## **PLAYING TENNIS SAFELY**

PLAYER TIPS AND RECOMMENDATIONS



## WHEN PLAYING, PRACTICE THESE SAFETY GUIDELINES:



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.



While there is no evidence that COVID-19 can be transmitted by touching tennis balls,

sanitary precautions, such as hand-washing, should still be taken.





Wash your hands thoroughly or use a hand sanitizer before, during, and after play.



Maintain physical distancing if changing ends of the court.





Use headbands, hats, towels or wristbands to avoid touching your face during play.

Use a wristband or towel to wipe sweat from face.



Use only your own towels and water bottles.

Avoid sharing food and touching common surfaces such as court gates, fences, benches, etc.



Wear a mask over your nose and mouth at all times, except when active on court.

Some localities require masks while playing indoors. Be sure to follow local guidelines.