

**Return to Play Protocol for**  
**Lake Norman Tennis Academy**

June 1, 2020

Coach Scott Tucker  
Coach Julie Mudge  
Coach Lori Little  
Coach Juan Carlos Valek

juliemudge@hotmail.com  
704-728-9168

## **Return-to-Play Plan Overview**

Our top priority in creating a return-to-play plan is enabling players, families, and coaches to get back on the courts in a safe and healthy environment that promotes good habits. With this in mind, we have created a comprehensive plan that includes specific guidelines and new procedures with players safety and health as our top priority.

We sincerely feel that our players will benefit physically, as well as mentally to get outside and play tennis with their friends again. We intend to create the safest possible environment as we can to accommodate this goal.

As we start back next week, we intend to have smaller numbers on court throughout the month of June. We will not have more than 25 total people, including players and coaches, in accordance with state mandates in Phase 2 of re-opening NC. As we get into July, we are hopeful that we'll be able to spread out onto more courts back at Jetton Park and then be able to accommodate more of our players for the July and August camp weeks.

In creating this plan, we have incorporated recommendations from the USTA and net generation. We have also consulted with numerous government, health and other youth sports sources to create what we feel is a comprehensive plan. We want for our players, families, and coaches to feel confident in returning to play – anyone who is not comfortable returning to the courts should certainly wait until they feel ready. Below is an overview of our plan; the pages that follow will outline each point in greater details.

# **Player Training Guidelines**

## **Coaches' Responsibilities:**

- Encourage and remind players not to handle or share training equipment and to wash hands or use hand sanitizer frequently.
- Player activities, including drills and games will be arranged to maintain social distancing as much as possible in accordance with the state mandates. This includes marking the courts with chalk or tape for players to visualize and maintain distance.
- Remind players to accommodate for social distancing on court and during break times.
- Provide extra hand sanitizer, antibacterial wipes, and tissues.
- Sanitize balls, baskets and training equipment with EPA approved disinfectant sprays and wipes.

## **Parents' Responsibilities:**

- Parents must sign acknowledgement of Back-to-Play form before players may attend practices.
- Parents must sign a daily health form, verifying that their child is fever free (not above 100.4°) and shows no signs of being ill.
- Parents should drop-off players but remain in their car until their player has been checked in with their verified health form.
- Parents should stay on site until players are admitted to training based on temperature check.
- Parents should not send players to practice/camp if they are showing any sign of illness.

- Parents must have a contact number where they can be reached at all times during practices.

### **Players' Responsibilities:**

- Players should be responsible for their own equipment, including racquets, towels, hats, water bottles, snacks, lunches, and tennis bags.
- It will be optional for players to train in a mask and/or gloves.
- Players should not handle any equipment except for their own, at any time.
- Players must have their own hand sanitizer at each practice  
-players should sanitize their hands before, during breaks and after practice.
- Players should avoid touching fence gates, net posts, score cards, benches, and their FACE!
- Players should cough or sneeze into a tissue or their upper sleeve.
- Players should avoid contact with each other... no high fives, shaking hands, etc.
- Players must employ social distancing during drills, games, and breaks as much as possible.
- Players should clearly mark their water bottles and any food/snacks with their names, as to not get them mixed up.
- Players should bring a lawn chair or beach towel to sit on during breaks.

## **Health Measures Being Undertaken**

When we return to play, various new health and safety measures, will be employed to protect players, coaches and families and minimize the risk of spreading COVID-19.

- Social distancing practices will be incorporated into practices, and sidelines (for players and parents)
- All families must sign a form acknowledging that they have read this document and agree to abide by its contents. Players will not be admitted to participate if this document has not been signed.
- Fortunately, the sport of tennis is already a “no contact” sport. However, during practice drills, we will be implementing new distancing procedures to maintain spacing, including marking the courts with distancing lines.
- Screening measures will be put into place including digital pre-practice temperature checks, as well as health forms confirming the players daily healthy status.
- Players will be required to have their own hand sanitizer, and labeled water bottle. Sharing of equipment, water, snacks, etc. will not be permitted. Baskets and balls will be sanitized with EPA approved disinfectants.
- Policies around reporting and communication of any COVID-19 exposure will be put into place in accordance with HIPAA laws.

## **Protocols for Reporting and Communication of COVID-19 Exposure**

- Staff members, including coaches, are required to report if they test positive for COVID- 19, are suspected of being positive for COVID-19 or have been directly exposed to someone who has tested positive for COVID-19.
  
- Any player who has tested positive for COVID-19, is suspected of being positive for COVID- 19 or who has been directly exposed to someone who has tested positive for COVID-19 is required to report this to Coach Julie Mudge at LNTA. Contact info: [juliemudge@hotmail.com](mailto:juliemudge@hotmail.com) / 704-728-9168
  
- If a case of COVID-19 is reported, all staff and players who came into contact with that person will be notified. Due to privacy issues, the identity of that person will remain anonymous.
  
- Once notified that an individual who has tested positive with COVID-19 has been in close proximity (within 6 feet) with any staff member or player, those staff members / players must adhere to the following protocol.
  
- Notify their primary care physician.
  
- Staff members/players should begin in-home isolation for a 14-day period.
  
- Staff members/players may discontinue in-home isolation if they undergo testing and the test result is negative.
  
- Before a staff member or player who has tested positive for COVID-19 can return to training or games, the following conditions must be met:

A minimum of 7 seven days must pass since the initial onset of symptoms. A minimum of 72 hours must pass without symptoms, and without the aid of fever-reducing medications. The staff member / player must attain a negative COVID-19 test result.

**Acknowledgement of Lake Norman Tennis Academy 2020**  
**Return-to-play protocol:**

Every player must complete and return this form before being allowed to participate in clinics or camps. This form acknowledges that the player's parent and/or legal guardian has read the Back-to-Play document and agrees to abide by the guidelines set forth in it.

Players will not be allowed to participate without the completion of this form.

- I declare that I have read, fully understand, and agree to comply with the Return to Play Protocols set by Lake Norman Tennis Academy.
- I agree to have my child complete the pre-training health screening honestly before every practice or camp day.
- I agree to inform an LNTA coach if my child is diagnosed with, or is suspected of having COVID-19.

Julie Mudge  
juliemudge@hotmail.com  
704-728-9168

Parent/Legal Guardian \_\_\_\_\_(Print)

Parent/Legal Guardian \_\_\_\_\_(Signature)

Player's Name \_\_\_\_\_(Print)

Player's Date of Birth \_\_\_\_\_(MM/DD/YYYY)

**Daily Pre-training Health Acknowledgement:**

I acknowledge that my child is feeling well this morning and not exhibiting any symptoms of illness or the coronavirus. My child's temperature is at or below 100.4° and they are showing no signs of cough, shortness of breath or difficulty breathing, chills, repeated shaking with chills, muscle pain, headache, sore throat, or new loss of taste or smell.

To my knowledge, my child has not been in contact with someone with COVID-19 in the last 14 days.

My child's name is \_\_\_\_\_

My name is \_\_\_\_\_

My cell phone # where I can be reached at any time during clinic or camp is:

\_\_\_\_\_

Parent's signature:

Monday \_\_\_\_\_

Tuesday \_\_\_\_\_

Wednesday \_\_\_\_\_

Thursday \_\_\_\_\_

Friday \_\_\_\_\_

Please sign each day and text a picture of this health form to:

Coach Julie 704-728-9168  
Coach Scott 864-934-5069 and  
Coach Lori 980-297-2591