



# COVID-19

## Tennis Guidelines



- Follow CDC Guidelines and practice good hygiene at home. When coming to the court, sanitize your hands and equipment before and after play.
- Avoid touching court gates, fences, benches, etc
- Use four balls or six balls
  - Open two cans of tennis balls that do not share the same number on the ball
  - Take one set of numbered balls, and have your playing partner take a set of balls from the other can.
  - Proceed with play, making sure to pick up your set of numbered balls only. Should a ball with the other number 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.
- 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 high fives.
- You should consider not playing 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. Avoid using your hands to pick up the balls.
- Stay on your side of the court. Avoid 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 hand sanitizer after coming off the court.
- No extra-curricular or social activity should take place. No congregation after playing.

**Questions? Call Greenfield Recreation at 413-772-1553**