

The Ontario Tennis Association developed recommendations for tennis facilities to adopt that could help facilitate a safe return to play. These were developed keeping in mind that the COVID-19 situation is fluid and recommendations could change, based on the latest best-practices released by medical experts and levels of government.

SOCIAL/PHYSICAL DISTANCING

- Players must practice physical distancing; staying a minimum of 2 metres away from others at any time. Handshakes, high-fives and/or elbow taps are not recommended. A simple thumbs up from a distance is a recommended alternative.
- For singles play, players should bring their own uniquely marked balls so that, for example, Player A can only pick up balls by hand that are assigned to him and Player B only picks up balls by hand that are assigned to her when they are playing together. When returning balls to a partner, or if balls travel to another court, players should return them using only their racquet - never their hands. For doubles there would be 4 unique sets of balls.

CLEANLINESS & HYGIENE STRATEGIES

It is estimated that the virus responsible for COVID-19 can be transmitted through the sharing and handling of tennis balls, door handles, benches, the net and possibly the court itself. Players are urged to take extra precautions before, during and after their time on the court:

- All individuals should thoroughly wash their hands and bring plenty of hand sanitizer with them to sterilize their hands often and avoid touching their face especially after handling the locks and gates.
- Players should be vigilant about coughing or sneezing into a tissue or into the crook of their elbow and to immediately dispose of any used tissue; then wash their hands (or use sanitizer if soap and water is not readily available).
- For extra protection, players could wear a glove on the hand that tosses the ball during their serve, noting that, even wearing a glove is not safe if a player touches their face with it. Alternately, players are encouraged to use hand sanitizer often - between points and/or during changeovers.
- Players should refrain from touching nets and net posts.
- Players should refrain from sharing racquets, water bottles, towels and other personal items with their playing partners.
- Upon returning home, it is recommended that players sanitize the bottom of their court shoes (prior to entering the home) and then wash their hands.
- Players must refrain from playing and stay home if they are not feeling well or are exhibiting flu-like symptoms, or any known coronavirus symptoms, (incl. fever, cough, difficulty breathing, etc.), if they have been in contact with someone with COVID-19 and/or flu-like symptoms in the previous 14 days or if they have been overseas in the previous 14 days. Players should refrain from playing if they are considered vulnerable or at risk (elderly individuals, immunosuppressed persons and/or individuals suffering from serious health problems - notably high blood pressure, pulmonary diseases, diabetes, obesity and asthma).