



## TENNIS JAMAICA

### Sporting Recovery Proposal

June 30 2020

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Name of Association: Tennis Jamaica

Name of Sporting discipline: Tennis

Name of President: John Azar

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Name of Executive member 1: Nancy Pinchas

Post currently occupied: General Secretary

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Number of clubs/ groups being governed by association: n/a

Number of coaches being governed by association: 35

#### **\*Names of organisations, clubs & coaches included in the development of this proposal**

<b>Name of organisation (clubs/ other stakeholder)</b>	<b>Identified participant in the process</b>
JUNIOR MEMBERS	
ADULT MEMBERS	
COACHES	

#### BACKGROUND

The National Association for the management of the Sport of Tennis on the island is Tennis Jamaica (TJ). Tennis Jamaica is the governing body for tennis in Jamaica and is sanctioned by the International Tennis Federation (ITF).

The ITF recognizes that the coronavirus has been affecting different parts of the world in different ways and with different timing. Because of that, it will be possible for people to return to playing tennis safely in some cities and states sooner than in others.

At present, stay-at-home or shelter-in-place orders have been lifted or modified in some communities, and some are phasing tennis back in as a safe, or in certain cases, an “essential,” activity.

Because tennis does not require direct person-to-person contact, players can enjoy the many physical and mental benefits that tennis offers so long as they practice physical distancing by keeping six feet apart from other players to ensure a safe exercise environment and follow other safety recommendations included in the Player Tips and Recommendations document that is being distributed along with this Facility and Programming Recommendations.

The safety and well-being of all players and event personnel remains the first and foremost consideration of the ITF and Tennis Jamaica. In all cases, the ITF highly recommends that all players and facilities adhere to the safety guidelines, as well as all local health and safety regulations when returning to play. We have developed guidelines that we circulated to all our registered coaches and members in general that provide guidelines for the safe management of facilities (public and private tennis clubs, homes etc). In addition, we have developed personal safety procedures that ALL players should follow so that the responsibility of ensuring that the protocol recommended by the Ministry of Health as well as the WHO are implemented.

All tournaments, camps and coaches education has been cancelled with the effective COVID-19 protocols introduced early April 2020. The financial impact has been substantial with the cancelation of the ITF Fed Cup and Davis Cup events for which we receive a subsidy.

The Board of Directors of Tennis Jamaica have perused and are in agreement with the proposal contained herein. The protocols for management of facilities and individuals safety guidelines have been circulated extensively (soft copy as well as hoard copied posted as notices) for players, coaches , facility managers and administrators.

## **Returning to Tennis**

Please see the attached protocols that will adhered to and included in this proposal. They have been communicated to all stakeholders, parents, members and coaches via email, and posted in public boards at the National Tennis Centre at the Eric Bell Tennis Facility, 2a Piccadilly Road, Kingston 10.

Signage will be posted on entry to facilities and the sanitation procedures outlined and posted in public. The completion of the attendance register will be a requirement of all attendees as will temperatures checks.

## Facility Management Recommendations

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The Government of Jamaica has **not** issued guidelines with regard to the timing and protocol of the return to Competitive Tennis, however the following guidelines as well as those of local governments and health agencies, facilities and players will be able to make informed decisions as to when play can recommence.

Because tennis does not require direct person-to-person contact, players can enjoy the many physical and mental benefits that tennis offers so long as they practice physical distancing by keeping six feet apart from other players to ensure a safe exercise environment and follow other safety recommendations included in the Player Tips and Recommendations document that is being distributed along with this Facility and Programming Recommendations.

### **ASSESS YOUR SITUATION**

Tennis providers, coaches and facilities across the country are all different and operate in different local contexts. Making an assessment of whether a safe exercise environment can be provided depends on a range of factors, which apply differently at each venue. It is the responsibility of each tennis provider, coach and facility to make that assessment based on their local environment.

As the stay-at-home or shelter-in-place orders have been lifted or modified, then tennis, if played properly, can be a great opportunity to relieve stress, socialize with others and provide much-needed exercise. Of primary importance is taking every precaution to help keep all participants safe.

### **ORGANIZE YOUR TENNIS ACTIVITIES**

- Visible banners with instructions such as- Do not forget to wash your hands, etc as well as the guidelines established by Ministry of Health.
- Activity should always be in line with the Government's advised physical distancing measures (defined by the Centers for Disease Control and Prevention as keeping six feet apart), including when arriving at and departing from a court.
- Limit activities to casual court rental, one-on-one coaching, small groups and private lessons.
- Shorten programs and stagger booking times to create a buffer between sessions.
- Online bookings are recommended, and have participants make payments online. Avoid handling cash.
- Postpone any social gatherings. Do not provide any congregation areas at the court or facility.
- Plan for increased levels of staff and volunteer absences.
- Keep your team and your participants informed of the actions you're taking.

- When not actively playing please adhere to all proper personal protective equipment (PPE) and facemask protocols. Staff should wash hands and/or gloves often and after touching items.
- Capturing accurate information on reservation play sheets when people are making reservations is a must, in case the authorities need to trace who has been onsite.
- Players should come to the facility no more than 10 minutes before the time expected to play.
- Having a parent/guardian present at the facility with juniors under age 18 is highly recommended. When that is not feasible, the parent/guardian must provide written permission for each junior participating in the coaching session and/or when playing with other juniors.

## **PROVIDE A CLEAN ENVIRONMENT**

- Clean all surfaces—such as counters, table tops, doorknobs, bathroom fixtures and toilets—several times a day.
- All common area chairs and tables should be stacked, roped off or removed from the area to prevent congregating and touching.
- All court gates and stair rails should be wrapped with caution tape to discourage touching, or else should be wiped down every hour.
- All gates should be roped off or left open to prevent touching. If the facility has a wide open side entrance to the courts, its use is recommended.
- All score tenders will be taken off the courts to prevent touching.
- Make soap, hand sanitizers or wipes available at all main contact points.
- Regularly remind and encourage everyone, particularly juniors, of the need to wash hands often and adopt the other principles of a good hygiene strategy.
- Display signage about handwashing and hygiene techniques at strategic points such as sinks, eating areas, drinking areas and on the side of the court.
- Limit the use of indoor spaces by keeping all locker room and shower areas closed.

## **ENCOURAGE PHYSICAL DISTANCING**

- People should stay at least six feet apart to maintain physical distancing.
- Players should maintain physical distancing if changing ends of the court.
- Implement ways to minimize contact between participants and staff.
- Recommend that only one parent/guardian accompany younger children to the facility when possible.
- Promote prevention techniques and lead by example. See the “Preparing to Play” section in the Player Tips and Recommendations document for tips on how to protect against infections.

## **COACHING**

- Group coaching should take place only where full physical distancing is possible. Group coaching should be limited to small groups. An exception would be where all participants are family members or are otherwise in one home.
- Teaching professionals should be assigned specific courts—and possibly specific days and times.

- Position the players at well-spaced stations.
- Live ball drills and game-based play is recommended over using baskets.
- Limit the use of coaching equipment such as target cones.
- Don't let the players handle any coaching equipment. The coach should pick up the balls.
- Encourage players to use their racquet/foot to push balls back and/or hit them to their opponent to avoid using hands and touching the balls.

## TENNIS BALLS

- Practice caution with the tennis balls and avoid letting the participants touch them. Although there is no specific evidence that tennis balls can spread COVID-19, we know that contamination by respiratory droplets from an infected person can potentially survive on hard surfaces up to three days.
- Try to restrict balls to a particular group, court or day of the week. One idea is to label them with a permanent marker.
- Replace all balls if someone suspected to have COVID-19 comes in contact with them.
- Consider spraying tennis balls briefly with a disinfectant spray (e.g., Lysol or Clorox) at the conclusion of play. Using new balls on a very regular basis is highly encouraged.
- For private lessons that feature serving, have customers bring two cans of balls that only they handle for serving.

## TENNIS EQUIPMENT

- Tennis equipment should be touched only by the pro/coach and should be cleaned frequently. Use alcohol-based disinfectant to clean all tennis gear, including racquets, towels, target cones, ball machines, etc.
- Teaching pros should have their own marked hoppers and teaching charts to avoid sharing with other pros.
- Using a ball machine is a great option for giving lessons, as it avoids having people touch the balls. Using ball tubes and basket pickups to pick up loose balls after a ball machine rotation also limits contact.

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## Return to Tennis – PLAYER TIPS & RECOMMENDATIONS

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Government measures have priority over these guidelines. Tennis is one of the sports in which social distancing can be maintained. It is possible that Tennis is one of the first sports to be allowed to return. PDF of Flier circulated to all players attached.

NANCY PINCHAS & JOHN AZAR of Tennis Jamaica have received the Sport Recovery Plan Proposal for the Tennis on 30 June 2020. We commit to comply with the protocols and any additional resources that will ensure the health and safety of all adults and children involved in sports.



**John Azar**  
**President**



**Nancy Pinchas**  
**Honorary Secretary**