



2020-21 Tennis Recommendations & Guidelines

Before Play:

- Make sure that you are following all current local, state and federal COVID guidelines.
- The USTA Medical Advisory Group highly recommends competitive players ease their way back into play prior to competition. Given the layoff from competing, players will be more susceptible to under-training, over-use and other injuries. The USTA strongly recommends at least three weeks of on court and off court conditioning before competition begins.
- Do not play if any of you:
 - Are exhibiting any symptoms of the coronavirus. According to the CDC, people with COVID-19 have had a wide range of symptoms reported—ranging from mild symptoms to severe illness. These symptoms may appear 2-14 days after exposure to the virus: fever, cough, shortness of breath or difficulty breathing, chills, repeated shaking with chills, muscle pain, headache, sore throat, new loss of taste or smell.
 - 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 Phase Two. A vulnerable individual is an elderly individual and/or an individual with serious underlying health conditions, including high blood pressure, chronic lung disease, diabetes, obesity, asthma and those whose immune system is compromised such as by chemotherapy for cancer and other conditions requiring such therapy. (For states and regions in Phase Three, a vulnerable individual can resume public interactions, including playing tennis, but should practice physical distancing.)

Preparing to Play:

- Protect against infections:
 - Wash your hands with soap and water (for 20 seconds or longer) or use a hand sanitizer if soap and water are not readily available, before going to the court.
 - Clean and wipe down your equipment, including racquets and water bottles. 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.
 - When not actively playing, please adhere to all proper personal protective equipment (PPE) and facemask protocols.
 - If you need to sneeze or cough, do so into a tissue or upper sleeve.
 - Arrive as close as possible to when you need to be there.
 - Avoid touching court gates, fences, benches, etc., if you can.

When Playing:

- Try to stay at least six feet apart from other players. Do not make physical contact with them (such as shaking hands or a high five).
- When playing doubles, coordinate with your partner to maintain physical distancing.
- Avoid touching your face after handling a ball, racquet or other equipment. Wash your hands promptly if you have touched your eyes, nose or mouth.
- Avoid sharing food, drinks or towels.
- Use your racquet/foot to pick up balls and hit them to your opponent. Avoid using your hands to pick up the balls.
- Maintain physical distancing if changing ends of the court.
- Remain apart from other players when taking a break.
- If a ball from another court comes to you, send it back with a kick or with your racquet.

After Playing:

- Leave the court as soon as reasonably possible.
- Wash your hands thoroughly or use a hand sanitizer after coming off the court.
- Do not use the locker room or changing area. Shower at home.
- No extra-curricular or social activity should take place. No congregation after playing.
- All players should leave the facility immediately after play.

Tennis Balls:

Although unlikely, it's possible that a tennis ball can transmit the COVID-19 virus, as virtually any hard surface can transmit the disease. So, here is an extra precaution you can take to keep safe when playing tennis:

- Tennis balls are going to get mixed around during a practice. The idea of limiting certain balls to certain players during practice would be very difficult to administer for most teams. Instead, players should be reminded to keep their hands clean before and after practice and to avoid touching their face. Bottom line, if the hands stay clean, then the tennis balls stay as safe as possible.
- Try to use ball hoppers to pick up balls during practice instead of hands.