

COVID-19

UPDATED PLAYING SAFELY GUIDELINES

TIPS AND RECOMMENDATIONS FOR PLAYERS

The USTA recognizes that the coronavirus continues to affect the country in different ways and that it is possible for people to return to playing tennis indoors and outdoors under a number of different state and local government requirements as well as state and local government health authority guidelines. Because playing tennis does not require direct person-to-person contact, tennis players can enjoy the many physical and mental benefits that tennis offers while maintaining six feet physical distancing. By following the applicable requirements in your area, facility guidelines as well as the guidelines outlined below, you will be able to make informed decisions.

Follow health and safety guidelines issued by your state and local government and health authorities. Stay current with guidelines issued by the Centers for Disease Control and Prevention (CDC). www.cdc.gov/coronavirus

SAFETY GUIDELINES

- Stay home if you are not feeling well.
- Stay home if you have come in close contact with someone who has been infected with Covid-19, and contact your healthcare provider for guidance.
- Check with the host facility ahead of time for any protocols that may apply in your area and at that facility.
- Arrive at the facility close to assigned start time, ready to play, and depart immediately after you finish play.
- Bring your own water bottles, towels, or any other personal equipment and store items inside your tennis bag when not in use.
- Do not share equipment.
- Bring your own chairs (if feasible) and avoid sharing a bench.
- Use headbands, hats, towels or wristbands to avoid touching your face during play.
- Wash hands often (before / after matches) or use hand sanitizer if soap and water are not available.
 - ▶ **Note:** While there is no evidence that Covid-19 can be transmitted by touching tennis balls, potential droplet precautions can be taken to minimize risk while playing tennis, such as washing your hands thoroughly or using hand sanitizer before arriving at and after leaving the court, as well as avoiding touching your face.
- Except as may be otherwise required by your facility or by local guidelines, wear a mask over your nose and mouth at all times, except when you are active on court (or eating and drinking).
- Clearly verbalize score at the start of each point and use technology to report scores (text and email).
- Maintain safe physical distance between players during the racquet spin at the start of a match.
- Maintain physical distancing if changing ends of the court and when taking a break.
- Offer an acknowledgment such as a nod, a thumbs up or a “good match” or a racquet tap instead of shaking players’ hands.