



**MARKHAM
TENNIS CLUB**

Covid-19 Preparedness Plan Member Waiver & Declaration

I acknowledge the contagious nature of the Coronavirus/Covid-19 and that York Region Public Health and other public health authorities still recommend practicing social distancing.

I further acknowledge that the Markham Tennis Club has put in place preventative measures to reduce the spread of the Coronavirus/Covid-19.

I further acknowledge that Markham Tennis Club cannot guarantee that I will not become infected with the Coronavirus/Covid-19. I understand that the risk of becoming exposed to and/or infected by the Coronavirus/Covid-19 may result from the actions, omissions, or negligence of myself and others, including, but not limited to, myself and members of the association.

I voluntarily seek services provided by Markham Tennis Club and acknowledge that I am increasing my risk to exposure to the Coronavirus/Covid-19. I acknowledge that I must comply with all set procedures, protocols and assessments as set out by York Region Public Health and Markham Tennis Club to reduce the spread while participating in activities.

I attest that:

- I am not experiencing any symptom of illness such fever, new or worsening cough, shortness of breath, sore throat or difficulty swallowing, new smell or taste disorders, nausea/vomiting, diarrhea or abdominal pain, runny nose or nasal congestion.
- I have not traveled outside of Canada within the last 14 days.
- I do not believe I have been exposed to someone with a suspected and/or confirmed case of the Coronavirus/COVID-19.
- I have not been diagnosed with Coronavirus/Covid-19.



MARKHAM TENNIS CLUB

- I am following all York Region Public Health recommended guidelines and limiting my exposure to the Coronavirus/Covid-19.

I hereby assume full responsibility for the proper supervision of any activities conducted therein and are solely responsible for any claims arising out of my supervision, and agree to indemnify and save harmless the Markham Tennis Club from all claims therein.

I hereby release and agree to indemnify the Markham Tennis Club from and against any and all claims, demands, liabilities, costs or expenses whatsoever resulting directly or indirectly from my participation in activities and/or services provided by identified organization in this agreement. This liability waiver and release extends to the Markham Tennis Club together with all Board Members, Executives or partners.

Before you play

- Protect against infections:
 - Wash your hands with a disinfectant soap and water (for 20 seconds or longer), or use a hand sanitizer if soap and water are not readily available, before going to the court.
 - 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 to avoid touching a tap or water fountain handle.
 - Use new balls and a new grip, if possible.
 - Consider taking extra precautions such as wearing gloves and wearing masks 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 when you need to be there.
 - Avoid touching court gates, fences, net posts, the net tape, benches, etc.



MARKHAM TENNIS CLUB

As you play

- Stay two metres away from your opponent; do not shake hands, or high five. Talk from a distance.
- Avoid touching your face after handling a ball, racquet or other equipment.
- Sanitize your hands promptly if you have touched your eyes, nose or mouth.
- Avoid sharing food, drinks or towels.
- Use your racquet/foot to pick up balls and hit them to your opponent. Avoid using your hands to pick up the balls.
- Remain apart from other players when taking a break.
- If a ball from another court comes to you, send it back with a kick or with your racquet.
- To date, there has been no known transmission of the COVID-19 virus through the sharing of a tennis ball, but it may be possible. To minimize this risk, each side should play with their own tennis balls, marking them so that they know which are theirs, and then be careful not to share them. Should a ball with the other marking wind up on your side of the court, do not touch the ball with your hands. Use your racquet head or feet to advance the ball to the other side of the court.
- To avoid too many stray balls, we suggest the person serving use their 3 balls while their opponent puts their balls aside or in their pocket.
- There is no need for players from the same household to use different balls.
- Play with some caution (avoid putting yourself in a position where you could fall.) This is a poor time to be dealing with an injury on court.

After playing

- Leave the court when your playing period is over, following the directions of the club attendant and take all your equipment and balls with you.
- Take any garbage with you and dispose of it in appropriate bins off court or take it home.
- Use a hand sanitizer after coming off the court.
- All players should leave the facility immediately after play.