

## **Augusta Health Fitness May 18<sup>th</sup> Covid -19 Phase 1 Re-Start Guidelines for Playing Tennis**

### **Fast Facts**

- Available to Universal Members only,
- Limited access to outdoor clay tennis courts only (no building access at all),
- “Pay to Play” (your membership remains on Covid-19 suspension with no charge),
- No on-line reservations (call in only),
- All players MUST complete required Covid-19 screening when arriving to play (refuse to screen or fail screening and you will be asked to leave),
- All players must follow all listed guidelines,
- Follow Augusta Health Fitness on Facebook for the most up to date information on our operations,

### **Available Playing Times**

- Available Monday – Friday outdoor court times:
  - 8:30 AM to 10 AM
  - 10:30 AM to 12 PM
  - 4 PM to 5:30 PM
  - 6 PM to 7:30 PM
- Available Saturday outdoor court times:
  - 7:30 AM to 9 AM
  - 9:30 AM to 11 AM
  - 11:30 AM to 1 PM

### **Fees**

- Singles play, \$10 per player/per time played
- Doubles play, \$5 per player/per time played
- To avoid any unnecessary in person contact, all fees will be charged to your credit card on file with your membership at the conclusion of your reservation. If you do not have a credit card on file (or need to update it), please call Membership Services at 540-332-5843 between 9 am and 3 PM to complete this process.

### **Reserving a Court**

- Please call 540-332-5280 from 9 AM – 10:30 AM between Mondays and Fridays to schedule your court reservation. Leave a clear message with your contact information if your call goes to voicemail (you will be called back ASAP).
- A reservation may be made no more than 7 days in advance.
- A reservation will require the names of all the players that will be playing.
- Reservations will be limited to only 1 reservation in your name from Monday – Saturday. Once you have played out your scheduled reservation, you may schedule a new reservation within that Monday – Saturday time frame. You may be listed as a player on another player’s reservation.
- You may not schedule a reservation in someone else’s name.
- Please make sure you call 540-332-5280 to cancel any court that you decide not to use. Players not canceling a court reservation and no-showing will still have to pay the appropriate fee.
- In the event the courts are not playable due to inclement weather, we will notify the reservation holder.

## **Before You Play**

- You will not have access to our building at this time which means there will be no restroom facilities available. We know this is a big inconvenience but these are the guidelines we have at this time. Please plan accordingly before you arrive.
- Be aware that you will be Covid -19 screened (temperature check and screening questions) when you check-in each time you play. Not passing or declining the screening means that we will ask you to leave campus immediately.
- You will be required to hand sanitize (sanitizer supplied by us) when checking-in.
- The USTA Medical Advisory Group highly recommends players ease their way back into play. Given the layoff from playing, players will be more susceptible to under-training, over-use and other injuries. Please don't overdo it when you return to play.
- Try to arrange to play only with family members or others who live in your household or with individuals who are considered to be low risk.
- Do not come to the facility if you:
  - Are exhibiting any symptoms of the coronavirus: mild to severe respiratory illness with fever, cough and difficulty breathing, or other symptoms identified by the CDC.
  - Have been in contact with someone with COVID-19 in the last 14 days.
  - Are a vulnerable elderly individual and/or an individual with serious underlying health conditions, including high blood pressure, chronic lung disease, diabetes, obesity, asthma and those whose immune system is compromised such as by chemotherapy for cancer and other conditions requiring such therapy.

## **Preparing to Play**

- Wash your hands with a disinfectant soap and water (for 20 seconds or longer), or use a hand sanitizer if soap and water are not readily available, before going to the court.
- Clean and wipe down your equipment, including racquets and water bottles.
- Do not share racquets or any other equipment such as wristbands, grips, hats and towels.
- Bring a full water bottle (we will not be providing water on court).
- Use new balls and a new grip, if possible.
- Consider taking extra precautions such as wearing gloves.
- If you need to sneeze or cough, do so into a tissue (bring your own) or upper sleeve.
- Avoid touching facility fixtures when you arrive.

## **Facility Arrival**

- Do not arrive more than 10 minutes before you scheduled playing time.
- Park in our back parking lot (clay court side of our building).
- It is recommended that you wear your own mask until you have cleared screening and arrive at your court.
- Come to the glass door back entrance of the building for screening and check-in.
- Please adhere to the social distancing spacing marks on the ground.
- After completing pre-screen and check-in, proceed directly to your assigned court avoiding close contact with anyone you may encounter on the way.
- If you need to secure tennis playing gear from a rented locker prior to your first time at our facility to play, please contact Coach Chad at [creed@augustahealth.com](mailto:creed@augustahealth.com) or 540-332-5280 at least 36 hours before you play to schedule securing you items. Be sure to request

all needed gear from the locker as you will not be allowed to re-store items in your locker.

### **When Playing**

- Stay at least 10 feet apart from other players. Do not make physical contact with them (such as shaking hands or a high five).
- Court benches/seating will not be available.
- You should consider not playing doubles, which could lead to incidental contact and unwanted proximity. If you do play doubles, avoid all incidental contact, no high fives whispering to each other from a close distance to strategize.
- Avoid touching your face after handling a ball, racquet or other equipment. Wash/sanitize your hands promptly if you have touched your eyes, nose or mouth.
- Avoid sharing food, drinks or towels.
- Use your racquet/foot to pick up balls and hit them to your opponent. Avoid using your hands to pick up the balls.
- Change ends of the court at opposite ends of the net and avoid close socializing on the changeovers.
- If a ball from another court comes to you, send it back with a kick or with your racquet.
- Scorekeepers will not be available.
- Use multiple cans of balls for play. 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 (singles) or four (doubles) cans of tennis balls that do not share the same number on the ball, or mark balls with a marker if they have the same number.
  - Take one set of numbered/marked balls, and have your playing partner(s) take a separate set of balls.
  - Proceed with play, making sure to pick up your set of numbered/marked balls only. Should a ball with the other number/mark 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.

### **After Playing**

- Leave the court promptly at the end of your reservation.
- Do not groom the court.
- No extra-curricular or social activity should take place.
- No congregation after playing.
- Wash your hands thoroughly or use a hand sanitizer after coming off the court.
- All players should leave the facility immediately after play.

### **Private Coaching**

- Private Coaching (members only at this time) will be available with Coach Chad, Coach Greg, and/or Coach Freddie. Please reach out to your coach for rates and scheduling.
  - Coach Chad at [creed@augustahealth.com](mailto:creed@augustahealth.com)
  - Coach Greg at [gallen@augustahealth.com](mailto:gallen@augustahealth.com)
  - Coach Freddie at [FR4600519@augustahealth.com](mailto:FR4600519@augustahealth.com)