

ALTB

Aruba Lawn Tennis
Bond

Return to Lawn Tennis and Beach Tennis

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1.1

1. Purpose of this document

As per May 2020, the Aruban Government has started with the lifting of COVID-19 restrictions, this allows our tennis community to get back to playing our sport that we love and miss so much.

Due to the ongoing COVID-19 situation, the Government of Aruba has **suspended all tournaments, competitions and events¹ for Lawn Tennis (LT) and Beach Tennis (BT)** and all other sports until further notice. The International Tennis Federation (ITF) has **suspended all ITF tournaments through to July 31, 2020²**. While we are not able to compete at the moment, we are allowed to get back to the courts for training and recreational play as long as the activity adheres to the guidelines set by the Government, DVG, IBISA and the Aruba National Tennis Association (ALTB).

This document sets forth the minimum guidelines for the return to play with appropriate integrity, health and safety measures in place and advises players, coaches and tennis facilities to follow the information and instructions as described in this document. These guidelines will remain in force until further notice.

The following guidelines are a compilation of regulations put in place by the Aruban Government, DVG and IBISA (specifically for the COVID-19 situation) together with guidelines from ITF, COTECC, NOC*NSF, KNLTB and ALTB.

¹ Anuncio Flexibilisacion di actividad fisico y deporte en general. *IBISA – Actividad Fisico Deporte-JB2.pdf*

² <https://www.itftennis.com/en/news-and-media/articles/itf-extends-suspension-of-international-tournaments-through-july-31/>

2. General Intent of the goals of the guidelines and recommendations

The intent of the guidelines and recommendations throughout this document is to allow us to return to unrestricted LT and BT in a responsible and safe manner. Therefore, these guidelines will change based on the instructions of the Aruban Government and our Tennis and Sport governing bodies.

The goal of the sports protocol issued by the Aruban Government is to **exercise and practice sport in a recreational form**. This allows our tennis community to **return to the courts to practice and train and to play a friendly singles match**.

The following is a general short and limited list of the most important guidelines but see the following sections for the details:

- Follow the COVID-19 health protocols and stay home guidelines at all times (see all sections)
- Maintain 1.5meter distancing during training and match play (see all sections)
- Competitions, event and tournaments are not allowed
- Private 1 on 1 training sessions are permitted
- Group training is permitted under specific conditions (see section 4)
- Participants are divided into 3 age categories and cannot be mixed (see section 4)
- Only singles friendly match play is allowed. **Doubles friendly match play is not allowed**.

3. Guidelines for Lawn Tennis (LT) and Beach Tennis (BT) Facilities

We advise to take the following measures or follow the following guidelines:

- Make your rules and guidelines visible throughout the facility and courts;
- Restrict access to visitors that show any of the following (also mild!) symptoms: colds, coughing, tightness or fever;
- Instruct visitor to stay at home if someone in their household has a fever (above 37.5 degrees Celsius) and / or shortness of breath.
- Instruct visitor to stay at home if someone in their household has tested positive for coronavirus (COVID-19), or is quarantined under mandate of DVG;
- Instruct the visitor to go home if during any sports activity he or she exhibits complaints such as: nose cold, cough, shortness of breath or fever;
- Instruct visitors to keep 1.5 meters (two arm lengths) away from any other person outside your household at all times;
- It is only allowed to practice LT and BT outside in the open air. Indoor training is not allowed;
- LT and BT tournaments and events are not allowed. Only practice is allowed;
- Allowed practice hours are from 7am to 9pm
- Handwashing and toilets are accessible but **shower areas should remain closed**. No showering is allowed at the facility;
- Disinfecting products should be available at the toilets and common areas;
- Assign someone responsible for implementing and enforcing the COVID-19 policies and make it known to everyone visiting the facility;
- Design your traffic flow of your courts and facility in such manner that traffic always flows in one direction in order to keep social distancing at all times;
- Your food and beverage areas remain closed;
- On the courts water fountains should be shut off;
- Make sure that your entry and exit door are not one and the same;
- Clean the facility as often as possible, preferably every day;
- Instruct visitor to arrive at the sports location no earlier than 10 minutes before the sport activity and go home immediately afterwards.

The following is a high level summary but please refer to the above for the details.

Not Allowed
Tournaments, competitions and events of any kind
No showering at facility
Use of gym, weight rooms or treating room not supervised by licensed physician
Terrace, kiosk, bar, snack-shop, restaurant and dining room remain closed
Permitted
Open Air use of the facility (outside)
Practice hours are from 7am to 9pm

4. Guidelines for Players, Participants, Trainers, Coaches, Assistants, Supervisors and Volunteers

We advise to take the following measures or follow the following guidelines:

- The following groups are allowed in a single or group training format:
 - Boys and girls under 12 up to 8 participants per group per court at the time
 - Boys and girls between 13 years and 18 years up to 4 participants per group per court at the time
 - Adults 19 years and up to 4 participants per group per court at the time
 - For the high risk group, preferably 2 participants but a maximum of 4 participants per group per court at the time
- 1 on 1 training (private lessons) or friendly singles match play is allowed for every group age.
- Doubles training or friendly match play is not allowed for any group age;
- There must be supervision by the coaches, trainers or facility personnel at all times for group ages 12 and under and 13 to 18 years old during training or friendly match play.
Ages 19 and up require supervision of coaches, trainers or facility personnel only during training. Supervision is not required for friendly match play;
- Mixing of the participants between the age groups is not permitted at any time;

Age Group	Training Session	Friendly Match
Boys & Girls 12 under 12 years	<ul style="list-style-type: none"> ▪ Constant Supervision by Coach, Trainer or Facility Personnel ▪ Maintain 1.5meters as much as possible ▪ Playing with other age group is not allowed ▪ Preferably maintain fixed participants within each training group 	
	Training allowed Maximum of 8 participants per group per court Doubles training not allowed	Singles Friendly Match play is allowed Doubles Friendly Match play is NOT allowed
Boys & Girls between 13 and 18 years old	<ul style="list-style-type: none"> ▪ Constant Supervision by Coach, Trainer or Facility Personnel ▪ Enforce 1.5meters distancing ▪ Playing with other age group is not allowed ▪ Preferably maintain fixed participants within each training group 	
	Training allowed Maximum of 4 participants per group per court Doubles training not allowed	Singles Friendly Match play is allowed Doubles Friendly Match play is NOT allowed

Age Group	Training Session	Friendly Match
Adults 19 years and up	<ul style="list-style-type: none"> ▪ Enforce 1.5 meters distancing ▪ Playing with other age group is not allowed ▪ Preferably maintain fixed participants within each training group 	
	<p>Training allowed</p> <p>Maximum of 4 participants per group per court</p> <p>Doubles training not allowed</p> <p>Constant Supervision by Coach, Trainer or Facility Personnel</p>	<p>Singles Friendly Match play is allowed</p> <p>Doubles Friendly Match play is NOT allowed</p> <p>Supervision is not required</p>

- Changing of sides must be on opposite sides of the court;
- Do not use any scoreboards;
- Sharing of food or beverages between participants and coaches is not allowed. Participants must bring their own;
- Stay at home if you have any of the following (also mild!) symptoms: colds, coughing, tightness or fever;
- Stay at home if you or someone in your household has a fever (above 37.5 degrees Celsius) and / or shortness of breath. If everyone has no complaints for 24 hours, you can exercise again and go outside;
- Stay at home if you or someone in your household has tested positive for coronavirus (COVID-19), you are in quarantine or under mandate of DVG;
- If complaints arise during any sports activity such as: nose cold, cough, shortness of breath or fever, go home immediately;
- Ensure that the training is filled in as much as possible with fixed groups and that the composition of these groups changes as little as possible;
- Prepare your training well in advance, ensuring that a distance protocol of 1.5 meters is maintained throughout the training session;
- Ensure that as little as possible materials will be shared during the training and afterwards between the different age groups;
- Have children train in designated areas;
- Make (behavioral) rules clear to children in advance to keep a distance of 1.5 meters while exercising;
- Point out to children the importance of washing their hands and do not allow children to shake or hold hands at any time;
- Preferably make a note of who is present at the training/activity (player, parent, caretaker)
- Follow the required regulations/protocol for the use and cleaning of all materials;
- Do not allow children to congregate no earlier than 10 minutes prior to the start time of the training / activity. The children must leave immediately afterwards;
- Allow children to enter and leave the sports field in phases. Inform them that they will go home immediately after training;



- Ensure that there is a maximum of one (1) parents or caretaker at the lesson/training;
- Ensure that the parents or caretaker is not on the court during training or friendly match play;
- Cough and sneeze in your elbow and use tissue paper;
- Wash your hands with soap and water for at least 20 seconds at home before going to your training;
- Wash your hands with soap and water before and after visiting the sports location;
- Shower at home and not at the sports location;
- Avoid touching your face;
- Do not shake hands;

The following is a high level summary but please refer to the above for the details.

Not Allowed
Doubles training or match play is not allowed
Tournaments, competitions and events of any kind are not allowed
Parents or Caretakers are not allowed on the court
Mixing of group ages is not allowed
Sharing of food or fluids between participants and coaches is not recommended
Trainers, Coaches, Assistants, Supervisors, Volunteers and Participants that have or show COVID-19 symptoms as described above are not allowed at the facility
Permitted
Only training and friendly match play outside in the open air is allowed

5. Guidelines for Parents and Caretakers

We advise to take the following measures or follow the following guidelines:

- Inform your children about the general safety and hygiene rules and ensure that they always follow the instructions of the guidance;
- Only bring your child (ren) to the sports location if a sport activity is planned for your child
- Do not take your child(ren) to the sports location if you or your child(ren) has complaints of a cold, cough, shortness of breath and / or fever;
- Do not take your child(ren) to the sports location if you or someone in your house has any of the following (also mild!) symptoms: colds, coughing, tightness or fever;
- Do not take your child(ren) to the sports location if you or someone in your household has a fever (above 37.5 degrees Celsius) and / or shortness of breath. If everyone has no complaints for 24 hours, you can exercise again and go outside;
- Do not take your child(ren) to the sports location if you or someone in your household has tested positive for coronavirus (COVID-19), you are in quarantine or under mandate of DVG;
- If complaints arise during any sports activity such as: nose cold, cough, shortness of breath or fever, take your child(ren) go home immediately;
Boys and girls under 18 years old, must remain constantly under supervision by you (up to where it is allowed) or the coach;
- As a parent/caretaker/supervisor is not allowed on the court with their child(ren);
- Only one (1) parent/caretaker/supervisor can accompany participants up to the point that this is allowed at the facility or at the designated waiting area.
- Arrive at the sports location no earlier than 10 minutes prior to the start of the sports activity;
- Leave the sports location immediately (within 10minutes) after the training session or friendly match has finished.
- Always follow the instructions of the organization, for example the trainers, supervisors and board members;
- If support is necessary for the sports activity and / or toilet facilities, it is permitted to have one parent / guardian present at the sports location. For this person it also applies that the protocol applicable must be adhered to.

The following is a high level summary but please refer to the above for the details.

Not Allowed
Parent/caretaker/supervisor not allowed on the court
Permitted within conditions
Only one (1) parent/caretaker/supervisor can accompany participants up to the point that this is allowed at the facility or at the designated waiting area.
Permitted
Parent/caretaker/supervisor is allowed to accompany child(ren) to the toilet area as long as he or she adheres to the guidelines of the facility

6. Sources

The following sources were used to compile the guidelines as stated in this document:

- ITF Extends Suspensions of International Tournaments - <https://www.itftennis.com/en/news-and-media/articles/itf-extends-suspension-of-international-tournaments-through-july-31/>
- Anuncio Flexibilizacion di actividad fisico y deporte en general. IBISA – *Actividad Fisico Deporte-JB2.pdf*
- Informashon General di IBISA. IBISA – <https://www.ibisa.org>
- Informashon General di DVG. Gobierno di Aruba – <https://www.arubacovid19.org/>
- Protocol Sport. DVG, Gobierno, IBISA - https://8f39937c-2835-4a9d-b0e9-4a8971f34620.filesusr.com/ugd/1a09f9_f8ee9088158a44968fcc754865c1d5f4.pdf
- Protocol Verantwoord Sporten. NOC*NSF - https://nocnsf.nl/media/2669/nocnsf_protocol_verantwoord-sporten-v3.pdf
- Checklist en stappenplan by het opstarten van de vereniging. NOC*NSF - https://nocnsf.nl/media/2748/nocnsf-corona-checklist_opstarten-vereniging.pdf
- Checklist aandachtspunten voor sportverenigingen. NOC*NSF - <https://nocnsf.nl/media/2556/nocnsf-coronavirus-checklist-sportverenigingen.pdf>
- Aanvullende Richtlijnen tennis/Padel. KNLTB - <https://corona.knltb.nl/knltb-corona-toolbox/verenigingen/aanvullende-richtlijnen-tennis-padel/>
- Stappenplan verenigingen – fase 2. KNLTB - <https://corona.knltb.nl/media/gzun20se/stappenplan-verenigingen-fase-2.pdf?ts=637245513880500000>