



COVID-19

# TENNIS - SAFE PLAY

GUIDELINES FOR PLAYERS

# INTRODUCTION

Because tennis does not require any direct person-to-person contact, players can enjoy the many physical and mental benefits that tennis offers so long as you practice social distancing by keeping six feet apart from other players to ensure you are in a safe exercise environment and follow other safety guidelines included here.

Although there is no specific evidence that tennis balls can spread COVID-19, we know that contamination by respiratory droplets from an infected person can potentially survive on hard surfaces up to three days.

If you choose to play tennis, please practice these safety tips and follow these guidelines.

# PRIOR TO PLAYING

## **Before stepping onto a court to play tennis:**

- Make sure that our province and region allow for tennis play.
- Be aware that although restrictions are eased, safety precautions must remain in place until there is a universal vaccine or effective treatment for the coronavirus.
- Try 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:**

- Have any symptoms of the coronavirus
- Have been in contact with someone with COVID-19 in the last 14 days.
- Are a vulnerable individual.

# USE SIX BALLS

It is possible that a tennis ball can transmit the Coronavirus. The following is an extra precaution you can take to keep safe:

- Each player should supply a can of balls.
- Mark your initials on the balls with felt marker.
- Be sure to pick up your set of initialled balls only. Should a ball other than yours wind up on your side of the court, don't handle it. Use your racquet or feet to pass the ball to the other side of the court or court beside you.

# REMEMBER

- Wash your hands with proper soap and water for 20 seconds or longer prior to going on court.
- Don't share racquets or any other equipment.
- Bring your own water or sports drink.
- Use new balls and a new grip, each time you play.
- Consider taking extra precautions such as wearing gloves.
- If you need to sneeze or cough, do so into a tissue or upper sleeve.
- Arrive 5 minutes prior to your scheduled start time.
- Avoid contacting tennis nets, gates, fences, benches, etc.
- Place courtside benches or chairs in a corner end of your court

## DURING PLAY

- Try to stay at least six feet apart from other players. Do not make physical contact with them.
- Do not play doubles, which could lead to incidental contact and unwanted proximity.
- 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.
- Use your racquet/foot to pick up balls and hit them to your opponent. Don't use your hands to pick up balls.
- Don't change ends of the court.
- When taking a break stay apart from other players.
- When a ball from another court comes to you, give it back by using your feet only or with your racquet.

## WHEN FINISHED PLAYING

- Leave the court as soon as possible.
- Wash your hands thoroughly or use a hand sanitizer after coming off the court.
- Do not use the locker room or changing area.
- No social activity or gatherings should take place.
- All players should leave the facility immediately after play.
- Go home and stretch!

PLEASE REMEMBER:

TENNIS IS ONLY A GAME,  
YOUR HEALTH AND SAFETY ARE NOT.

RESPECT YOURSELF, RESPECT ONE ANOTHER.

BE SAFE!!

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