

# PHYSICAL DISTANCING COURT ETIQUETTE



## COVID-19 RETURN TO PLAY PRECAUTIONS

**Courts and amenities (nets, gate, etc.) are not sanitized. It is your responsibility to take the necessary steps to ensure your own health and safety. Please take these extra precautions before, during and after your time on the court, to ensure these amenities remain open.**

### BEFORE PLAY

- Stay at home and **do not play** if you/your playing partner, or members of either household:
  - are ill or exhibiting flu-like/coronavirus symptoms, (incl. fever, cough, difficulty breathing, etc.).
  - have been in contact with someone with who has symptoms or has tested positive for COVID-19 in the last 14 days.
  - have travelled outside of Canada in the past 14 days.
  - are vulnerable or at risk (elderly, immunosuppressed or suffering serious health problems, etc.).
- Clean your equipment, including your racquets/paddles and water bottles prior to arriving at the court.

### PREPARING TO PLAY

- Players should use sanitizer regularly while at the courts and avoid touching their face.
- Do not share equipment, water bottles, towels and other personal items.
- Consider wearing a mask or gloves while playing, while still avoiding touching your face.
- Cough or sneeze into a tissue/elbow, dispose of tissue; then wash/sanitize hands.
- If you touch something, make sure to sanitize your hands afterwards.
- Players may bring their own chairs to use while at the court, but must be removed at the end of play.

### DURING PLAY

- There is a **1/2 hour play limit** (if others are waiting) and players must leave immediately after play is finished.
- Please follow current gathering limits.
- Practice proper physical distancing with other players.
- Where possible, only one parent/guardian should accompany younger children.
- Avoid all physical contact, (eg. shaking hands/high fives) with other players.
- Avoid touching your face and use hand sanitizer often - between points and/or during changeovers is encouraged.
- Stay on your side of the court.

- It is recommended each player use their own balls, identifying your balls with a marker in order to differentiate from other players. Only handle the balls that are yours.
- Use your racquet/paddle/your foot to pick up the balls or to send a ball to another player.
- Players must provide their own equipment.

### AFTER PLAY

- Leave the court immediately after play is finished & take all belongings with you.
- Clean or sanitize your hands prior to getting in your vehicle.
- Upon returning home, it is recommended to sanitize your equipment, then washing your hands well afterwards.

**For more information call 705-487-2171.**