



PCTC GUIDELINES FOR DOUBLES TENNIS PLAY

Before you play	Play only with family members, persons living in your household, or individuals considered to be low risk.
	<p>Do not play if you or your playing partner:</p> <ul style="list-style-type: none">o Exhibit any COVID-19 symptoms, such as a fever, cough, difficulty breathing, or other symptoms identified by health experts.o Have been in contact with someone with COVID-19 in the last 14 dayso Are considered vulnerable or at risk (elderly, immunosuppressed persons, individuals suffering from serious health problems, notably high blood pressure, pulmonary diseases, diabetes, obesity and asthma).
Preparing to play	Protect yourself against infections:
	Wash your hands with hand sanitizer when arriving at the Club
	Wash your hands with hand sanitizer when entering and exiting the courts
	Members are asked to bring hand sanitizer for use during the game.
	Clean your equipment including racquets and water bottles
	Do not share your equipment with your playing partner
	Bring your own full water bottle and hand towel
	Consider taking extra precautions such as wearing gloves
	If you need to sneeze or cough do so into a tissue or in your sleeve. Please do not sneeze/cough then handle ball
	Avoid touching any surfaces where possible
	Only one player per bench on court side. Please bring own chair and place in designated marked areas, if desired.



While playing	As much as possible keep a 2 metre distance with other players.
	Avoid touching your face
	Avoid all physical contact (Such as shaking hands, high fives, etc)
	Do not run into adjacent court to retrieve balls. Allow players to pass balls back to you using their racket. Avoid picking up balls using your hands.
	If player takes a severe physical injury, IE.. major leg injury, Club members are to immediately dial 911
After playing	Wash your hands carefully with hand sanitizer
	Leave the court immediately after match is completed using the EXIT door. No gatherings.
Miscellaneous	Club arrival: Members must remain in their car until 10 minutes prior to the start time.
	No spectators allowed. No "public" individuals are allowed access to courts during Club hours.
	Use designated 2 doorways for Entrance and Exit. Entrance gate is center door by main park entry (recycle/garbage bins). Exit gate is southwest door near playground.
	Player must have a valid 2020 Club membership prior to participating in any coordinated events. You must sign/acknowledge the waivers during the registration process.
	No programs/lessons
	Club will do it's best to mitigate risk, ultimately each player take on his/her own responsibility knowing the risk of public play