

# **PACQUENAC TENNIS CLUB**

## **Covid -19 Rules and Protocols**

### **DO NOT ENTER COURTS IF:**

1. You have been in contact with someone with COVID-19 in the last 14 days.
2. You are experiencing the following symptoms:
  - Cough
  - Shortness of breath or difficulty breathing
  - Have flu-like symptoms:
    - Fever
    - Chills
    - Repeated shaking with chills
    - Muscle pain
    - Headache
    - Sore throat
    - New loss of taste or smell

### **BEFORE PLAY:**

1. Use extra protective precautions such as wearing mask and gloves.
2. Bring your own sanitizers for disinfecting.
3. Clean your water bottle and your racquet, including the grip, with disinfectant.
4. Tip: Use wristbands to wipe sweat during play.
5. Avoid touching anything unnecessarily.

### **SIGNING UP FOR TENNIS:**

1. There is no formal schedule - first come first serve.
2. When you arrive, sign the white board on the gate to the courts to get on the playing list. (Sanitizer is attached to the fence next to the gate to the tennis courts.)
3. Maximum play is 1 hour. (We are adhering to the honor system.)
4. If no one is waiting, you can resign up for additional tennis on the white board.

### **DURING PLAY:**

1. Try to maintain six (6) feet apart from your partner if playing doubles.
2. Use new balls. (USTA suggestion: Use one can of balls per person.)
3. Avoid touching your face and eyes with your hands.
4. Avoid sharing anything, such as food, drink, or a towel.
5. Use your racquet/foot or ball-tapping technique to pick up balls.
6. If a ball rolls over from another court, kick or use your racquet to hit the ball back.

### **AFTER PLAY:**

1. Leave the court when your hour is up – never beyond one hour in fairness to whoever is waiting.
2. Sweeping Courts – Use gloves or hand sanitizer.