

USER HEALTH AND SAFETY GUIDELINES AT THE TENNIS COURT DURING THE COVID-19 PANDEMIC

Currently, there is no specific evidence that suggests COVID-19 can be spread via tennis balls. However, it has been found that contaminated respiratory droplets from an infected person can potentially survive on hard surfaces for more than 24 hours. The World Health Organization (WHO) advises that symptoms may appear in as few as two days or as long as 10 to 14 days after contracting COVID-19. Hence, the possibility exists for asymptomatic and pre-symptomatic spread of COVID-19.

The following mitigation guidelines will help reduce the risk of the transmission of COVID-19.

BEFORE YOU PLAY

- All tennis players should be aware of signs and symptoms of COVID-19 communicated by the Ministry of Health, including: fever, cough, difficulty breathing, muscle aches, tiredness, sore throat, headache, runny nose and loss of taste or smell.
- DO NOT PLAY if:
 - you are exhibiting any symptoms of the novel coronavirus listed above.
 - you have been in contact with someone with COVID-19 in the last 14 days.
 - you are a vulnerable individual, that is, an elderly individual and/or an individual with serious underlying health conditions, including high blood pressure, chronic lung disease, diabetes, obesity, asthma and those whose immune system is compromised such as by chemotherapy for cancer and other conditions requiring such therapy
 - you have allergies and cannot control sneezing.
- If a person has a temperature greater than 37.5°C with fever or strongly associated symptoms consistent with COVID-19, then he/she is not allowed into the premises.
- Anyone who is exhibiting symptoms of COVID-19 or has had close contact with a confirmed case will not be allowed to enter the tennis courts.
- Only single tennis play is permitted at this time.

ATTENDANCE AT TENNIS COURT

- Access to the tennis courts is currently restricted to **UWI Staff, Retirees and Members of the UWI Alumni Association** who have paid the relevant fees. Children and spectators are not permitted at this time.
- Sessions at the court will be done by appointment only at this time.
- Each user is allowed a maximum of 1 hour on the court per day, for a maximum of 5 days per week. If you are late you will have to reschedule if you do not wish to play for the remainder of your scheduled hour. If you miss your appointment, you will have to schedule a new one.
- Arrival and departure should be scheduled as precisely as possible to avoid unnecessary loitering at the facility.
- Maintain physical distancing by keeping 6 feet away from other persons.

PREPARING TO PLAY

To protect against infection:

- Wash your hands with soap and water for at least 20 seconds before going onto the court. If soap and water are not available, use an alcohol-based hand sanitizer (minimum of 60% alcohol).
- Sanitize your equipment, including racquets and water bottles.
- Do not share racquets or any other equipment such as wristbands, grips, hats and towels.
- Bring an adequate supply of water as taps and water fountains are not available for use at this time.
- If you need to sneeze or cough, do so into your elbow or a tissue. Discard tissue immediately.
- Avoid touching your face with unwashed hands.
- Avoid touching court gates, fences, benches, nets, posts etc.

WHILE PLAYING

- Keep a distance of 6 feet from other players at all times.
- Do not make physical contact with one another (such as shaking hands, high five, bumps etc.).
- Avoid touching your face after handling a ball, racquet or other equipment. Wash your hands promptly if you have to touch your eyes, nose or mouth.
- Avoid sharing food, drinks or towels.
- Stay on your side of court. Avoid changing ends of the court.
- Remain apart from other players when taking a break. Do not meet other players at the net.
- If a ball from another court comes to you, send it back with a kick or with your racquet.
- Bring your own tennis balls, uniquely identify them, and as much as possible only touch your tennis balls. The following is an extra precautionary measure you can apply to the use of tennis balls:
 - Open two cans of tennis balls that do not share the same number on the ball.
 - Take one set of numbered balls, and have your partner take a set of balls from the other can.
 - Proceed with play, making sure to pick up your set of numbered balls only. Should a ball with the other number wind up on your side of the court, do not touch the ball with your hands. Use your racquet or feet to advance the ball to the other side of the court.

AFTER PLAY

- Wash your hands with soap and water for at least 20 seconds after coming off the court. If soap and water are not available, use an alcohol-based hand sanitizer (minimum of 60% alcohol).
- Do not use the locker room or changing area. **Shower at home.**
- No extra-curricular/social activity should take place; absolutely no congregating after play ends.
- All players must leave the court and the facility immediately after play.
- Take all water bottles and garbage with you when you are leaving.