

Welcome Back to Tennis with Advantage Sports Services

Return to Tennis Guidelines V2 – Dec 2020

We are very excited to welcome our players back on court. All Players and Parents are asked to follow the local regulations and best practice guidelines at all time during their time in our lessons and on court. These guidelines have been writing under the protocols from the International Tennis Federation, UAE Tennis Federation, Abu Dhabi Sports Council and the UAE Health Authorities.

These guidelines have been produced to reduce contact with all participants, reduce contact with shared surfaces, maximum social distancing and allow for the best hygiene protocols for participation in Tennis.

The Return to Tennis Guidelines and its contence will be continuously reviewed, monitored and updated accordingly to endure we maximum the safety and wellbeing of our players and clients at all times.



FOR PLAYERS AND PARENTS

NEW PLAYER ITEMS REQUIRED

- Players use separate sets of balls, identify and mark different balls for each player.
- Own Racket Required, Academy Rackets are unavailable.
- Own Tennis Sports Kit – No Changing Rooms or Showers Provided
- Own Water Bottle & Towel
- Own Hand Sanitizer, Gloves & Masks
- Own Sunscreen & Cap as needed.

NEW PROTOCOLS

- All booking must be made online in advance of each lesson.
- All players are required to re-register for lessons and accept new coaching guidelines.
- Before lesson is confirmed proof of identity is required for verifying age is between >12 and <60.
- Lessons should be paid for in advance via online payments only.
- Players should arrive at the venue close to their allotted starting time and in playing kit and depart immediately after (No showers are permitted).
- All Coaches and Players to wear masks & gloves on and off court at all times unless under participating in high intensity play under social distancing guidelines.
- Forehead Thermometer Testing for all Players & Coached before every session.
- Keep a safe distance of 2 meters between the Players, Coaches & Staff at all times.
- Closure of the Locker Rooms, Showers & Club House.
- Coach will complete sanitization between sessions.
- Activity timing MUST be in respect with "NATIONAL DISINFECTION PROGRAMME".

NEW TENNIS ETIQUETTE

- Eliminate handshake and other forms of physical contact.
- Wash your hands and sanitize thoroughly before and often playing tennis.
- Player should only touch their own equipment and balls, not the other players.
- Players must stay on the marked areas when waiting and playing.
- Modify Changeovers - Players go around opposite sides of the net in clockwise direction.
- Players must be at least 2mtr away for social distancing, maximum 2 players on each side of the court.
- All Coaches and Players to wear masks & gloves on and off court at all times unless under participating in high intensity play under social distancing guidelines.
- Each pick up tube will be assigned to one student for the whole class and sterilized after each class, balls will not be touched during pick up.
- Stay home when you have one or more of the following symptoms: cold, running nose, sore throat, light cough and or a body temperature above 37°.
- Stay home if someone in your household has a fever 37° and or shortness of breath.

FOR COACHES & VENUES

Minimum & Recommended Standards as set by ITF, (International Tennis Federation)

The tables below set out the minimum and recommended standards for our organization of tennis play. These guidelines can only mitigate the risk of COVID-19 infections - they cannot eliminate it. The return to play and implementation of this guidance is in conjunction with the relevant national authorities of the UAE & Abu Dhabi Sports Council.

Implement Social Distancing:

- Modify Changeovers - Players go around opposite sides of the net in clockwise direction.
- Keep on-court Coaches and Players separate.
- Separate players from each other with 2mtr social distancing, maximum 2 players on each side of the court.
- Eliminate handshake and other forms of physical contact.
- Players use separate sets of balls, identify and mark different balls for each player.
- Provide a container for all disposable items.
- Players should arrive at the venue close to their allotted starting time and in playing kit and depart immediately after (No showers are permitted).
- No sharing of equipment of any kind.
- Player and coaches to provide their own water bottles.
- Play behind closed doors or with limited/separated spectators.
- No spectators allowed.
- Physical separation at locations where people tend to gather.
- Mark separation distances for, e.g., food/drink and toilets.

Established Hygiene Standards:

- Daily cleaning and disinfecting of all shared areas frequently.
- Split training periods of no more than two hours for each period.
- Sports facilities sterilization after each training period (two hours).
- All Coaches and Players to wear masks & gloves on and off court at all times unless under participating in high intensity play under social distancing guidelines.
- Play Outdoors Only.
- Wash your hands and sanitize thoroughly before and often playing tennis.
- All Coaches and Players must stay at least 2 meters apart.
- Do not shake hands or high five each other, no chest bumps either!
- Coaching exercises that are at least maintaining 2 meters of distance.
- Cough and sneeze in your elbow and use paper tissues, using the correct disposal guidelines.
- Do not use the score cards.

- Stay home when you have one or more of the following symptoms: cold, running nose, sore throat, light cough and or a body temperature above 37°.
- Stay home if someone in your household has a fever 37° and or shortness of breath.
- Provide players access to: Tissues; Plastic Bags; Masks; Alcohol-Based Hand Wipes; Disposable Drinking Cups; Thermometer; Sanitizer.
- Provide access to an on-site/on-call doctor and isolation room; emergency contact person; evacuation procedure.
- Conduct daily health checks with Thermometer of players, officials and staff.
- Daily testing and self-certification of being symptom-free.
- Maintain contact details of all staff, officials and players.
- Trace contacts in case on-site infection found.

THE SANITARY PROTOCOLS & THE PRECAUTION MEASURES REQUIREMENT Set by UAE Tennis Federation for Academies & Venues












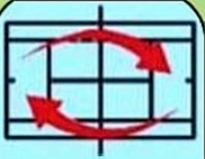



1. Designated COVID-19 Supervisor at Advantage Sports Services
2. Tracking UAE TF COVID-19 Committee Inspection & Weekly Reporting System.
3. Nominates and authorized Coaches.
4. List of Authorized Players Members/ Non-Members.
5. Sanitization and maintenance of the Club & Court.
6. Closure of the Locker Rooms, Showers & Club House.
7. Forehead Thermometer Testing for all Players & Coached before every session.
8. All Coaches and Players to wear masks & gloves on and off court at all times unless under participating in high intensity play under social distancing guidelines.
9. Provide Sterilizers for all persons in the venue.
10. Activity timing MUST be in respect with "NATIONAL DISINFECTION PROGRAMME".
11. Keep a safe distance of 2 meters between the Players, Coaches & Staff at all times.
12. Follow the Precaution Measures by UAE - MOH.

ON COURT PRECAUTION REQUIREMENT

1. Players must bring their equipment's & drinking water.
2. Use strips to give everyone their starting spot -2m or more away from each other
3. Everyone brings their own sanitizer and use before and after class starts
4. Coaching exercises that are at least maintaining 2 meters of distance.
5. Maximum of 2 students on one side of the court
5. Students from same family can stand next to each other if they like.
6. Use strips/dots to assign everyone their spot for rest- and drinking moments.
7. Balls will be fed by the Coach only
8. Each pick up tube will be assigned to one student for the whole class and sterilized after each class, balls will not be touched during pick up.
9. Everyone will bring his own set of balls signed with a mark for practicing serve. During pick up you only pick up your marked balls. Or be provided a fresh set of newly sanitized balls from the coach.
10. If you are able to do pick up the balls without touching, pick up is allowed and starting the rally is ok.

Guidelines for Return to Tennis



 Permission to open and reactivate tennis coaching by UAE TF and DSC	 Over 12 & below 60 maximum 4 players + 1 coach per court	 Only use your own equipment and mark your tennis balls	 A supervisor will be present at this club	 Drop off and pick up of juniors at club entrance only
 Only arrive with an appointment (lesson or individual) preferably with a (digital) reservation	 Arrive at confirmed time, but at most 10 minutes early	 Coaches stay 2 Meter apart from their students	 Only enter clubhouse for using the bathroom	 The clubhouse and terrace are closed
 Do not share a bench together	 Change sides only clockwise	 Sweeping of tennis courts only by coach and/or supervisor	 After playing tennis immediately return home	 Unfortunately under 12 & over 60 not welcome yet

Hygiene Rules

- All players & coaches Keep your distance to others at least 2 Meter
- Wash your hands thoroughly before and after playing tennis
- Do not shake hands or high five each other/ no chest bumps either!
- Cough and sneeze in your elbow and use paper tissues
- Do not use the score cards
- Stay home when you have one or more of the following symptoms: cold, running nose, sore throat, light cough and/or a body temperature above 37°.78
- Stay home if someone in your household has a fever (37°.78 & above) and/or shortness of breath

For any questions please ask the coach and/or club covid supervisor



