



## Safety concept TC Cham



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COVID-19 contact:

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## 1. Overall rules and regulations

### 1.1. Covid-19 contact person

#### Measures

Martin Mengis is the responsible COVID-19 contact person for the TC Cham. He can be reached as follows: Feldpark 16, 6300 Zug, [martin.mengis@tennisclubcham.ch](mailto:martin.mengis@tennisclubcham.ch), 079 512 65 80

### 1.2. Hygiene and cleaning

#### Measures

The two WC's and all door handles will be cleaned daily in dry weather periods.

The garbage bins will be removed.

The system for drinking/tap water was recently cleaned and rinsed.

The metal gates to the courts will be left open to minimize unnecessary touch.

We recommend to bring gloves for the use of the brooms needed to clean the courts after the matches.

### 1.3. Social Distancing

#### Measures

Only one person is allowed on the premises per 10 square meters. The distance of two meters between two or more people must be adhered to at all times.

The courts can only be used by registered members and students of the Tennis teachers. Guests are not allowed at this stage. Reservations are mandatory.

Also during breaks, when changing sides and whilst sitting on the benches the distance of 2 meters between members must be adhered to.

Games and matches with non-members are forbidden at this stage.

It is recommended to play singles as it is difficult to adhere to the distance rule when playing doubles.

### 1.4. Group sizes & general utilization of the premises

#### Measures

Groups with more than 5 people are not allowed.

The courts, the ball wall and the toilets can be used. The changing rooms and the upstairs of the club house will remain closed.

The opening of the upstairs of the club house will be evaluated in the end of Mai.

### 1.5. Protocol & tracing (Contact Tracing)

#### Measures

In order to be able to trace any potential chain of infection, reservations are mandatory.

### 1.6. Vulnerable people and people with symptoms

#### Measures

Court 1 will be reserved for members +65 Mondays and Thursdays from 8-12am.

People with symptoms and not feeling well shall not enter the premises.

## 1.7. Duty for information

Measures
The safety concept was sent to all members on May, 5 <sup>th</sup> 2020 via e-mail and will be uploaded to the website accordingly.
The leaflet from the national health authorities and the one provided from Swiss Tennis «So schützen wir uns» were hung up at the entrance of the clubhouse.

## 2. Measures Tennis players

### 2.1 Adhere to the safety measures

Measures
With the reservation in the online reservation system the members accepts and adheres to all safety measures mentioned in this paper.
Parents are responsible to teach and educate their children accordingly and to make sure their children are following the measures.

### 2.2 Hygiene and cleaning

Measures
It is mandatory to wash hands before and after the matches/trainings.
The traditional "shake hands" is not allowed.
Garbage has to be disposed at home.
The players bring their own tennis balls. It is recommended to use new balls for every match/training. Additionally one player should only use his/her marked balls. Balls from other players can be kicked to the other player with the foot or hit with the racket only.
It is recommended to bring hand sanitizer and to disinfect hands before and after the match.

### 2.3 Reservation and duration of stay

Measures
Reservations are mandatory.
Members are allowed to enter the premises 5min before the match and must leave 5min after the match.

### 2.4 Social Distancing

Measures
The social distancing rule of 10 square meters per person and the distance between players of 2 meters must be adhered to at all times. Body contact is not allowed.
Swiss Tennis recommends not to use public transportation to come to the club.

### 3. Measures Tennis training with coach

#### 3.1. Responsibility

##### Measures

The coaches are responsible for members and Tennis students to follow all safety rules defined in this paper.

#### 3.2. Social Distancing and size of groups

##### Measures

The rules concerning the 10 square meters per person and the distance of two meters between people are also mandatory for the Tennis classes.

A maximum of 5 people (incl. Tennis coach) are allowed per court. Classes with more than 2 players and one coach need the permission of the clubs president. Accompanying people such as parents are not allowed to access the premises.

Swiss Tennis recommends to only hold private classes and trainings. Group trainings should generally be avoided. Especially for people +65.

If group classes are being held, these should be held in circuit training style. Doubles trainings should not be executed.

#### 3.3. Following the rules of hygiene

##### Measures

The coaches will strictly follow the measures of hygiene and will supply their clients with hand sanitizer and disinfectant.

The handles of the ball baskets will be disinfected on a regular basis.

#### 3.4. Scheduled trainings

##### Measures

Trainings and classes need to be scheduled and reserved accordingly in the reservation system. Coaches need to save all of their clients contact data

#### 3.5. Information clients

##### Measures

Clients and students of the coaches need to be informed about the details of this safety concept and shall inform accordingly.

End:

This paper was produced by the board of the Tennis club Cham on May, 2<sup>nd</sup> 2020 and was sent to all members accordingly.

COVID-19 contact, date and signature: \_\_\_\_\_