



Covid-19

Playing Tennis Safely

Player Requirements for the

2020 Men and Women Singles League

BEFORE YOU PLAY

- Be familiar with Safe Play guidelines of the Centers of Disease Control (www.cdc.gov) and the Minnesota Department of Health (www.health.state.mn.us)
- Do not play if you or your opponent:
 - Are exhibiting any symptoms of the coronavirus: mild to severe respiratory illness with fever, cough and difficulty breathing, or other symptoms identified by the CDC.
 - Have been in contact with someone with COVID-19 in the last 14 days.
 - Are a vulnerable individual. 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

- Wash your hands with a disinfectant 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.
- Consider taking extra precautions such as wearing gloves.
- If you need to sneeze or cough, do so into a tissue or upper sleeve.
- Arrive as close as possible to the scheduled time of your match.
- Avoid touching court gates, fences, benches, etc.

WHEN PLAYING

- At all times, maintain a minimum distance of six feet apart from other players including your opponent. Do not make physical contact with them (such as shaking hands or a high five).
- Use Six Balls:
 - Both players are required to bring a new can of balls to the courts so that players will not be sharing balls. Open both cans of tennis balls before that the balls do not share the same number.

- 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 of the court.
- 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.
- Stay on your side of 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.
- No extra-curricular or social activity should take place. No congregation after playing.
- All players should leave the facility immediately after play.