

Indoor Tennis for Mt. Lebanon COVID-19 Return to Play Plan

Updated Nov. 18, 2020



Indoor Tennis for Mt. Lebanon is operating under new guidelines to protect the health and safety of our players and staff.

Please read through all the following guidelines before coming to the tennis center. Be aware that these guidelines may change due to changes in response to updates in local, state and federal mandates. Any changes will be communicated to our players through our website www.mtlebanonindoortennis.com, through the email you provide with your subscriber application and on signage outside of each bubble.

For your safety and the safety of others, do not come to the tennis center if:

- **You have been in contact with someone with COVID-19 in the last 14 days**
- **You are exhibiting any symptoms of the coronavirus.** According to the CDC, people with COVID-19 have had a wide range of symptoms reported—ranging from mild symptoms to severe illness. These symptoms may appear 2-14 days after exposure to the virus: fever, cough, shortness of breath or difficulty breathing, chills, repeated shaking with chills, muscle pain, headache, sore throat, new loss of taste or smell.

In addition, if you have traveled to an area where there are high amounts of COVID-19 cases, we ask that you follow the PA Dept of Health recommendation that you stay at home for 14 days upon return to Pennsylvania. The list of COVID-19 hotspots changes frequently. The current list can be found at <https://www.health.pa.gov/topics/disease/coronavirus/Pages/Travelers.aspx>.

Arrival Instructions:

Masks MUST be worn at all times in and around the tennis center. Masks MUST also be worn during play.

If you arrive early, please wait in your car. The Tennis Center office and outdoor patio area are closed off and not available as waiting areas.

Please remember to maintain proper social distancing on walkways as well as during play. Players should not congregate on walkways or at bubble entrances.

Do not enter the bubble until 2 minutes before your assigned time. Only those who are playing tennis are allowed into the bubbles. Parents may escort younger players to their courts.

On Court

Hand sanitizer stations are available on every court. Please use hand sanitizer before and after play. We also suggest the use of sanitizer during play including before serving, at the end of sets and before and after using a towel.

Players should practice good COVID-19 tennis etiquette. The USTA guidelines for playing tennis in the age of COVID-19 are attached. We strongly encourage all players to read and comply with these rules including bringing your own can of marked balls, using your racquet to return balls to other players, not sharing equipment and avoiding handshakes.

Activities that increase the risk of exposure to saliva are not allowed including chewing gum, spitting, licking fingers.

Do not move divider nets, ball carts and court maintenance equipment – these are for employee use only. Score tenders have been removed.

Be prepared to leave your court at the end of your time to minimize contact between groups. It may be helpful to set an alarm on your phone for 10 minutes before the end of your time and be prepared to leave the bubble before the next group enters.

Tennis Center:

The Tennis Center building is closed. If you need access to the pro shop, an employee will assist you through the window.

The water fountain/water bottle filling station and the vending machines are unavailable. Please bring your own water bottle.

First floor restrooms are open. You must wear a mask on your way to/from and while in the restrooms.

We will clean and disinfect high touch areas routinely in accordance with guidelines issued by the Centers for Disease Control and Prevention (CDC).

Signage will be used to inform players of the proper procedures including distancing, masking and other requirements.

Reservations:

Initial subscriber bookings will be paid for by check and mail in applications. Please use our online reservation system (www.yourcourts.com) for walk-on court time. Details on how to use the online reservation system can be found on our website – www.mtlebanonindoortennis.com.

When possible, court times will be assigned in a staggered manner to reduce the number of people entering/exiting once. You must leave your court at your designated time in order to facilitate this.

Lessons/Clinics:

Lessons/Clinics will be limited to 6 participants per court plus the pro. Only those participating in lessons or clinics are allowed into the bubbles. Parents of young children may escort their children to their bubble.

Pros will be responsible for ensuring their players know and follow these guideline as well as any additional guidelines supplied by the Mt. Lebanon Recreation Department. Guidelines will be included with clinic registration information.

While on court and at the tennis facility, teaching staff, lesson and program participants, will remain 6 feet apart.

At the end of every clinic, all balls and teaching equipment will be picked up and properly stored.

Employees

Employees must wear masks when traveling throughout the Tennis Center. Masks must be worn when interacting with players at the tennis center window. Masks are not required when employees are in their workspaces and can maintain proper social distancing.

Employees will be provided access to regular handwashing with soap, hand sanitizer and disinfectant wipes. Masks and gloves will also be provided to employees.

Front desk employees will clean and disinfect the front desk area at the end of their shift. Maintenance employees will regularly clean and disinfect all court maintenance equipment. Gloves and masks will be provided to employees. Employees will periodically check courts to be sure all of the benches, recyclable and trash containers well as equipment and balls are in their proper place.

Indoor Tennis Plan of Action for COVID-19 Related Illness

Point of Contact- Katie Sharon is the person responsible for responding to COVID-19 concerns. You may contact her at 412-897-9242 or by email at indoortennisboard@gmail.com.

Should anyone display COVID-19 symptoms while at the Tennis Center, he/she should be immediately removed from the group, masked if not already and isolated. If the person who is ill is a minor, the parent or guardian will be notified immediately, and they will need to pick up their child as soon as possible. Testing for COVID-19 will be recommended to the person who is ill.

The Allegheny County Health Department will be contacted to get their determination about isolation, quarantine or facility cleaning needs and we will comply with those recommendations.

The person who demonstrates COVID-19 symptoms will be required to have a release from their health provider and the Allegheny County Health Department before they can return to activities.

A communication to our subscribers will occur should a recreation department program participant, employee, instructor, visitor or volunteer be confirmed with COVID-19, and any subsequent adjustments to the Health and Safety Plan would be included in that communication.

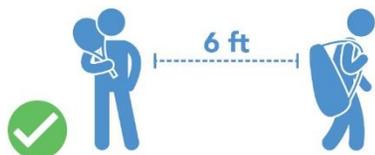
Areas used by a sick person will be closed and not used until they have been cleaned and disinfected (for outdoor areas, this includes surfaces or shared objects in the area, if applicable). Those who have had close contact with a person diagnosed with COVID-19 will be advised to stay home and self-monitor for symptoms, and to follow CDC guidance if symptoms develop.

All rules and policies are subject to change. Failure to follow these instructions will be grounds for revoking tennis privileges.

The novel coronavirus (COVID-19) is extremely contagious, spreading easily through person-to-person contact. Federal and state authorities recommend practicing social distancing as a means to prevent its spread. Even with the precautions we have in place, we are unable to guarantee a participant will not be exposed to a health risk therefore, participation is at your own risk.



WHEN PLAYING, PRACTICE THESE SAFETY GUIDELINES:



Try to stay at least six feet apart from other players.

Do not make physical contact with them (such as shaking hands or a high five).



When playing doubles, coordinate with your partner to maintain physical distancing.



Between points, use your racquet and foot to pick up balls and hit them to your opponent.

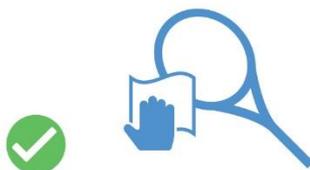
Avoid using your hands also when returning balls to another court.



Wash your hands thoroughly or use a hand sanitizer before, during, and after play.



Maintain physical distancing if changing ends of the court.



Clean and wipe down your equipment, including racquets and water bottles.

Use new balls and a new grip, if possible.



Avoid touching your face after handling a ball, racquet or other equipment.

Wash your hands promptly if you have touched your eyes, nose or mouth.



Use only your own towels and water bottles.

Avoid sharing food and touching common surfaces such as court gates, fences, benches, etc.



Use Four Balls or Six Balls

Although unlikely, it's possible that a tennis ball can transmit the COVID-19 virus, as virtually any hard surface can transmit the disease. So here is an extra precaution you can take to keep safe when playing tennis:

Open two cans of tennis balls that do not share the same number on the ball.

Take one set of numbered balls, and have your playing partner take a set of balls from the other can.

Proceed with play, making sure to pick up your set of numbered balls only. Should a ball with the other number wind up on your side of the court, do not touch the ball with your hands. Use your racquet head or feet to advance the ball to the other side of the court.

To see the USTA's full list of guidelines and recommendations, visit:

[usta.com/playersafety](https://www.usta.com/playersafety)