



Ballina Tennis Club (17/05/2020)



Interim Code of Conduct for Club Members during Covid-19

As a response to the COVID-19 crisis, Ballina Tennis Club has instigated a specific Code of Conduct for our operations during this period. We will be complying with the Tennis Ireland guidelines to ensure our members are safe. The guidelines can be seen here: <https://www.tennisireland.ie/covid-19-updates/>

Please see below a summary of the new protocols for our club. **Only members who agree to abide by the guidelines below will be permitted to play.** If you are found to be in breach of the guidelines you may be asked to leave the premises.

YOU MUST STAY AT HOME IF YOU:

- Have been in contact with someone with COVID-19 in the last 14 days
- Have been overseas or exposed to someone with COVID-19 in the last 14 days
- Have flu-like symptoms or are feeling unwell

YOU MUST:

- Check with your GP prior to playing if you are in a high-risk health category
- ***Ensure we have up-to-date contact details for you in case Contact Tracing is required***

ATTENDING TENNIS ACTIVITIES

- Only members will be able to play during this phase and all players must pre-book their court using our online system.
- Please book your court in advance.
- Arrive and leave as close as possible to when you are due on court.
- A parent/guardian must accompany any player under 18 years.
- Singles and doubles can now be played but all players must endeavour to keep 2mtrs apart during play (unless they are from the same household)
- Players should arrive ready to play as there will be no access to changing rooms or toilets while the Sports Centre remains closed.
- The entrance to the club is through the front gate via the ramp. Only authorized key-holders can open/close the front gate.
- There is no parking permitted directly in front of the courts.

TO PROTECT AGAINST INFECTION

- Only bring your tennis racquet, tennis balls, water and your own sanitizer on court
- Players must refrain from handshakes and high fives
- Keep 2 metres away from other people at all times
- Do not share food, towels, equipment or drinks
- Cover your coughs and sneezes and dispose of any used tissue in your own bag and bring it home with you
- Try not to touch any surfaces (gate, net, posts or fence), but if you do sanitise your hands as soon as possible
- Change ends at opposite sides of the net. If this is not possible then do not change ends
- Use two sets of clearly marked tennis balls. These should be alternated for serving with each player only touching their individual tennis balls
- 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
- Once play has finished players should leave the club promptly
- If a player becomes unwell after playing, they should first contact their GP/HSE and then inform the club on this number: 083 8562510. The club will then follow advice provided to them by the HSE on the next steps
- We ask that members remind other members of the guidelines, in a gentle way, when they witness poor practices. Repeated poor practice should be reported to the club immediately

Our measures and procedures are under constant review and updated as advice from government, health authorities and Tennis Ireland evolves in line with the gradual lifting of social restrictions.