

# **GRT Tennis - COVID-19 Safety Guidelines**

## **All Participants must abide by the COVID-19 Safety Guidelines in order to participate.**

COVID-19 affects different people in different ways. Infected people have had a wide range of symptoms reported – from mild symptoms to severe illness.

- Children should stay home if they show any symptoms of COVID-19 or have been exposed to anyone showing symptoms of COVID-19. Please be respectful of everyone around you and give us notice and stay home, if you have any health concerns. Be Safe!

**Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms may have COVID-19:**

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

**Look for emergency warning signs for COVID-19. If someone is showing any of these signs, seek emergency medical care immediately:**

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

## **BEFORE EACH DAY OF CAMP:**

**Please pre-screen yourself, your children and any family members by taking your temperature to check for a fever. PLEASE PLAN TO STAY HOME AND Email or Call Coach Justin to let us know if you are showing any symptoms or have been exposed to anyone showing symptoms of COVID-19. Possible symptoms including fever are listed above.**

**Contact info: [coachj@grttennis.com](mailto:coachj@grttennis.com) (408)644-6544**

## **REFUNDS WILL BE GIVEN TO ANYONE STAYING HOME TO AVOID INFECTING OTHERS!**

- Only healthy children will be permitted to participate and enter the courts.
- Please pre-screen your child by taking their temperature to check for a fever.
- Parent must list any allergies their child has when registering them to play so that this info will be noted on the roster for the coaches. Allergies can cause runny noses and sneezing (which are may be misinterpreted as a symptoms of COVID-19).
- Parents, Siblings, Care-Givers and Guardians are NOT permitted on the tennis courts before, during or after camp. All aforementioned persons may stay along the back fence or outside of the courts all while maintaining social distance.
  - Only coaches and registered children are permitted on the tennis courts during camp.
  - If parents want to stay and watch, they may sit outside of the courts or in their car and maintain social distancing at all times.
  - It is recommended that coaches, parents and children should wear facial masks when entering and leaving the courts unless fully vaccinated, although students do not need to wear them while playing tennis on the courts.
- It is recommended for students to wear gloves to class for the entire time they are at the camp site. We recommend baseball, racquetball, golf or football gloves.
- Please make sure your child uses the restroom before coming to camp to limit the number of bathroom breaks.

## **DURING Camp:**

- Children do not need to wear a mask while playing tennis. Although it is recommended.
- Members of separate households or living units must remain at least six feet apart at all times.
- Each coach will instruct their group on their court and remain separate from the other groups.
- Each participant should bring their own water bottles which are clearly marked and avoid touching or using public water fountains. Refills will not be permitted, so please bring enough water for the day.

- Bring tissues or a handkerchief for contained sneezing and coughing if students have allergies.
- Students will be urged to adhere to CDC guidelines by not touching their face (after handling a ball or racket).
- Each participant should bring their own hand-sanitizer and have it clearly marked. There will be some on site that only the coach can dispense. Each student must sanitize or wash hands **before and after** each day at camp.
- Participants should set up their belongings along the side of the court in between each court, so that they are spaced out 6' apart during water breaks.
- Participants should not share items including: hand-sanitizer, water bottles, sun screen, gloves, rackets or towels.

### **WHEN CAMP HAS ENDED:**

- Parents wait outside or along back fence to pick up their child after camp has ended.
- It is recommended that parents and children should all wear masks during pick-up unless fully vaccinated.
- Limit your distance to six feet or more to other parents and players.
- Everyone is responsible for disinfecting their own equipment.
- Clean and wipe down rackets, racket bags and water bottles each day. Do not share equipment with others.
- Wash hands or use hand sanitizer after camp.
- Wash your hands & your clothes and gloves when you get home.

Please always be respectful of others and err on the side of caution.

The health and well being of our coaches and families is our main priority.

Please email [coachj@grttennis.com](mailto:coachj@grttennis.com) OR Call Coach Justin @ [\(408\)644-6544](tel:(408)644-6544) immediately if you are aware of anyone who is **NOT** following all of these safety guidelines.