

PLAYING AT LEVEL 3

**AT LEVEL 3 ACCESS TO COURTS IS ONLY WHEN A STAFF MEMBER IS PRESENT.
OUTSIDE OF THESE TIMES THE COURTS MUST NOT BE ACCESSED**

Before you play

You must stay at home if you:

- Have been in contact with someone with COVID-19 in the last 14 days
- Have been overseas or exposed to someone with COVID-19 in the last 14 days
- Have flu-like symptoms
- Or are in a high risk health category

Attending tennis activities

- Book your court in advance through contactless booking (online or by phone)
- **PLEASE USE THE MINISTRY OF HEALTH QR CODE DISPLAYED ON ENTRANCE TO CLUB AND COURTS**
- **At Alert Level 3, play is only permitted within your bubble.** Players should not arrange to meet anyone outside of their bubble. This means no coaching or social play between members who are not in the same bubble
- Only players should attend – no spectators
- Arrive and leave as close as possible to when you need to be. Do not congregate or stay at the courts after you have finished playing
- Only one parent/guardian should accompany younger children where possible
- Take your own equipment. Do not share equipment with people outside of your bubble
- Shared areas like toilets, clubhouses, changing rooms and water fountains will be closed

Social distancing

Tennis holds a unique advantage as a sport which requires no direct contact between players. Be sure to keep 2 metres away from other people while taking part in any tennis

Behaviours

- To protect against infection, you should:
- Wash/sterilise your hands before and after you play and avoid touching your face while playing
- Do not share water bottles and bring your own full bottle
- Wash your hands frequently with soap and water or hand-sanitiser when available. It is recommended to carry your own hand sanitizer with you
- Cover your coughs and sneezes and dispose of any used tissues immediately
- Avoid touching your face
- Do not attend if you are feeling unwell
- Avoid touching any shared surfaces (gate, net posts, chairs etc). If you do touch anything that is not your own equipment, you must clean these thoroughly before you leave
- Food and drink (other than personal water bottles) are not permitted at tennis venues under Alert Level 3

After play

If you become sick with Covid-19 symptoms within 10 days of playing at the club, it is vital that you inform the main contact at the club.

info@kohimaramatennis.co.nz