

Zambesi Tennis Club

SAFE TENNIS

This information will help us to follow safe actions so that the club can stay open and so that we can play cheerful, thoughtful tennis.

Rule 1 - *If someone reminds you of a health rule, then you do not see it as criticism, but rather that we want to keep each other safe, to be each other's eyes and help.*

Rule 2 - *No negativity - everything below are ideas. We will always adapt to stay practical. Rather give constructive suggestions instead of criticism, please.*



Before you come to tennis:

During the week - arrange with your group of people and book a slot on the "Book a Court."

Bookings open a week in advance and must be done at the latest 24 hours before you play.

Make sure you feel healthy.

If

- YOU or
- any of the PEOPLE in your home or
- someone you work with every day

were tested for COVID and the results are **NOT** available yet, you should **NOT** come to tennis!!

If any of the above people tested positive, you should either go for a test or isolate for 14 days.

Bring your own container with hand sanitizer.

Bring as few items as possible.

Bring your own tennis balls and mark them clearly with a permanent marker.

If someone accidentally touched it, spray hands at the end and leave balls in the sun at home for a while.

It is critical that you DO NOT touch your mouth and eyes at any time🙄.

Bring a mask, preferably one you can hang on hook.

Ensure that you have already sent the indemnity form to Johanna.

Do your screening on the app.

At the club:

Make sure you wear a mask at all times to cover your mouth and nose. Do not remove it or pull on it when speaking. Never pull or touch the front of a mask as it is the dirtiest area and possibly contaminated. If you touch your mask, sanitise your hands. A face shield alone is not enough!!

Walk to the "screening" person on the clubhouse porch.

Clean your hands with the step-mechanism disinfectant.

Allow the person to take your temperature.

We want to avoid paper handling, thus, the person taking your temperature will sign next to your name and temperature reading on your behalf.

If required, show the person that you have completed and submitted the screening questionnaire on your phone - if completed in time we will be able to see it on Google Forms.

Keep at least 1.5m social distance.

Please do not enter the clubhouse at all.

The bathroom should be used in extreme cases only to limit our risk of contact areas. Use sanitiser before and after use. There will be containers inside. Use a piece of toilet paper to handle the toilet handle for pulling and to open the bathroom door. Throw in trash can at sink. Wash taps with soap after washing hands. Dry hands on paper towels.

Choose a place to put your stuff, like the bench or extra chair on the court. People from the same household can sit on the same bench.

Then remove your mask and hang on a bracket. If you wear a surgical mask, write your name on it in advance, in case someone else also uses the same type.

Always clean hands immediately after mask is removed. Use elbow spray bottle on the court or your own container.

Close the gate with your foot.

When playing tennis:

Committee will ensure that the court's net height is correct.

Only you touch your own marked tennis balls with your hands.

Sending tennis balls to someone else with a racket only. Even though your hands are cleaned in advance, you still touch your own racket, your sweat, etc. Though it takes longer, it is still worth it.

When warming up, use only 2 persons' tennis balls, yours's or your opposing partner's and send with racket.

When you serve, you use your tennis balls. During each game, only the server's tennis balls must be on the court. The other players' balls stay at their chairs.

Use only your racket when passing tennis balls. It is not preferred to pick them up or forward them with your tennis shoes - shoes got germs when you put them on 😬

Person therefore always serves with own balls.

When changing sides, walk over in a clockwise direction

Once finished, put on your mask again.

When in larger groups, we are going to give everyone 1 or 2 alcohol wipes (expensive, so we use sparingly) to completely wipe your own mask bracket and your chair. Will put one trash bin outside to discard wipes.

When off court - please keep mask on and keep your distance.

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Enjoy!!

