



Playing Tennis Safely

PLAN YOUR PLAY

• SINGLES PLAY ONLY

- Arrange to play only with family members or others who live in your household or with individuals who are considered to be low risk.

• DO NOT PLAY IF

- You are exhibiting any symptoms of the coronavirus: mild to severe respiratory illness with fever, cough and difficulty breathing, or other symptoms identified by the CDC
- Have been in contact with someone with COVID-19 in the last 14 days
- Are a vulnerable individual and your state and region is in Phase One or Two

• PROTECT YOURSELF AND OTHERS

- Wash your hands with water or use a hand sanitizer before going to the court
- Clean and wipe down your equipment, including racquets and water bottles
- Bring hand sanitizer
- Do not share racquets or any other equipment such as wristbands, grips, hats and towels
- Bring a full water bottle to avoid touching a tap or water fountain handle
- Use new balls and a new grip, if possible
- Mark your own tennis balls
- Make sure to pick up your set of marked tennis balls only
- Should a ball with the other number/mark wind up on your side of the court, do not touch the ball with your hands. Use your racquet head or feet to advance the ball to the other side of the court
- Stay at least six feet apart from other players. NO shaking hands or high fives
- Stay on your side of the court. Avoid changing ends of the court
- Avoid touching your face after handling a ball, racquet or other equipment
- Clean your hands promptly if you have touched your eyes, nose or mouth
- Avoid touching court gates, fences, benches. GATES ARE TO BE LEFT OPEN
- ALL spectators and players waiting for a court must wait outside the fence
- SOCIAL DISTANCING must be practiced at all times

AFTER PLAYING

- Leave the court as soon as reasonably possible
- Clean your hands thoroughly off the court
- All players should leave the facility immediately after play