



# Tennis Coaching Covid Safe Plan

By  
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## Guidelines – Covid 19

### ***Before students play***

Students will be asked stay at home if they have been exposed to someone with COVID-19 in the last 14 days or have even mild flu-like symptoms (as per school guidelines)

A register of all those in attendance will be completed and maintained at all times. Clients, tennis court administrators and the DHHS will be notified of any cases.

### ***Attending tennis activities***

- Only people core to playing or coaching should be at the venue
- This includes at least one parent/guardian of younger children who must be present for the duration of the tennis activity, to comply with relevant Child Safety guidelines. All of these people must be able to observe social distancing at all times.
- Everyone, regardless of their role, must arrive and leave as close as possible to when they need to at the venue
- The coach and all attendees over 12 must wear a mask at all times while not engaging in vigorous exercise.
- All attendees must have their own Tennis Racquets. There will be no sharing of equipment.

### ***Social distancing***

- Keep 1.5 metres away from other people and no more than 1 person per 4m<sup>2</sup> while attending / taking part in a tennis activity.
- Remember no handshakes or High Fives, try tapping racquets instead.

### ***Behaviours***

To protect against infection, they should:

- Wash/sterilise their hands before and after they play
- Avoid touching their face while playing.
- Not share water bottles and bring their own bottle, already full.
- We can provide hand sanitiser
- Cover their coughs and sneezes with your elbow
- Be aware of what surfaces they touch and ensure you clean them after play.

### ***Tennis activities***

- Tennis activity that can be conducted in small groups of no more than a maximum of 2 households while social distancing. A maximum of 2-3 participants including the coach.