

PLAYING AT LEVEL 1

PLEASE USE THE QR CODE OR CONTACT TRACING SHEET PRIOR TO PLAYING

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**
Alternatively a contact tracing form is available as you enter the club.
- Exercise caution with common touch points (e.g. doors and gates)
- **Club kitchen** is open however please ensure this is kept clean and limit gatherings.
- **Bar:** Available for use
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Social distancing

Be sure to keep 1 metre away from those outside your group

Club Play

Club play will run at Level 1

Coaching

Parents please use contact tracing

Behaviours

- To protect against infection, you should:
- Wash/sterilise your hands before and after you play and avoid touching your face while playing
- 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

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

TEL: 027 535 9931