

COVID-19

Novel Coronavirus

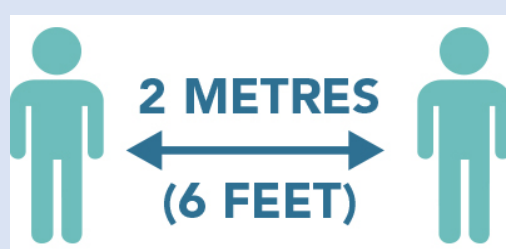
Protect Yourself

Please note: This site has NOT been sanitized.

TENNIS AND PICKLEBALL

RESTRICTED PLAY RULES

- Feeling sick? DO NOT PLAY.
- Been in contact with someone who has COVID-19 symptoms? DO NOT PLAY.
- Singles only. Doubles play is prohibited.
- Keep six feet apart from other players. No physical contact.
- Use every court where practical
- Stay on your side of the court. Avoid changing sides of the court.
- Avoid using your hands to pick-up balls. Use your racquet/foot to pick-up balls and hit them to opponent.
- Avoid touching your face after handling a ball, racquet or other equipment.
- Bring different numbered/marked balls for each player to allow service. Otherwise use rally scoring (no serving) if this is not possible.
- If a ball from another court comes to you, send it back with a kick or racquet.
- NO handshakes and high fives.
- NO sharing food, drinks or towels.
- Avoid gatherings. Arrive max of 10 minutes before play and vacate the court when game is complete.
- NO more than 8 persons permitted within the fence area at any one time.
- PLEASE wear a mask at all times when not playing.



Please note: No public restrooms or water fountains will be available. Come prepared with your own water.

Visit townofws.ca/covid19

Customer Service Phone 905-640-1900
Email customer.service@townofws.ca
(Monday —Friday 8:30 a.m. to 4:30 p.m.)



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Guidelines for Tennis and Pickleball Play

GUIDELINES

Effective May 19, 2020, the provincial official entered the first stage of its *Framework for Reopening the Province*. Under the Emergency Order certain recreational amenities are permitted to be opened, including Tennis and Pickleball Courts.

As of May 2020, there continues to be community spread of COVID-19. York Region Public Health (YRPH) has a role to protect the health of all residents, and public health measures are in place to reduce the spread of COVID-19. This document provides interim directions for the community to help reduce the risk of COVID-19 for individuals using these facilities. Any person that uses these facilities must do so in accordance with these directions. While it is recognized that these instructions will take effort on the part of all members of our community as well as leisure and community services staff, given the current spread of infection there is risk that needs to be managed by individuals participating in these recreational activities. It is important that everyone involved commit to following these directions for their own health and to prevent the spread of COVID-19 to the general public.

The risk of severe illness from COVID-19 is greater in older adults, individuals with a weak immune system, and individuals with a pre-existing medical condition. York Region Public Health strongly encourages residents who are at higher risk of contracting and becoming seriously ill from COVID-19 infection, such as those over the age of 70, to self-isolate, limit interaction with others, and to stay home as much as possible. If you are an older adult (aged 70+), an individual with a weak immune system, or an individual with a medical condition it is recommended that you not participate in activities that put you at greater risk.

Infection prevention and control measures to help reduce the risk of COVID-19 are as follows: Reduce the risk of transmission

Stay at home when you are ill.

Practice physical distancing and maintain a two metre (6 feet) distance from others when at the courts.

Respect the provincial Emergency Order that prohibits social gatherings of more than five people when at the facility.

Take every precaution to help keep all participants safe.

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

Although there is no specific evidence that tennis/pickleball balls can spread COVID-19, we know that contamination by respiratory droplets from an infected person can potentially survive on hard surfaces up to three days. If you choose to play, be sure to practice these safety tips and recommendations.

BEFORE YOU PLAY

Arrange to play only with family members or others who live in your household or with individuals who are considered to be low risk.

Do not play if any of you:

Are exhibiting any symptoms of the coronavirus: mild to severe respiratory illness with fever, cough and difficulty breathing, or other symptoms identified by the CDC.

Have been in contact with someone with COVID-19 in the last 14 days.

Are a vulnerable individual? – Over 70 years of age, have a weak immune system, or have a pre-existing medical condition, 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. If you fall within this category please, practice physical distancing at all times and wear a mask at all times when not playing the game.

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GUIDELINES cont'd

PREPARING TO 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.
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, benches, etc. if you can.

WHEN PLAYING

Stay at least six feet apart from other players.
Do not make physical contact with them, including shaking hands or a high five.
SINGLE USE ONLY - No Doubles Permitted at this time
Avoid touching your face after handling a ball, racquet or other equipment. Wash your hands promptly if you have touched your eyes, nose or mouth.
No 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.
Stay on your side of court. Avoid changing ends of the court.
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.

AFTER PLAYING

Leave the court as soon as reasonably possible.
Wear a mask when exiting the courts
Wash your hands thoroughly or use a hand sanitizer after coming off the court.
No extra-curricular or social activity should take place. No congregation after playing.
All players should leave the facility immediately after play.

TENNIS - USE FOUR BALLS OR SIX BALLS

Although unlikely, it's possible that a tennis ball can transmit the COVID-19 virus, as virtually any hard surface can transmit the disease. So, here is an extra precaution you can take to keep safe when playing tennis:

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 playing 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 head or feet to advance the ball to the other side of the court.

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