

# WELCOME TO THE MONKLAND TENNIS CLUB



## COVID-19 GUIDELINES FOR CONTINUED PLAY

The Government and public health authorities of Québec have lifted restrictions to allow outdoor sporting non-contact activities to start and operate. The Club is thrilled to hear that the Quebec Government has given the go-ahead to open our courts. With that in mind, there are a set of rules and restrictions that need to be followed so that we can enjoy this time spent outside at our Club in the best and safest manner possible. The most important action the entire Monkland tennis club community can take to fight the COVID-19 pandemic is to fully comply with directives issued by Government and public health officials. The approach that the Government has taken is a gradual return to physical activity and our club will follow this same approach.

There are many benefits that come with the sport of tennis that include both our physical & mental health. We all want to get back to our normal habits but our new reality demands us to continue to mitigate the risks of spreading COVID-19 for ourselves and for our co-members. The Government has allowed us to return to

playing tennis because it can be played with minimal player to player contact. To maintain a safe environment at the club, we must all continue to maintain a minimum of 2 meters social distancing at all times and follow the new set of rules and adjustments the club has set out below.

It is important to note at the beginning that **there is no way to fully remove all risks** and as a club we will do our best to reduce those risks to a minimum. Additionally, it is vital to understand that we all play a role in reducing these risks collectively.

### **Phase 1 Opening**

The member experience will not be the same as usual and this must be kept in mind as we move forward. We will try and provide as best of a tennis experience as possible while keeping our members and staff safe. We will also keep an open mind as the current situation evolves. In order to ensure safe participation, the following rules, procedures and protocols will be enforced:

### **\*\*\*What is Accessible\*\*\***

#### ***TENNIS:***

**Phase 1 includes Tennis Courts, and Tennis Courts ONLY.** Members looking to play must reserve a court in advance either with our new online booking system (details below) or by phoning the Club at 514-481-1169. Members must also be aware of all safety protocols outlined further down in this document and abide by all the rules in place.

The Club asks that you do not come to the Club to play if you, your playing partner or anyone that you are in close contact with exhibits or exhibited in the last 7 days any Coronavirus symptoms including:

- Fever > 38.0C
- Any Cough
- Difficulty breathing or shortness of breath
- Chest tightness
- Sore throat

- Diarrhea or stomach pains
- Loss of taste or smell
- Any other symptoms identified by health experts
- If you have been in contact with someone with COVID-19 in the last 14 days (except if you work with appropriate personal protective equipment).

The Club reminds you, for your own health, that if you are considered vulnerable or at risk (Immunosuppressed persons, individuals suffering from serious health problems, notably high blood pressure, pulmonary diseases, diabetes, obesity and asthma) it is recommended not to expose yourself to potential risks of being in contact with the virus.

### **WASHROOM:**

We ask that all MTC members **use the facilities at home** before arriving at the Club to play tennis. In case of an unforeseen emergency, there will be **limited access to 1 toilet** in the Clubhouse. Both men and women will be asked to use the women's locker room entrance from outside and will use the ladies' facilities. There will be one stall for women, one stall for men. Members will need to notify a court attendant when heading to the washroom. The door will be unlocked to allow access and the member is asked to refrain from touching any unnecessary surfaces with their hands in the bathroom (and anywhere to and from). When you are done, please clean the surfaces that you have touched and wash your hands before returning upstairs. The washroom will be cleaned and disinfected by a staff member after each usage. 1 person at a time.

### **\*\*\*What is Not Accessible\*\*\***

#### ***Pro Shop:***

The Club is excited to have Tennis Giant as our Pro Shop provider and tenant this season. Due to the current situation with COVID-19, Tennis Giant cannot offer a physical pro shop on-site or racket stringing. We will inform you once they are able to open up at MTC and for all of your tennis equipment and needs, please visit their website today for great deals and free 5-day shipping within Canada: <https://tennisgiant.com/>

*The Clubhouse, Bar, Kitchen, Locker Rooms, Upper Deck Area, Swimming Pool:*

These facilities and services will remain closed until the Government health restrictions allow us to consider re-initiating the non-tennis elements of our Club.

*Lessons, Tournaments, Round Robins, Junior Clinics, Group Activities:*

These offerings will also be put on hold during Phase 1.

*Hitting Wall:*

This will be put on hold during Phase 1.

*East Beach (Grass lounging area behind the pool):*

This will be put on hold during Phase 1.

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**Club Access**

It is important to note that only members with court reservations are allowed to enter the Club for Phase 1. No guests, spectators, or walk-ins will be permitted on the grounds.

Players are asked to arrive 5 minutes before their tennis court time begins and **MUST** leave the Club as soon as their tennis is completed.

This is very important as the flow of people in and out of the club is a moment of risk because with more people hanging around, it is more difficult to respect the 2 meters apart distancing rule.

There will be a club employee at the front to check you in, go over a health questionnaire, collect waiver forms and make sure everyone washes their hands.

Players must bring their signed waiver form the first time they play this season. If members show up without one, they will need to sign one at the gate before entering the first time. Find the waiver here.

There will also be advisory messages posted outside the club to be read and reviewed

before entering.

### **Advanced Court-Booking**

The Club is looking to avoid any gatherings of people on the grounds. In order to achieve this, we are enforcing a reservation system to book a court. We are introducing “Balle Jaune” this season, your online gateway to booking courts at the Club. Details can be found below. You can also phone the club at your convenience to complete a court booking at 514-481-1169.

*Courts Available: All of our courts are available for play, however only 6 will be on offer until June 4th.*

*Singles Tennis ONLY:* Members can play singles only during Phase 1.

*Members ONLY:* MTC Members only will be allowed to book a court and play.

*Time Allotted:* Court bookings will be for a **50-minute playing period.**

The 50-minute playing time will allow for an additional **10-minute period afterwards** for players to safely leave their court (and the Club) before the next set of players arrive on the Club grounds. Players are required to leave their court and the Club grounds at the designated end time of their session to minimize interaction and allow for a smooth and safe transition. If this is not done, warnings will be sent out as this a key feature in reducing our risks of contact. There should be no waiting around to talk to others at the club. The 10-minute open period will also allow staff members to do **cleaning and disinfecting** of the tennis net and posts as required, before the next group arrives on court.

Courts can be played on Monday to Friday from 7am-11pm, Saturday and Sunday from 7am-9pm ( with the except of Saturday May 30th as courts will be opening at noon).

**Bookings** can be made for tennis reservations between **8am and 10pm by phone and/ or online on weekdays and between 8am and 8pm on weekends.** As the number of players is limited, in fairness to all members, a member is permitted to have their name on only 1 court reservation each day during Phase 1. One exception to this rule: If a court is still available (unreserved) 2 hours before a court-time slot, a member who had already played previously that day or who has a future court booked can

confirm a second “last-minute” reservation. Our interest is to try and fairly allow access to all members who wish to play AND to ensure that all open courts are used as much as possible.

Bookings can be made for the same day or the next day.

**ONLINE BOOKING:** To create your own Login Profile, please visit: <https://ballejaune.com/inscription/monklandtennisclub>

Once you have finished the registration process, please visit this site moving forward to make any and all court reservations online: <https://ballejaune.com/club/monklandtennisclub>

Here is a [video tutorial](#) on how to start booking your court online.

**NO “walk-ins” for tennis will be permitted (you must have a court reservation). DO NOT COME TO THE CLUB WITHOUT A RESERVATION.**

Junior Tennis: Junior members aged 12 years and older can play together. 11 years and younger need to play with an adult.

***Court Cancellation:*** In the case that you need to cancel your court booking, you have up to 30 minutes prior to your start time. Forgetting to cancel your court or not showing up for your booking will result in a first-time warning. In the case of a second time, members will have reduced booking privileges moving forward.

### **PLEASE NOTE**

**Before completing a phone or online booking, please review the Club’s screening questionnaire found below and see if you have any concerns about personal symptoms or if you have come in contact with any ill persons or confirmed COVID-19 cases. Your travel history is also important and we ask that you take your own health as well the rest of our members into consideration.**

**If you do recognize that you are suffering from any symptoms or increased health risks, please withhold from booking a court and consider seeking medical attention as per public health guidelines by calling 811.**

## **Procedure before entering MTC**

As mentioned above, if you have any coronavirus symptoms or cold-like symptoms (see accompanying screening questions) regardless of how minor they may seem, please cancel your court reservation and **STAY HOME**.

Players must arrive **5 minutes prior to the starting time** of their court reservation. We ask that you either wait in your car if you come earlier or hold back on Royal Avenue if walking/biking.

**A player must arrive with their signed waiver upon first time entry. The club will also be providing waivers at the entrance.**

**A player must arrive at the Club wearing their tennis clothes** (as the Locker Rooms will be closed).

**Reusable masks are strongly suggested** (but not mandatory) especially when circulating the Club grounds to and from your designated tennis court. As per current health care directives, masks are only required if 2-meter social distancing can not be maintained.

While **hand sanitizer** will be available at various key areas of the club grounds / tennis courts, please bring **some of your own sanitizer** to disinfect your hands before and after play and avoid touching your face.

Please **bring your own filled water bottle** from home as there will be no water or glasses available at the Club.

Please **bring your own towel** from home as the Club will not provide them.

**Always observe physical distancing of at least 2 meters** between yourself and any other players or staff when interacting anywhere on the Club grounds or on the court.

**Avoid using or touching any surface** (e.g. stair railings, tables, chairs, gates, tennis net, net posts, door handles, door frames).

**Please bring your own tennis balls** as the Club will not be selling during Phase 1. Players from the same household only need 1 new can, players from different

households need 2 cans. Each new can should be used to up to 4 sessions and then replaced with new ones. When using 2 cans, before coming please mark down your initials on your own 3 balls, same goes for your playing partner. If not done previously, the Club will have sanitized markers on site for your use. You should only serve/start a rally with your own balls.

**No Chairs and Tables.** In order to reduce the number of touchable surfaces, there will be no chairs, benches or tables put out around the courts or the premises. There will be however two designated chairs near the handwashing station kept at the proper distance for people needing to change their shoes or tie their laces. These chairs will be cleaned and disinfected by MTC Staff after each use. We ask that you refrain from sitting on any steps for any reasons.

### **Procedure when entering the Club**

- 1) Players will enter the Club from the gate located at the driveway/single parking spot on Royal Avenue, closest to the LCC field. **No access will be allowed through the front doors of the Club.**
- 2) Each member will submit their liability waiver (first-time playing only) to an MTC staff member and confirm they have a court reservation upon entering the gate.
- 3) Members will then advance further into the club following floor markers until arriving at the next staff member. Each member will be put through a health questionnaire which we thank you again for being honest and patient about when answering. The Club will have you sanitize your hands before and after leaving the club as well.

### **Entering Your Court**

In front of each court entrance, there will be a hand sanitizer. Please use as you enter the court and as you exit the court. The gate to your court will be open and so there will be no need to touch it with your hands. Always keep a minimum distance of 2 meters (6 feet) from those on your court and other courts. Head to a different end of the tennis net where you can place your towel/bag/personal items. Please do not place anything on top of the net or lean any items on the net. There will be a small garbage bin on each court for any garbage or tissues you have. We ask that each

person pick their respective side of the court and then stay on that side of the court for the remainder of the session.

### Managing Your Tennis Balls

When playing tennis, please be aware of these safety rules and procedures:

Partners from the same household, only 1 new can needed. Different households, use 2 new cans and mark down initials with marker. Each person should only pick up his/her initialized set of three balls., whether that is to serve or feed in the ball to start a point or rally. Players should never handle tennis balls without their own marking on it. When sending your partner's tennis balls back to their side (or balls from another court), please use your foot or your racket to send them over.

### Attitude and Sportsmanship

This being an uneasy time for many, we ask that tempers remain low on the tennis courts at all times. That being said, we are looking for that famous MTC camaraderie and positive encouragement but without the usual "high-fives". A "thumbs-up" or virtual "high-fives" are definitely allowed!

### Leaving MTC

At the end of your court-time, please **stop playing** and quickly prepare to safely leave the court and the Club grounds. This will help to reduce the number of people on-site.

You may consider **disinfecting your racquet** frame and grip prior to placing your racquet back into your tennis bag.

Please immediately **wash your hands** with personal sanitizer or pack up your things and sanitize with Club dispenser found at each gate entrance to courts. Make sure to leave the door open as you leave the court and walk directly towards the exit which can be found through the same gate you entered through. Follow markers to head on out and please thoroughly wash your hands as soon as you arrive home.

## **Member Health and Safety**

MTC Management, Board of Directors, and Employees will be on-site making sure that all protocols are being enforced and followed by Club Members. Please do not try and self-police each other. If there are any concerns please simply notify a staff in the aim of maintaining a safe and respectful playing area.

**If at any time after playing tennis at MTC you develop any of the symptoms mentioned above, we ask that you immediately contact Zach our Club Manager at 514-481-1169. We will then put you in touch with our Volunteer Club Doctor during this pandemic, Dr. Moroz, who will be able to advise you and maintain confidentiality. This is in the spirit of providing the best standard of contact tracing and warning members about possible exposures.**

## **Employee Health and Safety**

Each person on staff will go through daily health checks to make sure they are safe to be on-site. Health and wellness training will be given to each staff member to make sure correct protocols are being followed. Staff will be required to wash their hands while entering and exiting the Club, as well as after each interaction with members. The Club will create a facility “touch-map” of the common high-traffic areas with a highlighted cleaning and disinfecting strategy to put in place ensuring certain areas are thoroughly cleaned.

## **Court Maintenance**

MTC prides itself on offering our members well-maintained and manicured tennis courts. In an effort to keep the courts at a high-level, maintenance will be done each morning , in the afternoon, and then at closing.

*\*\*\*All changes and variations are subject to Board and Manager approval\*\*\**

## **Member and Employee Responsibility**

MTC wants to re-iterate how excited we are to welcome our members back onto the tennis courts. It's been too many months away from the outdoor game that we all

love and we are ecstatic to see you sooner than later. The best way to enjoy our sport right now in a healthy manner is to follow the safety protocols that the Club has put in place, and so we ask that you thoroughly review the guidelines mentioned above. Please come to the Club if, and only if, you have made a reservation in advance, are feeling healthy, and have answered the questionnaire correctly.

The current health pandemic is a tricky and sensitive reality, one that is changing often and quickly, and so the Club thanks you in advance for your patience and obedience with our procedures. We hope to offer you more and more services as the outdoor season progresses and we look forward to having as many of you back as possible in the near future.

Stay safe, stay healthy, and enjoy the tennis!

Sincerely,

Zachary Rath - General Manager, Monkland Tennis Club