

October 30, 2020

Note from Dr. Jan McCaffrey – WVTC Medical Advisor

Our club is doing many good things to keep our membership healthy and protect the business of the club. We are in a second wave of the virus and we are being advised to wear masks in more shared environments, as well as reduce the size of our social bubbles to 6.

Things that are being done well at the club are distancing, hand sanitizing going in and out of the bubble and clubhouse, and minimizing the use of the clubhouse and washroom facilities.

A key area for improvement is 100% uptake on wearing masks from the entrance gate to the courts, and the same going out. Crowding at the bubble door without a mask is currently our highest risk area. Thank you to those who do wear masks, it is the right thing to do and soon may be mandated by the Ministry of Health. If you can keep one in your car or tennis bag and use it for this purpose, we are golden.

I want to offer the advice of our MHO on the North Shore, Dr. John Harding, regarding sickness in staff, coaches and members. While keeping the club 'Open For Business' is of utmost importance to members, it is the LIFELINE for our coaches. While we used to be able to minimize cold symptoms to be able to play or work (we all came to beat a cold out on the court PRE-COVID), this cannot be what we do now. We play in a private/publicly interfacing environment . . . particularly schools, and now COVID cases and clusters are in many schools. The risk may well be highest to our coaches for this reason. As the ability to play tennis at our club depends on staying open, Dr. Harding says:

- **PLEASE STAY HOME for 10 days (from start of symptoms) if you are sick with any symptoms of COVID (includes common cold symptoms).**
- **If you must be/want to be back on the court before 10 days, get a COVID test and if results are negative come back when you are able.**
- **If you don't want to get a test, 10 days it is.**
- **PLEASE STAY HOME if someone in your home or bubble is being tested for COVID or awaiting results of a test!**

If we all follow this advice, we have the best chance of remaining open and keeping everyone safe. Note that two North Shore clubs closed in the last month due to COVID . . . I am sure none of the people who were infected thought they were the ones carrying COVID, but all suffered because of it. The reality is that people are at risk when potentially exposed often (for example, our coaches with junior programs), and might have to be tested a few times this winter.



My hope is that vigilance, being attentive and careful now will pay off with a more open club next spring/summer and a decent fall/winter next year. May it be so. Mask up, tighten up your bubble and keep sanitizing your hands. STAY HOME if you are sick or someone in your bubble or family is waiting for a test result.

We are so lucky we can play! See you on court!