MARKHAM TENNIS CLUB

COVID-19

PLAYING TENNIS SAFELY

The City of Markham approved Community Tennis back this summer **effective May 28th, 2020**. The City along with all Markham Community Tennis Clubs have developed the following player tips and recommendations, using guidelines developed by the Ontario Tennis Association (OTA). We have also included some facility and programming steps we are taking at MTC.

Tennis, if played properly, can be a great opportunity for you to relieve stress, socialize with others and provide much-needed exercise. Of primary importance is taking every precaution to help keep all participants safe.

Because tennis does not require any direct person-to-person contact, players can enjoy the many physical and mental benefits that tennis offers so long as you practice physical distancing by keeping two metres apart from other players to ensure you are in a safe exercise environment and follow other safety recommendations included here.

BEFORE YOU PLAY

- Recreational and competitive players should ease their way back into play. Given the layoff we've had, players will be more susceptible to under-training, over-use and other injuries.
- Effective June 19th, both **SINGLE and DOUBLES** play is permitted.
- There will be **NO PUBLIC HOURS** at our facility at this time.
- **NO GUESTS ALLOWED**: Non-member guests must become members in order to play in 2020.
- Courts will be staffed daily and during that time, a log of all player activity will be kept to assist with contract tracing if needed in the future. During non-staffed hours, **members can access the courts using secure Gate Code keypads** located on the North and South gates. Only members will have access to this gate code effective June 27th.
- Playing times will be limited to 60 minutes when the courts are busy.
- Juniors and adults may play during the published hours. There will be no separation of junior time and adult time for 2020.
- Juniors can be accompanied by a guardian when visiting the Club, however, they should wait outside the fenced area in the park on the East or West side.
- No tennis equipment (i.e. ball machine, racquets, balls) will be provided, so please come prepared with everything you need to play.
- All players are asked to read and be prepared to follow the guidelines as outlined in our Covid-19 waiver posted on our website at www.markhamtennisclub.ca/resources (titled Covid-19 Waiver). The waiver includes a wellness self-check.
- You will be denied play if you meet any of the following criteria:
  - ✓ Are exhibiting any symptoms of the coronavirus: mild to severe respiratory illness with fever, cough and difficulty breathing, or other symptoms identified by Public Health Canada.
  - ✓ Have been in contact with someone with COVID-19 in the last 14 days.
  - ✓ Have travelled outside the country within the last 14 days.

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PREPARING TO PLAY

- Protect against infections:
  - ✓ Wash your hands with a disinfectant soap and water (for 20 seconds or longer). Bring hand sanitizer with you to the court and use liberally throughout your time playing tennis.
  - ✓ 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.
  - ✓ Each player (or side) should use their own can of balls for serving.
  - ✓ 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 (no more than 10 minutes prior).
  - ✓ Minimize the touching of court gates, fences, benches, chairs, nets, net posts.

WHEN PLAYING

- 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, recycling with you – do not discard on the court.
- Use a hand sanitizer after coming off the court.
- All players should leave the facility immediately after play.

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PROGRAMMING & COACHING

- Our Club Pros Kusal and Chris will offer private or group lessons, and group size will be kept to a maximum of 4 people. They can be contacted directly via email at kusal@markhamtennisclub.ca and chris@markhamtennisclub.ca.
- MTC is not participating in Inter-county for 2020 – other programming (clinics, etc) will be added in July.

FACILITY PROCEDURES

- Court access will follow the procedure outlined in the diagram below. Players will approach along the grassed area from the West side, physically distance 2 metres while waiting in line, and will be allowed entry only when players on court have exited safely.
- Court entry is only allowed from Gates 4 or 1, and players should exit only through Gates 6 or 3.
- Our clubhouse will remain closed for now, however, washroom access is permitted during staffed hours or when a staff or volunteer is present at the club.
- To minimize transmission risk, we have removed chairs, benches and garbage bins we normally leave on the courts for players to sit during their match. Do not use the tables or BBQ.

WE'RE IN THIS TOGETHER

- Please be patient during this time. This is a new way of working and playing for all of us. We will adjust our procedures and hours of operation as necessary to keep everyone safe and provide the best possible experience.
- Due to member and staff safety concerns, the Club reserves the right to suspend the membership of anyone found to be in violation of these club rules or policies.
- For more information, please email us at info@markhamtennisclub.ca

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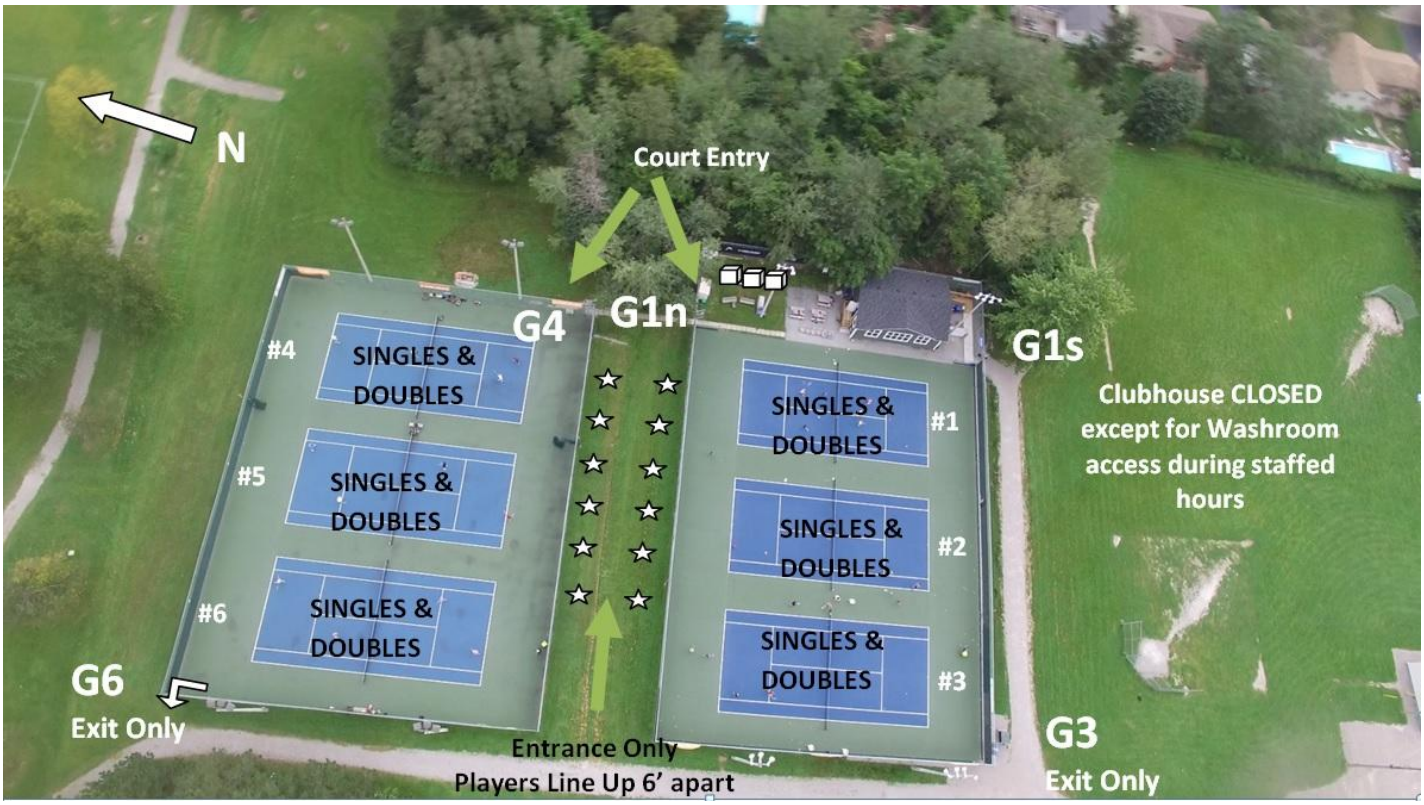
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