

Dear Friends,

We are re-opening the TessaTennis Club and are eagerly looking forward to seeing you playing tennis again!

Furthermore, we would like to notify you about the new COVID-19 rules for our program. If you wish to play tennis, make sure that you follow the below recommendations:

### **SOCIAL/PHYSICAL DISTANCING**

- Players must practice physical distancing; staying a minimum of 2 metres away from others at any time. Handshakes, high-fives and/or elbow taps are not recommended.
- Changerooms will be closed.
- No spectating. Parents are asked to drop their child off at the club and remain outside of the building.
- The program will be reopening for small groups of students only.
- Parents must bring the student and be in the pickup area 15 minutes before the class starts and ends.

### **CLEANLINESS & HYGIENE STRATEGIES**

It is possible that the virus responsible for COVID-19 can be transmitted through the sharing and handling of tennis balls, door handles, benches, the net and possibly the court itself. Players are urged to take extra precautions before, during and after their time on the court:

- Players should be encouraged to thoroughly wash their hands and bring plenty of hand sanitizer with them to sterilize their hands often and avoid touching their face.
- Players should be vigilant about coughing or sneezing into a tissue or into the crook of their elbow and to immediately dispose of any used tissue; then wash their hands (or use sanitizer if soap and water is not readily available).
- Players should to refrain from touching benches, nets and net posts, door handles and all other objects where the virus could survive. If players touch something they should wash their hands. Avoid touching face after manipulating a ball.
- Players should refrain from sharing racquets, water bottles, towels and other personal items with their playing partners.
- Upon returning home, it is recommended that players be encouraged to sanitize the bottom of their court shoes (prior to entering the home) and then washing their hands.

Players must refrain from playing, to stay home and inform the program staff by email if they:

- are not feeling well or are exhibiting flu-like symptoms, or any known coronavirus symptoms, (incl. fever, cough, difficulty breathing, etc.).

- have been in contact with someone with COVID-19 and/or flu-like symptoms in the previous 14 days.
- have been overseas in the previous 14 days.
- are considered vulnerable or at risk (elderly individuals, immunosuppressed persons and/or individuals suffering from serious health problems – notably high blood pressure, pulmonary diseases, diabetes, obesity and asthma

We have implemented these new rules to help ensure the safety of everyone!

TessaTennis Program reserves the right to refuse service to anyone who does not follow these safety protocols.

We understand that it may be difficult at first to adjust to these new rules, but these are unprecedented times and we would like to provide a safe experience for every member who wants to play at the club.

All the best and stay safe!

All students must provide a signed COVID-19 waiver and signed program rules form sent to our emails [tessatennis@gmail.com](mailto:tessatennis@gmail.com) and [info@tessatennis.com](mailto:info@tessatennis.com) before entering the courts provided by TessaTennis.

Parent Signature

Student Signature

Thank you for keeping TessaTennis a safe environment.