allow individuals, families, coaches, and club administrators to

better understand, anticipate and prepare for and implement the measures to prevent an escalation in the transmission of the disease.

Our measures, procedures and timings 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.

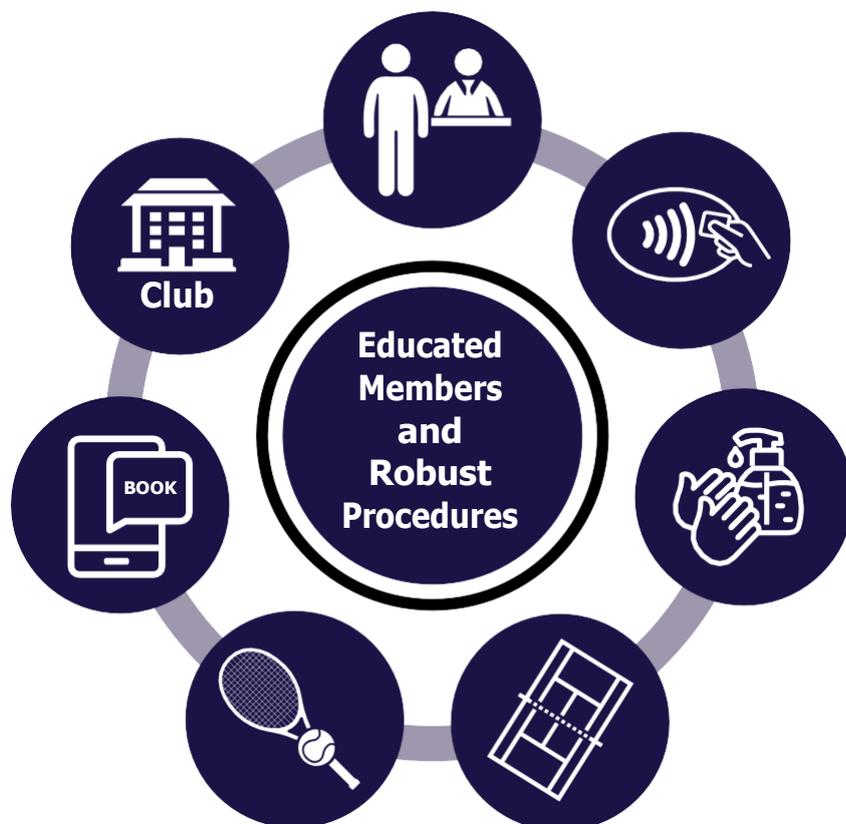
Safe every step of the way

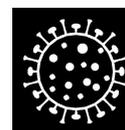
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This practical guide, prepared by our team in consultation with medical experts and in line with Government Guidelines, outlines the robust measures clubs should implement and maintain to help safeguard staff and members during the COVID-19 pandemic. This will allow all of us to get back on court safely again and improve the wellbeing of members across the country.

These measures should be in place seven days a week and until further notice.

Our measures and procedures are under constant review and updated as advice from government, health authorities and governing bodies evolves in line with the movement between levels as outlined by Government.





1. Club Covid-19 Committee

As per last year and in case of any committee/ personnel changes, Tennis Clubs should appoint an assigned COVID-19 Officer and committee responsible for managing issues and queries relating to the Covid-19 pandemic. This committee should:

- Should check with their insurers if any amendments to their policies are required to cover Covid19 issues.
- Ensure they review and that the club can comply with all the protocols outlined before reopening their club
- Ensure that the club and its members adhere to HSE / Public Health advice in all cases.
- Ensure that sufficient HSE Covid-19 information Posters are in place
- Operate a court booking system that, if possible, allows for staggered play and perhaps allow 10 minutes between booking slots for players to exit and enter without interaction. If this cannot be done it would be advisable that players understand the need for social distancing while entering and exiting the courts and wait in a designated waiting area.
- Ensure that the club maintains accurate records of who is playing and when. This should include all persons on court and not just the one making the booking. This must be carried out for coaching sessions as well, and in the case that a parent/guardian is present in the club that must also be recorded. This will help with contact tracing if necessary.
- Ensure that tournaments and events are postponed during Level 5 but can allow internal Ladder and World Tennis Number activities to take place.
- Be responsible for informing all members of the Covid-19 guidelines and insist on full cooperation
- Ensure that the contact details for all members are up to date as this will assist with contact tracing should it be necessary
- Listen to feedback and contact Tennis Ireland if there are issues not covered under these protocols

There are some exceptions that pertain to High Performance Players and these are defined as covering those who are:

- Professional sports people and those who participate within professional competition.
- A member of a high-performance team funded by Tennis Ireland e.g., Davis and Fed Cup, Team Ireland programme recipients.
- Those who compete at major international events including European and World Champions, Olympic and Paralympic Games, Grand Slam, ATP, WTA, ITF Men / Women's World Tour.
- Nationally ranked Junior Players are not considered to be High Performance players

2. Club Access

During Level 5, access to the clubhouse should be limited to staff / committee members and only for emergency access by players. Facemasks must be always worn when indoors.

Courts should only be accessed by staff and members only. Participants on approved Tennis Ireland programmes such as Enjoy Tennis / Parks Tennis / Provincial Programmes can also access courts.

Children should always be supervised during play.

To access the courts in Level 5, a player must:

- Be a current member or a participant on an approved Tennis Ireland Programme
- A parent/guardian must accompany any player under 16 years
- Not be subject to a quarantine restriction as per the Department of Foreign Affairs Travel protocols. For more information visit <https://www.dfa.ie/travel/travel-advice/coronavirus/general-covid-19-travel-advisory/>
- Have not been around someone with symptoms of Covid-19 in the last 10 days
- Not be displaying COVID-19 symptoms
- Live within the county in which the club is located or within 20km of their home if crossing county boundaries
- Have a pre-reserved playing time

Note

Those traveling to Ireland from any country not deemed a "Category 2" state, must quarantine at home and only exit and play once a negative or 'not detected' PCR test is taken 5 days following their arrival back in Ireland at the earliest.



3. Booking and Arrival

- Booking a court time in advance is advisable, preferably via a court booking system, website, app, or phone. This will assist should contact tracing be required subsequently.
- All players should ensure their club has their up-to-date contact details (phone and email).
- Play should be limited to outdoor singles only during this phase of the reopening. The only exception for doubles is if playing partners are from the same household and play is outdoors. Indoor courts must remain closed.
- All players, and not just the player making the booking, should be included in the booking notes. If there is a change to who is playing, it is advisable to make sure the booking is updated.
- Players should travel to the club alone, or only with a member of the same household. There should be no carpooling between households.
- If travelling to the club via Public Transport, players should wear a mask, sanitise their hands regularly throughout the journey and socially distance from other passengers.
- Ample car parking spaces should be available to ensure social distancing. If players must park next to another car, they should wait for the other person to exit or enter before doing so themselves.
- Players should arrive at the court entrance no more than 5 minutes prior to the reserved playing time. It is important that players maintain social distancing and wait in a pre-designated waiting area that allows for social distancing
- Players should always observe social distancing and resist the temptation to mingle
- Locker rooms should remain closed during this phase. Players should arrive in Tennis attire and change footwear at the car or at home
- Players should sanitise their hands using dispensers provided at the entrance to the club and courts
- Players should head straight to their designated court unless required to check-in
- Players should ensure that they utilise toilet facilities in their own home prior to arriving at the club.

4. Check-in and Club Shop Protocol

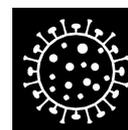
- Two-metre queue markers should be in place at any single-entry point whether at the clubhouse reception or at the entrance to courts
- Only one person at a time should be permitted inside the reception area
- A two-metre exclusion zone should be in place at the service desk and, if possible, a protection screen should be fitted.
- Club shops should only open in line with the protocols for this sector
- Food and beverage items should not be available, and people should be encouraged to bring them from home if required
- Club vending machines should be placed out of commission during this phase
- Any Purchases should be paid for by contactless card payment only

5. Clubhouse Facilities

- Protocols for cleaning clubhouse facilities should be in place prior to opening and during operation.
- Clubhouse access should only be when necessary and be limited to the Club Reception if required to check in.
- Toilets can be utilised during Level 5 but on a one in / one out basis.
- Changing rooms should remain closed during this Phase of reopening
- Players must provide their own racquets and equipment
- Chairs should be removed from the reception area to prevent people congregating

6. To the Court

- Play should be restricted to outdoor singles play only during Level 5. The only exception for doubles play is if playing partners are from the same household.
- Courts that are side by side can be utilised. Players should enter the court one at a time Entrances / Gates to courts should remain open, if safe to do so, perhaps tied back to prevent use of handles
- Rubbish bins should be removed, and all items brought on court should be taken home afterwards.



- Other court furniture should be removed including scoreboards, chairs/benches, and net winders.
- Shoe cleaners should be removed
- Any player(s) repeatedly not following the club directives should be asked to leave the club
- Nobody but the players should be allowed on the court. There should be no spectators present during this phase of reopening
- Parents supervising children should be limited to one. Parents waiting for children to finish playing or their coaching lesson must not congregate and be mindful of social distancing at all times

7. On the Court - Playing

- Physical distancing should be observed throughout the period of play, particularly on change of ends and entering and exiting the court. Players should change ends at opposite sides of the net.
- Players must refrain from handshakes and high fives.
- Equipment such as towels, food, and drink must not be exchanged between players. Players should be encouraged to bring their own drinks and towels.
- Players should avoid touching their face after handling a ball, racquet, or other equipment.
- Players should ideally bring a small bottle of hand sanitizer with them and keep it in their pocket or bag for use.
- Players should remain apart from other players when taking a break.
- Caution is advised for those who intend to engage in high intensity training following a recovery from Covid-19. Individuals should seek medical advice prior to a return to playing / training.

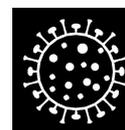
8. On the Court – Coaching

- Coaches should prepare and present a Risk Assessment document and get approval to coach from the Covid 19 Committee.
- Coaching sessions should be booked with the participants contact details recorded.
- Coaches should brief their students and/or their parents of the protocols that should be followed in advance of the session.
- Coaching should only be provided to club members or those on approved Tennis Ireland programmes such as Enjoy Tennis / Parks Tennis / Provincial squads during this phase of reopening.

- Coaches should ensure a player has registered their contact details with the clubs.
- As much as possible, coaches must try to adjust their schedules to stay on-site for the minimum amount of time required.
- Exercises that require continuous play are recommended.
- Coaches should limit the number of tennis balls used and not use basket drills or feeding during this phase
- Coaches should limit the use of equipment such as cones, drop lines and targets.
- Do not let players manipulate the practice equipment. Coaches should take charge of picking up the balls.
- A pod, up to a maximum of 6 Junior players (u18 yrs), can be coached per court.
- A maximum of 4 junior players (u18 yrs) can operate on the court at any one time while remaining in their own sections of the court with up to 2 other players rotating in and out as required.
- A pod of 8 players per court is allowable for red ball activities, subject to social distancing protocols being implemented
- Adult (Over 18 yrs) coaching activities must be limited to a maximum of two households per court. Players must remain in their own sections of the court
- All activities are subject to strict social distancing and those players not on court must always maintain a clear 2m distance from others.

9. Getting Home Safely

- Once play has finished players should leave the premises promptly, sanitising their hands on the way out using a courtside dispenser.
- Restaurant and bars should remain closed until restrictions are eased so there should be no congregating in these areas
- Clubs should make provision for thoroughly cleaning accessible areas and ensuring that all "touch areas" are cleaned thoroughly daily
- If a player becomes unwell after playing, they should first contact their GP/HSE and then inform their club. The club should contact the HSE and follow the advice provided to them on the next steps.



10. Dealing with a Suspected Case

IF A CLUB MEMBER HAS COVID-19 SYMPTOMS

They should not attend the club and should self isolate and contact their GP.

The Club can continue as normal at this stage.

IF A CLUB MEMBER IS SENT FOR A TEST

The club member with symptoms must inform their GP if they have taken part in club activity and seek advice on what action, if any, the club is required to do. The club member should then contact the club COVID Officer and outline to them what has been recommended.

IF A GP ADVISES THERE IS NO COVID-19 CONCERN

Both the club member, their playing group or pod and the club can continue as normal.

IF A CLUB MEMBER TESTS NEGATIVE

In line with Health advice, the club member can return to activity 48 hours after the symptoms abate.

The club members playing group or pod can return to play.

IF A CLUB MEMBER TESTS POSITIVE

The club members playing group or pod must remain away from the club and await advice from the Public Health Authority.

Dealing with a player showing symptoms at the Club

- Ideally the designated Covid-19 Officer should take care of the management of any persons with Covid-19 symptoms
- Immediately separate any person displaying or complaining of Covid-19 related symptoms from others
- Ask this person to wear a facemask if possible
- Provide the unwell person with tissues and hand sanitizer and ensure that all tissues are disposed of in a waste bag. This waste bag then needs to be tied inside a second waste bag and clearly marked. It will need to be stored securely for 72 hours before it can be disposed of in general waste.
- The designated person managing the situation should try to maintain at least 2m from the person with the symptoms and should wear a face mask and wash their hands regularly.
- If the person is well enough to go home, arrange for them to be transported home by a family member, as soon as possible and advise them to inform their GP by phone of the symptoms.
- If they are too sick to go home or advice is required, contact 999 or 112 and inform them that the sick person is a Covid-19 suspect.
- All persons who have been in close contact with the suspect case will need to be informed to restrict their movement until further information is available. i.e. a negative test result of the suspect case.
- No reusable medical equipment should be returned to service without being cleaned/disinfected. Disposable PPE and any waste should be disposed of appropriately, as above.
- Keep record of individuals who have been isolated, due to suspected COVID-19 and notify the Lead COVID-19 Officer
- For other useful info, please check here <https://www2.hse.ie/conditions/coronavirus/close-contact-and-casual-contact.html>



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