



Return to tennis in Belize 2020.

Government measures have priority over these guidelines. Tennis is one of the sports in which social distancing can be maintained.

Any person with covid 19 symptoms and vulnerable population should not enter the facility.

Before leaving home

- Wash your hands with a disinfectant, soap and water (for 20 seconds or longer), or use a hand sanitizer if soap and water is not readily available before getting on the court.
- Only bring with you the necessary sport equipment in a personal bag:
 - ✓ mask,
 - ✓ 70% alcohol gel
 - ✓ towel
 - ✓ water bottle
 - ✓ tennis racket
 - ✓ tennis balls
- Be ready to go directly to enter the court.

Facilities/Courts

- Visible written or printed material with instructions such as- Do not forget to wash your hands, etc as well as the guidelines established by the Ministry of Health.
- Reserve courts where applicable. Coordinate with other players to establish court playing times and to create a buffer period between play to limit contact between arriving and departing times.
- Social distance of six feet should be maintained at all times on the facility.

- Install a sink outside the courts with hand sanitizer and/or liquid soap
- Showers and dressing rooms should not be used.
- Place trash cans inside the courts
- Limit the access of people in common areas. Remove table and chairs to discourage gatherings.
- Establish a protocol in case there is a suspected case of COVID19

When playing

- Avoid physical contact.
- Social distancing of six feet should be maintained at all times on the courts even when taking a break.
- Take off mask once you have entered the court and place it in a clean personal bag. Put the mask on with clean hands before leaving the court.
- Single play is recommended. If players elect to play doubles, coordinate with your partner to maintain physical distancing.
- Avoid changing court ends.
- Do not share equipment.
- If a ball from another court comes to you, send it back with a kick or with your racket.
 - At the end of practice it is advisable that each player sanitize their tennis equipment.
- Avoid touching your face while practicing. Wash your hands promptly if you have touched your eyes, nose or mouth.
- Leave facility immediately after practice is over.

Tennis Coaching

- Coaches must be vigilant that their students (especially children) adhere to social distancing, don't touch their faces and that they wash their hands when necessary.
- It is recommended that only one parent/guardian accompany younger children to the facility when possible.
- Players should avoid using their hands to pick up balls. Use a ball hopper or a ball basket and assist by moving balls with the racket.
- At the end of the day, sanitize the balls by spraying them with disinfectant. Do the same with the equipment.
- Each coach should mark their own tennis balls.
- Have different class schedules.
- Separate coaches into groups so they always work with the same players.
- The coach should not share his/her equipment with another coach.

Returning home

- Before leaving the facility wash your hands.
- Put your mask back on by holding elastic cords only.
- Don't leave any equipment on the court.
- Ensure that all garbage is in the trash cans, keep your facility clean.
- Leave facility immediately after tennis session is over. After a training session, children must be picked up promptly by parents and are not allowed to hang around the courts or facility.
- It is suggested that you shower immediately upon returning home after a tennis session.

TENNIS IS HEALTH!!