



**COVID-19**  
**(Coronavirus)**  
**GUIDELINES**

**Australian Tennis Organisations**

## 1. Purpose

- 1.1. The purpose of the COVID-19 (Corona Virus Disease 19) Guidelines is to provide an understanding of the disease and preventative steps for those who participate in the activities of an Australian Tennis Organisation (ATO).

## 2. Application

- 2.1. These Guidelines have been prepared to assist the following members of the Australian tennis community:
- (a) persons and administrators appointed or elected to boards of directors, executives and/or committees (including sub-committees), including office bearers such as presidents, vice-presidents, treasurers, secretaries and selectors of tennis clubs, associations or other affiliated bodies;
  - (b) officials appointed or elected by tennis club, association or other affiliated organisation in relation to players and/or teams which represent such organisations including team management personnel such as coaches, managers, physiotherapists etc;
  - (c) tennis coaches (including assistant coaches) who:
    - (i) are appointed and/or employed by a tennis club, association or other affiliated body (whether paid or unpaid) or;
    - (ii) are a Tennis Australia Coach Member; or
    - (iii) have an agreement (whether or not in writing) with a tennis club, association or other affiliated organisation to coach tennis at a facility owned or managed by, or affiliated with that organisation;
  - (d) referees, umpires and other officials (eg lines persons) involved in the regulation of the game of tennis appointed by a tennis club, association or other affiliated organisation;

Collectively, in these Guidelines identified as **Australian Tennis Organisations** (ATOs)

## 3. What is COVID-19

- 3.1 Coronaviruses are a large family of viruses that cause illness from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS).

- 3.2 Symptoms can range from mild illness to pneumonia. Some people will recover easily, and others may get seriously ill. People with COVID-19 may experience:
- a) runny nose;
  - b) headache;
  - c) cough or difficulty breathing;
  - d) sore throat;
  - e) fever;
  - f) body aches; and
  - g) malaise – a general feeling of being unwell.
- 3.3 There is evidence that COVID-19 spreads from person-to-person and is most likely spread through:
- a) close contact with an infectious person;
  - b) contact with droplets from an infected person's cough or sneeze; and
  - c) touching objects or surfaces (like doorknobs or tables) that have cough or sneeze droplets from an infected person, and then touching your mouth or face.

## **4. COVID-19 Personal Management Strategy**

- 4.1 Everyone should practise good hygiene to protect against infections. Good hygiene includes:
- (a) Washing your hands frequently with soap and water, before and after eating, and after going to the toilet;
  - (b) Cover your cough and sneeze, dispose of tissues, and use alcohol-based hand rub;
  - (c) Avoid touching your face;
  - (d) Keep your distance from people who are obviously sick;
  - (e) Avoid contact with animals and their environment; and
  - (f) Don't touch surfaces that may be contaminated.

- 4.2 If you are experiencing symptoms of COVID-19 it is recommended you take the following steps:
- a) If you have serious symptoms such as difficulty breathing, call 000 (or the local equivalent if overseas) for urgent medical help;
  - b) Call ahead of time to book a medical appointment. Tell your doctor about your symptoms, travel history and any recent close contact with someone who has COVID-19.
  - c) If you must leave home to see your doctor or live with other people, wear a surgical mask (if you have one) to protect others. If you don't have one, cover your cough and sneeze.
  - d) Isolate yourself from others and use a separate bathroom if available;
  - e) Wash your hands frequently with soap and water and use alcohol-based hand rub.
- 4.3 If you exhibit symptoms of COVID-19 and have recently returned from a high risk area (see [www.smartraveller.gov.au](http://www.smartraveller.gov.au) for more information) or have been in contact with a person diagnosed or suspected of COVID-19, you will not be permitted to return to work until you obtain a 'certificate of capacity' from a medical practitioner.

## 5. Competitions, Tournaments Management Strategy

- 5.1 Ensure all players, officials and volunteers are provided the with following and/or ensure:
- (a) a clean environment including toilets and changing rooms;
  - (b) sanitizer or wipes are available at all points of contact, such as the Tournament Director's desk/office;
  - (c) signage re handwasher and hygiene techniques are posted strategically (poster attached)
  - (d) players must handle their own towels exclusively  
i.e. players must not request towels from, or give their towels to ball kids at any point during the match
  - (e) ball kids (and officials) are instructed not to handle players' towels at any time during a match;
  - (f) players are solely responsible for their towels during changeovers (to be enforced by the Chair Umpire);

- (g) events should identify designated locations for towels (at each end of the court), making certain that each player is using a different location for their towel at each end of the court;
- (h) hand sanitisers should be provided for ball kids to use at changeovers (as necessary) – to reduce the risk arising from handling balls used by players;
- (i) events should provide a central location in which used towels provided by the event (as necessary) can be returned;
- (j) following every match, the designated towel areas must be cleaned with an appropriate disinfectant.

## 6. Prevention steps for Clubs

6.1 Clubs should practice good hygiene to protect against infections. At a minimum clubs should undertake the following and/or ensure:

- (a) clean all surfaces, such as counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and tables, at least once a day wearing disposable gloves;
- (b) clean any surfaces that may have blood, body fluids and/or secretions or excretions on them;
- (c) sanitizer or wipes are available at all points of contact ie Tournament Director's desk/office;
- (d) signage re handwasher and hygiene techniques are posted strategically;
- (e) ensure that food services meet appropriate hygiene standards, with all individuals handling food wearing personal protection equipment including aprons, gloves and masks;
- (f) food and beverages should not be sourced from areas of contamination or exposure; and
- (g) regularly remind and encourage everyone, particularly juniors, of the need to wash hands regularly and adopt the other principles of a good hygiene strategy.

## 7. Further information

[https://ais.gov.au/health-wellbeing/covid-19#sport\\_relevant\\_updates](https://ais.gov.au/health-wellbeing/covid-19#sport_relevant_updates)

<https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html>

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/situation-reports>