

Port Dover Tennis Club Guidelines for Safe Return to Play - COVID-19

The Port Dover Tennis Club has been notified by Norfolk County that the courts will be opened by the end of today (May 21). The PDTC will not be organising any activities at this time, players will have to organise their own matches.

All players should still follow all Provincial and local rules on social distancing and generally apply common sense in their use of the courts. Following is a list of recommendations based on OTA guidelines with additional suggestions specific to the Port Dover courts.

Social & Physical Distancing

- To maintain physical distancing handshakes, high-fives and or elbow taps are not recommended. A simple thumbs up from a distance is a recommended alternative.
- For play, initial your balls for the court you are playing on. Return balls from other courts by racket only, not your hands.
- For doubles, one player could be at net and other player at baseline.
- Change ends after a set, not a game.

Cleanliness & Hygiene

Since 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. The following precautions are needed during and after time on the court.

- Bring hand sanitizer to the courts. Cleanse hands prior to playing and often during play to clean your hands. Avoid touching your face.
- Cough or sneeze into a tissue or into the crook of the elbow and immediately dispose of any used tissue, then wash hands with sanitizer.
- For extra protection, we recommend wearing a glove on the hand that tosses the ball during serves. Use hand sanitizer often between points and during changeovers.
- Please refrain from touching nets and net posts. Benches will be removed from courts.
- Do not share racquets, water bottles, towels and other personal items with others.
- Upon returning home it is recommended that you sanitize the bottom of your court shoes (prior to entering your home) and then washing your hands.
- Players should not play and should stay home 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.
 - Are considered vulnerable or at risk due to serious health problems.

Tennis Activities

- The front entry gate to access courts 1 & 2 and the back gate to access courts 3 & 4 should remain open at all times during the day.
- No round robin, social tournaments or organized leagues are allowed
- Ball machine will not be available for use.
- Carpet and sweeper handles should be sanitized by user prior to use.