



RETURN TO PLAY RECOMMENDATIONS – WHEELCHAIR TENNIS

At this time BC Wheelchair Sports Association is not funding/endorsing/sanctioning any organized sport activities. All activities are on hold subject to the development of board approved guidelines based on the [viaSport Return to Sport Guidelines](#). All future updates will be posted on the BCWSA website on the [COVID-19 and Return to Sport Page](#).

*The following recommendations have been compiled to assist Wheelchair Tennis players in making a safe return to **independent, recreational play in their home community**. They have been compiled from recommendations published by the International Tennis Federation, Tennis Canada and Tennis BC as well as Provincial and Municipal Health Authorities. They are the currently understood best practices for participation in tennis for the **general population**. **Individuals living with a disability MAY be at greater risk of negative health outcomes related to COVID-19**. It is the responsibility of all participants to assess their own unique health risks and the safety/preparedness of their local tennis club when considering returning to play.*

BEFORE YOU PLAY

- Make sure that your city or region allows tennis play based on the government authorities' criteria for the progressive lifting of confinement measures and that your municipality permits the use of tennis courts.
- Play only with family members, persons living in your household, individuals within your bubble or individuals considered to be low risk.
 - Wherever possible players are encouraged to play with the same people each time.
- **DO NOT PLAY** if you or your playing partner:
 - **Exhibit any symptoms of a cold, flu, or COVID-19 including a sneezing, runny nose, sore throat, fatigue, fever, chills, new or worsening cough, shortness of breath, sore throat and new muscle aches or headache.**
 - Have had any of the above symptoms **in the last 10 days**.
 - **Individuals experiencing a fever, new cough, or difficulty breathing or anyone who is concerned they may have COVID-19 should call 8-1-1 to talk to a nurse at HealthLinkBC to get advice about how you are feeling and what to do next.**
 - Are under the direction of the provincial health officer to self-isolate
 - Have travelled outside of Canada in the last 14 days
 - Have been in contact with someone with COVID-19 in the last 14 days.
- **Any player with a medical condition which may elevate the risk of serious COVID-19 symptoms is encouraged to consult their medical professional before beginning participation.**

PREPARING TO PLAY

- Protect yourself against infections:
 - Wash your hands with disinfectant soap and water for at least 20 seconds before going to a tennis court.
 - Bring hand sanitizer.
 - Clean your equipment including your racquet, chair and water bottles.
 - Do not share equipment with your playing partner.
 - Make sure you have enough water before leaving the house to avoid having to touch a tap or water fountain handle.
 - If you cough or sneeze, do so in a tissue or in your sleeve.
 - Avoid touching door handles, gates, benches and all other objects where the virus could survive. If you touch something, make sure to wash your hands and disinfect the surface you have touched.
- There should be no sharing of equipment.
 - Players who rent chairs, rackets etc. will be assigned individual equipment for the duration of the pandemic.
 - All necessary equipment should be brought to the facility and taken home again by the player.
 - Players should bring their own water bottles and food instead of relying on public facilities.
- Players are encouraged to sanitize their racquet and any other equipment on a frequent basis including before and immediately after playing.
 - Although some clubs may provide sanitizing supplies players are encouraged to bring their own to avoid having to touch communal items.
- Players should arrive at the venue close to their allotted starting time dressed to play and should leave immediately after.
 - Players who arrive early should wait in their car, not in the clubhouse.
 - Players who need to transfer from a day chair to sport chair should do so outside of the courts whenever possible to limit the possibility of an opponent's ball striking their chair during play.
- At this time, players needing assistance with transfers or taping should get it from a member of their household/bubble and not from coaches or other participants.

WHILE PLAYING

- As much as possible, keep a 2-metre distance with other players. To respect this measure, at this time only singles play is encouraged.
- Handshakes and high fives are discouraged. Players may choose to touch racquets (while maintaining physical distancing of 2 metres) although limiting all contact is recommended.

- Avoid touching your face after manipulating a ball, racquet or when you hit the ball to another player.
- Stay on your side of the court. Changeovers should be avoided at this time.
- Players should use their own set of new balls and should clearly identify their balls with a marker.
- Players should only touch their own balls and should return their opponents balls with their racquet.

AFTER PLAYING

- Wash your hands carefully with water and disinfectant soap or with hand sanitizer.
- Do not use locker rooms or changing areas.
- Leave the court immediately after you finish playing.

RESOURCES

SPORT AND RECREATION RESOURCES

viaSport Return to Sport Guidelines for BC:

<https://www.viasport.ca/sites/default/files/ReturntoSportGuidelines.pdf>

BCRPA Sector Guidelines for Restarting Operations: <https://www.bcrpa.bc.ca/covidguideline>

BCWSA COVID-19 and Return to Sport Resources:

<https://www.bcwheelchairsports.com/resources/covid-19-and-return-sport>

PROVINCE OF BRITISH COLUMBIA

B.C.'s Restart Plan: https://www.scribd.com/document/460236402/B-C-s-Restart-Plan-Next-Steps-toMove-Through-the-Pandemic#fullscreen&from_embed

PHO Orders: <https://www2.gov.bc.ca/gov/content/health/about-bc-s-health-care-system/office-of-the-provincial-health-officer/current-health-topics/covid-19-novel-coronavirus>

REGIONAL HEALTH AUTHORITIES

Fraser Health: <https://www.fraserhealth.ca/>

Interior Health: <https://www.interiorhealth.ca/Pages/default.aspx>

Island Health: <https://www.islandhealth.ca/>

Northern Health: <https://www.northernhealth.ca/>

Vancouver Coastal Health: <http://www.vch.ca/>

HEALTH RESOURCES

COVID-19 (B.C.) Provincial Support:

<https://www2.gov.bc.ca/gov/content/safety/emergencypreparedness-response-recovery/covid-19-provincial-support>

BC COVID-19 Self-Assessment Tool: <https://bc.thrive.health/covid19/en>

Health Canada Handwashing Guidelines:

<https://www.canada.ca/content/dam/phacaspc/documents/services/diseases-maladies/reduce-spread-covid-19-wash-your-hands/enghandwashing.pdf>

Hand Hygiene for People with Spinal Cord Injury: <https://sci-can.ca/resource/preventing-covid-19-hand-hygiene-people-spinal-cord-injury>