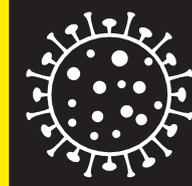




**Tennis  
Ireland**  
Sport For Life



Coronavirus  
**COVID-19**  
Public Health  
Advice

# COVID-19 Guidance for the Safe Operation of Tennis Camps

Effective from 7<sup>th</sup> June 2021





## Safely Running a Youth Tennis Camp during the Covid 19 Pandemic

As society and Tennis reopens and some Tennis Clubs and coaches look to convene youth tennis camps, Tennis Ireland offers the following suggestions for protecting camp participants, staff, and communities, and prevent the spread of COVID-19.

Our measures and procedures are based on the Recommendations for the Return to Sports Activities for Children and Adolescents produced by the HSE and will be under constant review and updated as advice from Government and health authorities evolves in line with the gradual lifting of social restrictions.

Camp administrators can determine, in collaboration with their club and Tennis Ireland, whether and how to implement these considerations and adjust them to meet the unique needs and circumstances of the local community.

Implementation should be guided by what is feasible, practical, acceptable, and tailored to the needs of each club and their community.

These suggestions are meant to supplement—not replace—any health and safety laws, rules, and regulations with which camps must comply with.

## Guiding Principles to Keep in Mind

The more people a camp participant or staff member interacts with, and the longer that interaction, the higher the risk of COVID-19 spread. The risk of COVID-19 spread increases in Tennis Camp settings as follows:

**Lowest Risk:** Small groups of Camp participants stay together all day, each day. Camp participants remain at least 2m apart and do not share objects. Outdoor activities are prioritized. All Camp participants are from the local geographic area (e.g., city, town, county, community).

**More Risk:** Camp Participants mix between groups but remain at least 2m apart and do not share objects. Outdoor activities are prioritized. All camp participants are from the local geographic area (e.g., community, town, city, or county).

**Even More Risk:** Camp Participants mix between groups and do not remain spaced apart. All camp participants are from the local geographic area (e.g., community, town, city, or county).

**Highest Risk:** Camp participants mix between groups and do not remain spaced apart. All Camp participants are not from the local geographic area (e.g., community, town, city, or county).

COVID-19 is mostly spread by respiratory droplets released when people talk, cough, or sneeze. The virus spreads to hands from a contaminated surface and then to the nose or mouth, causing infection. Therefore, personal prevention practices (such as handwashing, staying home when sick) and environmental cleaning and disinfection are important principles that are covered in this document.

Fortunately, there are a number of actions youth camp administrators can take to help lower the risk of COVID-19 exposure and spread during camp sessions and activities.

## Youth Tennis Programmes and Camps Decision Tool

### Public Health Considerations for Reopening Youth Tennis Programmes and Camps During the COVID-19 Pandemic

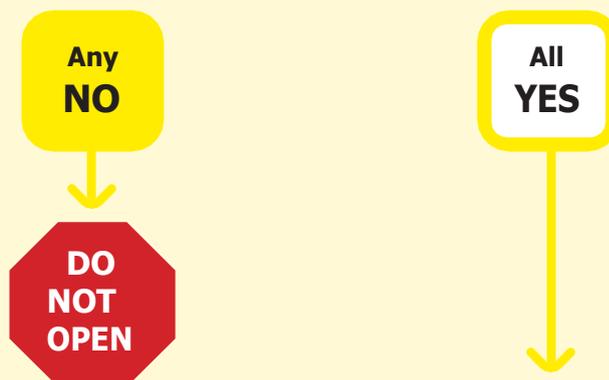
The purpose of this tool is to assist Club Tennis Directors or Camp Administrators in making (re)opening decisions regarding youth tennis programmes and camps during the COVID-19 pandemic.

It is important to check with Tennis Ireland and other partners to determine the most appropriate actions while adjusting to meet the unique needs and circumstances of the local community.



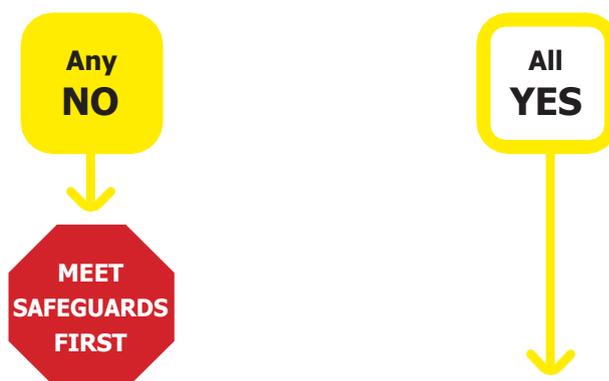
### Should you consider opening?

- Will reopening be consistent with applicable Government and Tennis Ireland Covid 19 and other Health and Safety requirements?
- Are you ready to protect children and employees at risk of severe illness?
- Can an accurate risk assessment be produced for the venue/s in which the camp/s will operate?
- Are you able to screen children and employees upon arrival for symptoms of exposure?



### Are recommended health and safety actions in place?

- Is the promotion and implementation of healthy hygiene practices such as hand washing feasible at your venue?
- Are you able to intensify and monitor the cleaning and disinfection of facilities?
- Are you able to manage, from an operational point of view, social / physical distancing through increased spacing, smaller groups, limited mixing between groups, and staggered scheduling, arrival, and drop off?
- Can you adjust activities and procedures to limit sharing of items such as racquets and balls, belongings, supplies, and equipment?
- Are you in a position to train all employees on health and safety protocols?

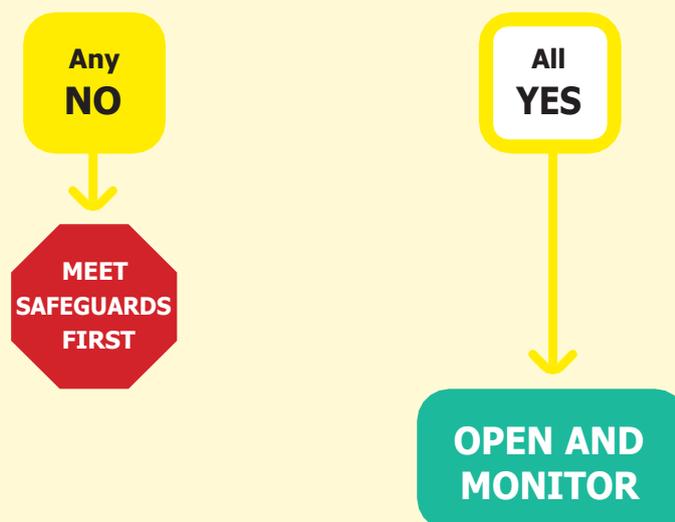


### Is ongoing monitoring in place?

- Can you develop and implement procedures to check for signs and symptoms in children and employees daily upon arrival?
- Are you in a position to encourage anyone who is sick to stay home and still operate safely?
- Do you have a plan if children or employees get sick?



- Are you in a position to communicate and monitor developments with the HSE, employees, and families regarding cases, exposures, and updates to policies and procedures?
- Can you monitor child and employee absences and have a pool of trained substitute coaches if they are required?
- Are you ready to consult with the local health authorities if there are cases in the facility or an increase in cases in the local area?



## Risk Assessment

An up-to-date risk assessment should be conducted to determine the risk level for Covid-19 transmission for the venue/s in which the camp will operate. The risk assessment should also outline what measures are needed to reduce this risk.

Camp operators should engage with their insurance providers to ensure that they are adequately covered. It is recommended that you discuss your protocols for the camp with your insurance provider to ensure that you are adequately covered.

The age of children being catered for is an important consideration in your risk assessment as very young children will be less understanding of social distancing or hygiene measures therefore you will need to carefully consider the age profile of your camp.

## Promoting Behaviors that Reduce Spread

Camp administrators may consider implementing several strategies to encourage behaviors that reduce the spread of COVID-19.

### Staying Home when Appropriate

- Educate staff, Camp participants, and their families about when they should stay home and when they can return to camp.
- Actively encourage employees and Camp participants who are sick or have recently had a close contact with a person with COVID-19 to stay home. Develop policies that encourage sick employees to stay at home without fear of reprisal, and ensure employees are aware of these policies.
- Employees and Camp participants should stay home if they have tested positive for or are showing COVID-19 symptoms.
- Employees who have recently had a close contact with a person with COVID-19 should also stay home and monitor their health.



- The HSE / NHS criteria can help inform when employees should return to work:
  - If they have been sick with COVID-19
  - If they have recently had a close contact with a person with COVID-19

## Hand Hygiene and Respiratory Etiquette

- Prior to and during the Camp teach and reinforce handwashing with soap and water for at least 20 seconds and increase monitoring to ensure adherence among Camp participants and staff.
- If soap and water are not readily available, hand sanitizer that contains at least 60% alcohol can be used (for staff and older children who can safely use hand sanitizer).
- Encourage staff and Camp participants to cover coughs and sneezes with a tissue. Used tissues should be thrown in the trash and hands washed immediately with soap and water for at least 20 seconds.
- Practice caution with the tennis balls.
- Spitting should be strictly forbidden.

## Face Coverings

- If coaches or participants choose, they should be allowed to wear face coverings in times when physical distancing is difficult.
- Note: Face coverings should not be placed on:
  - Anyone who has trouble breathing or is unconscious
  - Anyone who is incapacitated or otherwise unable to remove the cover without help
  - Face coverings are not recommended to be worn by children under 13 years of age.

Cloth face coverings are meant to protect other people in case the wearer is unknowingly infected but does not have symptoms. Cloth face coverings are not surgical masks, respirators, or other medical personal protective equipment.

## Adequate Supplies

- Support healthy hygiene by providing supplies including soap, hand sanitizer with at least 60 percent alcohol (for staff and older Camp participants who can safely use hand sanitizer), paper towels, tissues, disinfectant wipes, cloth face coverings (as feasible), and no-touch/foot pedal trash cans.

## Signs and Messages

- Post signs in highly visible locations (e.g., camp entrances, eating areas, restrooms) that promote everyday protective measures and describe how to stop the spread of Covid-19 and other germs such as by properly washing hands and properly wearing a cloth face covering
- Broadcast regular announcements on reducing the spread of COVID-19 on a PA system or via the coaches
- Prior to the camp taking place ensure that participants are contacted about behaviors that prevent spread of COVID-19 (such as on camp websites, in emails, and through camp social media accounts).

## Maintaining Healthy Environments on your Tennis Camp

Tennis Camp administrators may consider implementing several strategies to maintain healthy environments.

It is recommended that each venue should appoint a Covid-19 Officer who will be responsible for ensuring compliance with measures to prevent Covid-19 transmission and to act as the point of contact that all children and parents are aware of on site.



## Cleaning and Disinfection

- Clean and disinfect frequently touched surfaces (e.g., play equipment, door handles, sink handles,) within the camp facility.
- Use of shared objects (e.g., Balls, Racquets, Line Markers etc.) should be limited when possible, or cleaned between use.
- Develop a schedule for increased, routine cleaning and disinfection.
- Ensure safe and correct use and storage of cleaners and disinfectants, including storing products securely away from children.
- Cleaning products should not be used near children, and staff should ensure that there is adequate ventilation when using these products to prevent children or themselves from inhaling toxic fumes.
- Use gloves when removing rubbish bags or handling and disposing of rubbish. Wash hands after removing gloves.

## Shared Objects

- Discourage sharing of items that are difficult to clean, sanitize, or disinfect.
- Keep each camp participant's belongings separated from others' and in individually labeled containers, or areas.
- Ensure adequate supplies to minimize sharing of high-touch materials to the extent possible (e.g., assign racquets or other equipment to a single participant), or limit use of supplies and equipment to one group of Camp participants at a time and clean and disinfect between use.
- Avoid sharing learning aids, books, pens racquets where possible.
- Replace all balls if someone suspected of having COVID-19 comes in contact with them.
- Avoid the sharing of racquets if possible
- Wipe down equipment with sanitizing wipes at the end of each session

## Ventilation

- The use of Indoor facilities (when allowed) should be minimised, but if using indoor facilities, ensure ventilation systems operate properly and increase circulation of outdoor air as much as possible, for example by opening windows and doors. Do not open windows and doors if doing so poses a safety or health risk to participants using the facility.

## Water Systems

- To minimize the risk of Legionnaires' disease and other diseases associated with water, take steps to ensure that all water systems and features (e.g., sink faucets, drinking fountains, showers, decorative fountains) are safe to use after a prolonged facility shutdown. Drinking fountains should be cleaned and sanitised, but encourage staff and Camp participants to bring their own water to minimize use and touching of water fountains.

## Modified Layouts

- Space seating at least 2m apart.
- Prioritise outdoor activities where social distancing can be maintained as much as possible.

## Physical Barriers and Guides

- Install physical barriers, such as sneeze guards and partitions, particularly in areas where it is difficult for individuals to remain at least 2m apart (e.g., reception desks).
- Provide physical guides, such as tape on floors or sidewalks and signs on walls, to ensure that staff and Camp participants remain at least 2m apart in lines and at other times (e.g., guides for creating "one-way routes" in hallways).

## Communal Spaces

- Close shared spaces such as changing rooms, halls, if possible; otherwise stagger use and clean and disinfect between use.



## Food and Drinks

- Have camp participants bring their own food and drink as feasible, and eat in separate areas or with their smaller group. Ensure the safety of children with food allergies.
- If food is offered at any event, have pre-packaged boxes or bags for each attendee instead of a buffet or family-style meal. Avoid sharing of foods and utensils and ensure the safety of children with food allergies.

## Maintaining Healthy Operations

Camp administrators may consider implementing several strategies to maintain healthy operations of their programmes

## Protections for Staff and Camp participants who are at Higher Risk of Severe Illness from COVID-19

- To limit risk, consider whether you should be engaging staff at higher risk for severe illness (including older adults and people of all ages with certain underlying medical conditions).
- Offer options for camp participants at higher risk for severe illness that limit exposure risk (e.g., virtual learning opportunities – video).
- For staff and camp participants: Limit camp attendance to staff and Camp participants who live in the local geographic area (e.g., community, city, town, or county) to reduce risk of spread from areas with higher levels of COVID-19.
- Put in place policies that protect the privacy of people at higher risk for severe illness regarding underlying medical conditions.

## Online Booking

- Camps should take online bookings and payments only
- A clear and detailed application form should be required and completed by all participants
- No walk ups should be facilitated
- Keep accurate records of who attends your activities on a daily basis and their contact details. This log of attendance should be readily accessible for contact tracing purposes.

## Regulatory Awareness

- Be aware of Government or Tennis Ireland policies related to group gatherings to determine if events can be held. These can change on a regular basis, so it is important to keep up to date.
- Identifying Small Groups and Keeping Them Together (Cohorting)
- Keep camp participants together in small groups with dedicated staff and make sure they remain with the same group throughout the day, every day.
- Limit mixing between groups if possible.

## Staggered Scheduling

- Stagger arrival and drop-off times or locations by cohort (group) or put in place other protocols to limit contact between cohorts and with other Camp participants' guardians as much as possible.
- Households should bring their own household members to and from the camp. Do not share transport to and from the venue.
- Encourage parents to have children wait in the car or outside the venue until just before it begins instead of congregating with others prior to the start.

## On Court

- The Coach : Player ratio should be no more than 1:12 on a camp.
- Camps should ensure that no more than 6 players per court are allowed to book e.g. If there are 4 courts, no more than 24 players can be facilitated. If there are 6 courts 36 players can be catered for. This protocol is subject to change at the behest of Government advice.
- The only exception to the above relates to coaching red ball/court players, where 8 players may utilise one full-size court. This is provided that four red courts are marked out along the length of the full court (using the regular doubles sidelines, or extensions of them, as red court baselines). Coaches may wish to place barrier tape between each red court to facilitate safe distancing.



- Protocols should be communicated in advance of the camp commencing and reinforced at the start and close of each lesson by the coach or assistant.
- Lessons should be organised so that players can be positioned at well-spaced stations.
- Live ball drills and game-based play should be used over basket feeding.
- Children should arrive ready to play in their kit to avoid use of changing rooms.
- Players should avoid handling any coaching equipment.
- Limit the use of coaching equipment such as target cones and drop down lines.
- Although the risk of transmission from tennis balls is minimal, encourage players to use their racquet/foot to push balls back and/or hit them to avoid using hands and touching the balls. Coaches can demonstrate to participants, as part of skill development, the various way to manipulate balls with the assistance of the racquet and without utilising hands
- Coaches should be aware of what surfaces they or the camp participants touch. These should be cleaned at the end of the camp.
- Coaches should always have access to disposable disinfectant wipes
- Physical distancing should be maintained during all activities including when giving feedback and while players are resting
- Limit the use of coaching equipment such as target cones
- For children who cannot self-rally or rally with a partner, the use of floor skills is recommended. In other words, children should always be developing their skills either alone or with one partner or with the coach
- Coach Assistants should always lead by example.

## Gatherings, Visitors, and Field Trips

- Avoid group events, gatherings, or meetings where social distancing of at least 2m between people cannot be maintained. Limit group size to the extent possible.
- Limit any nonessential visitors, volunteers, and activities as much as possible – especially with individuals not from the local geographic area (e.g., community, town, city, or county).
- Avoid activities and events such as field trips and special performances.
- Pursue activities and coaching sessions in ways that minimize transmission of COVID-19 to players, families, coaches, and communities.

## Designated COVID-19 Point of Contact

- Designate a staff person to be responsible for responding to COVID-19 concerns. All camp staff and families should know who this person is and how to contact them.

## Communication Systems

Put systems in place for:

- Ensuring that staff and families self-report to the camp administrators if they have symptoms of COVID-19, a positive test for COVID-19, or were exposed to someone with COVID-19 within the last 14 days in accordance with health information sharing regulations for COVID-19 and other applicable privacy and confidentiality laws and regulations.
- Notifying staff and families of camp closures and restrictions in place to limit COVID-19 exposure (e.g., limited hours of operation).
- Notifying parents / guardians of postponements due to inclement weather
- Communication of all measures and rules which need to be implemented related to Covid-19 to parents.



## Leave (Time Off) Policies

- Consider the implementation of flexible sick leave policies and practices that enable employees to stay home when they are sick, have been exposed, or caring for someone who is sick.
- Examine and revise policies for sick leave and employee compensation.
- Develop policies for return-to-camp after COVID-19 illness. The HSE / NHS criteria to discontinue home isolation and quarantine can inform these policies.

## Back-Up Staffing Plan

- Monitor absenteeism of camp participants and staff, cross-train staff, and create a roster of trained back-up staff.

## Staff Training

- Train staff on all safety protocols. A free online training course can be taken at <https://www.sportireland.ie/covid19/course>
- Conduct training virtually or ensure that social distancing is maintained during training.

## Recognise Signs and Symptoms

- A self-assessment of wellbeing of each participant should be requested prior to commencement each day to ensure the wellbeing of children and staff.

## Sharing Facilities

- Encourage any organisations that share or use the camp facilities to also follow these considerations and limit shared use, if feasible.
- Support Coping and Resilience
- Promote employees and camp participant eating healthy, exercising, getting sleep, and finding time to unwind.
- Encourage employees and camp participants to talk with people they trust about their concerns and how they are feeling.

## How To Manage A Child With Symptoms

- The designated Covid-19 Officer should take care of the management of any persons with Covid-19 symptoms
- Immediately separate any child or person displaying or complaining of Covid-19 related symptoms from other children, staff, parents.
- Ask the sick person to wear a facemask if possible.
- 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 sick 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 for 10 days or until further information is available. i.e., a negative test result of the suspect case.
- The most common signs and symptoms of COVID-19 are available on the HSE website.



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