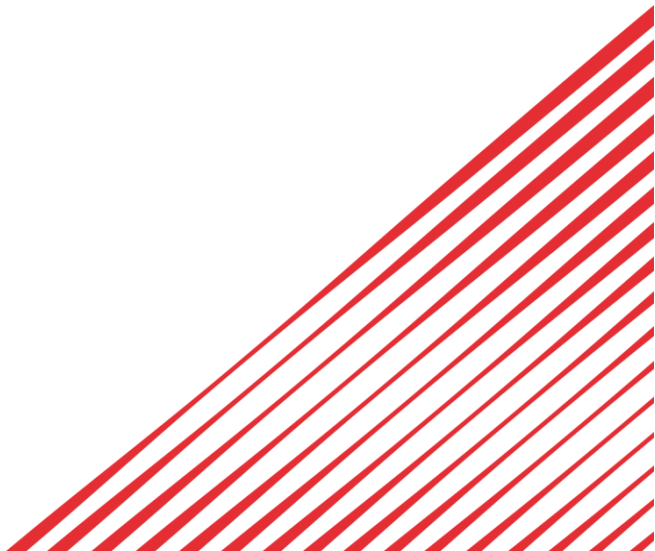


Guidance for Tennis Venues, Coaches & Players in Wales

COVID-19: ALERT LEVEL 0

VERSION 16: 28 MARCH 2022



1. INTRODUCTION

We know how important it is for people to be active, and the role tennis can have in the physical and mental wellbeing of those that play it. Based on the Welsh Government guidance, Tennis Wales & the LTA have developed a set of practical guidelines to follow so that tennis can be played in Wales safely.

These guidelines apply to both Tennis and Padel, and outline protocol so that tennis activity can be enjoyed in a way that is in line with Welsh Government advice and helps to prevent the spread of COVID-19.

IMPORTANT: This 'Return to Play' document is national (Wales) guidance.

You should read this guidance in tandem with the updated Welsh Government guidance on a 'Phased Return to Sport', Wales has returned to Level 0, you can find a summary [here](#) and the [frequently asked questions](#) for current restrictions on the Welsh Government website, this FAQ provides links to detailed guidance and further information where required.

2. MANDATORY COVID-19 RISK ASSESSMENT

You must retain and keep up to date a COVID-19 risk assessment as a facility that welcomes the public (including your members), or you provide tennis or other sport activities and/or coaching and competitions. The risk assessment must be specific to your venue or programme and take **reasonable measures** (actions) to help reduce the spread of COVID-19.

A template risk assessment along with poster resources to maintain social distancing and good hygiene can be found in the LTA Resource Library [here](#) The Welsh Government in partnership with the sports sector have developed [reasonable measures](#), these will help you prepare an appropriate risk assessment and take preventative action to reduce the spread of COVID-19. There is also an [action card specifically for events](#)

Further information on completing a COVID-19 risk assessment is available in [HSE guidance](#).

The implementation of a risk assessment will help you decide whether all necessary issues or risks have been addressed and help inform decisions and control measures for your specific club/venue context.

The risk assessment should be sufficient to ensure that activities can be run safely, in a manner that conforms to [Welsh Government legislation and guidance](#) and appropriately protects all individuals involved (e.g. players, coaches etc.). Your risk assessment should be reviewed regularly to ensure that it remains relevant and appropriate under changing circumstances.

Your risk assessment must be specific to your venue or programme and take reasonable measures (actions) to help reduce the spread of COVID-19. Examples of reasonable measures include:

- Ensuring people gather outdoors rather than indoors (where practical and feasible).
- Limiting close physical interaction between people at your venue by:
 - Reducing room capacity in areas of high footfall or reducing group size in certain locations and activities.
 - Ensuring controlled access to facilities such as toilets and kitchens;
 - Changing the layout of venues/removing furniture to improve flow;
 - Maintaining social distancing at pinch points in venues – entrances, queues, pay points etc.;
 - Installing barriers and screens between people.

- Ensuring good hygiene on the premises e.g. hand gel is available at entrance and exit or after sharing equipment.
- Maintaining enhanced cleaning routines in high touch point areas. For detailed guidance on cleaning of facilities, please refer to Government cleaning advice [within a non-healthcare setting](#).
- Maintaining adequate ventilation and air flow indoors.
- The use of PPE where appropriate.

Your Risk Assessment should include protocols to manage any person who becomes symptomatic at your venue. For them to return home promptly to self-isolate and follow the Welsh Government's [self-isolation guidelines](#)

A risk assessment must also be prepared for single sporting events such as competitions and kept up to date and regularly reviewed for group coaching sessions.

[Training for sport and leisure operators / coaches and clubs](#) relating to 'COVID-19 Awareness and Duty of Care' including risk assessments, relating to the Welsh Government Coronavirus Regulations are available through the Welsh Sports Association.

3. APPOINTING A COVID-19 RESPONSIBLE PERSON

To ensure best practice and for Tennis Wales to provide on-going support to a dedicated point of contact we request Tennis venues to appoint a COVID-19 responsible person and to keep us informed of those individuals contact details should they change.

A venue/club COVID-19 responsible person will simply manage and ensure that the required processes and information are put in place and monitor compliance with the current guidance and legal requirements. The responsible person will:

- Be an existing member of the club/venue.
- Be responsible for oversight of the COVID-19 risk assessment(s) at the venue/club – ensuring they are up to date and completed in a timely manner.
- Ensure the necessary level of risk assessment and reasonable measures are in place and acted on.
- They will be responsible for ensuring that the venue/club adheres to the return to play guidance responsibilities within their local context.
- Be a point of contact for liaison with Tennis Wales for reassurance and guidance.

Online COVID-19 awareness training is available for a COVID-19 responsible person and any other venue/club representative and coach via the Welsh Sports Association, further information and how to book can be found [here](#)

4. COVID-19 SYMPTOMS AND SELF-ISOLATION

I have Covid-19 symptoms what should I do?

If you have any of the main symptoms of Covid-19, you should self-isolate, take a [lateral flow test \(LFT\)](#) and you should continue to self-isolate until you get your LFT test result.

For further information on please see the [guidance on what to do if you have symptoms](#).

My lateral flow test was positive, do I have to self-isolate?

If you have Covid-19, you can infect other people even if you have mild symptoms or no symptoms at all. Although it is no longer a legal requirement, the most effective way to avoid passing on COVID-19 infection is avoiding contact with other people and self-isolating for 5 full days.

Taking lateral flow tests from day 5 until you return two consecutive negative results, or until day 10 (whichever is earlier). For further information on self-isolation please see the [self-isolation guidance](#).

5. GUIDANCE FOR PLAYERS

1. Follow your provider's safety measures. The venue you are attending, coach or provider may put in place safety measures. Please be respectful of the measures put in place by your venue, coach or official at all times.

2. Take part safely. Participants should continue to:

- Test regularly using a Lateral Flow Test particularly if you are meeting others.
- Follow good hygiene practices, to reduce the risk of transmission in sport environments. Also consider the wishes of other participants (i.e. if they do not wish to shake hands after a match).
- Shared equipment – use of shared equipment should be minimised, maintain good hand hygiene and clean equipment before and after usage.
- Avoid sharing water bottles or other refreshment containers. Where possible, you should take your own drink, in a labelled or highly distinguishable container.

6. GUIDANCE FOR VENUES, COACHES AND OFFICIALS

1. You MUST complete a COVID-19 risk assessment. This should consider any reasonable measures needed for staff and customers. Your risk assessment should be shared with staff and volunteers. More information is available in the [HSE guidance](#). The Welsh Government in partnership with the sports sector have developed an [action card of reasonable measures for indoor sport facilities](#), these will help you prepare an appropriate risk assessment and take preventative action to reduce the spread of COVID-19. There is also an [action card specifically for events](#)

2. Provide adequate ventilation. Venues should make sure there is a supply of fresh air to enclosed spaces where there are people present. This can be natural ventilation through windows, doors and vents, mechanical ventilation using fans and ducts, or a combination of both. More information is available in the [HSE guidance on ventilation and air conditioning during the COVID-19 pandemic](#).

3. Clean more often. Venues should increase how often they clean surfaces, especially those that are touched a lot. Staff and customers should be encouraged to use hand sanitiser and clean their hands frequently.

4. Communicate and train. Keep all your workers, contractors and visitors up to date on how you're using and updating safety measures.

5. Provide communications and guidance to participants in advance of attendance - including undertaking a self-assessment for symptoms of COVID-19, encouraging regular lateral flow testing and that they should not take part or attend if they have tested positive.

6. Encourage people to practice good hygiene – encourage regular hand sanitisation. Depending on personal choice, different players may wish to continue with some changes, such as not shaking hands after participating. First aiders, physios or other medical personnel should continue to ensure good hygiene standards when treating participants.

7. Shared equipment – sharing of equipment should be minimised. Where unavoidable, users should practice good hand hygiene with equipment cleaned regularly.

8. Face coverings – are no longer a legal requirement other than in health and social care settings. However, their usage particularly in indoor spaces will limit the spread of the virus and protect people. For further information on face coverings visit [here](#)