

## **Phase 2 Tennis Guidelines (Private Lessons)**

*Participation in any private tennis lesson or small group lesson is solely voluntary. Participants and parents/legal guardians of participants will be informed of the Phase 2 Tennis Guidelines, and must be in agreement and adhere to the guidelines listed below.*

### **Pre-Workout/Screening:**

- All participants will be screened for signs/symptoms of COVID-19 prior to all lessons. Screenings will include a temperature check, and a set of questions to check for signs/symptoms of COVID-19.
- Responses to screening questions and temperature checks for each participant will be recorded and stored on the "COVID-19 Athlete/Coach Monitoring Form" so that there is a record of everyone present in case a student develops COVID-19.
- Any person with positive symptoms reported will not be allowed to take part in workouts and will be asked to contact his or her primary care provider or other appropriate health-care professional.
- Vulnerable individuals should not oversee or participate in any workouts. "Vulnerable individuals" are defined by CDC as people age 65 years and older and others with serious underlying health conditions, including high blood pressure, chronic lung disease, diabetes, obesity, asthma, and those whose immune systems are compromised such as by chemotherapy for cancer and other conditions requiring such therapy.

### **Limitations on Gatherings**

- Lessons will be provided outdoors on the RHS tennis courts. Lessons provided will be in a 1 participant:1 coach format, or small group format that will not exceed 4 participants:1 coach. All participants will adhere to social distancing of at least 10 feet while participating in lessons. Social distancing is already incorporated into the game of tennis, but participants will be reminded of additional ways to increase social distancing.
- Participants will not be allowed in the locker rooms, bathrooms, or other communal areas.

### **Facility Cleaning**

- Prior to all lessons, court equipment will be wiped down and sanitized. This includes the teaching cart, tennis ball hoppers, and the tennis ball machine.
- All participants will use sanitizing wipes before and after tennis lessons.
- Hand sanitizer will also be provided for all participants and will be used before and after lessons.

- Court equipment will be wiped down and sanitized prior to, during, and following all workouts.
- Participants will be encouraged to shower and wash their workout clothing immediately upon returning home.

**Physical Activity, Procedures, and Athletic Equipment**

- There will be no contact between participants allowed during Phase 2. The respectful practice of shaking hands after a tennis match will not be allowed.
- Participants who are physically participating in workouts will not be required to wear protective face coverings. However, those who are not actively participating will be encouraged to wear protective face coverings while maintaining proper social distancing practices.
- There will be no sharing of racquets, clothing, or towels between participants.
- Participants will wear their own appropriate workout clothing (do not share clothing), and individual clothing/towels should be washed and cleaned after every workout.
- Participants will come to practice appropriately dressed, will not change clothes during practice, and will leave with the same clothes on to mitigate risks.
- Use of hand sanitizer will strongly be encouraged at different times during lessons.
- All coaches will wear protective face coverings at all times during Phase 2.

**Hydration**

- All participants shall bring their own water bottle or source of hydration. Water bottles will not be shared.

Adam K. Smith

Signature of Coach

6-16-2020

Date

Kent Grant

Signature of Athletic Director

6-16-20

Date

Mike Setzer - Director of Compliance

Signature of Principal

6-17-20

Date