



## TIPS AND RECOMMENDATIONS FOR PLAYERS

If you wish to play tennis, make sure that you follow the below recommendations:

### BEFORE YOU PLAY

- Make sure that your city or region allows tennis play based on the government authorities' criteria for the progressive lifting of confinement measures and that your municipality permits the use of tennis courts.
- Play only with individuals considered to be low risk.
- Do not play if you or your playing partner:
  - Exhibit any coronavirus symptoms, such as a fever, cough, difficulty breathing, or other symptoms identified by health experts.
  - Have been in contact with someone with COVID-19 in the last 14 days.
  - Are considered vulnerable or at risk (elderly individuals, immunosuppressed persons, individuals suffering from serious health problems, notably high blood pressure, pulmonary diseases, diabetes, obesity and asthma).

### PREPARING TO PLAY

- Protect yourself against infections:
  - Wash your hands with disinfectant soap and water for at least 20 seconds before going to a tennis court.
  - Bring hand sanitizer.
  - Clean your equipment, including your racquets and water bottles.
  - Do not share equipment with your playing partner.
  - Make sure you have enough water before leaving the house to avoid having to touch a tap or water fountain handle.
  - Consider wearing a mask or gloves while playing. If you choose to wear a mask, please carefully monitor your health as you exert yourself. Wearing a mask or face covering restricts the flow of air into your lungs, which means your lungs have to work harder to get the same amount of air that they're used to.
  - If you cough or sneeze, do so in a tissue or in your sleeve.
  - Avoid touching door handles, gates, benches and all other objects where the virus could survive. If you touch something, make sure to wash your hands and disinfect the surface you have touched.



### **WHILE PLAYING**

- As much as possible, keep a 2-metre distance with other players.
- Avoid all physical contact with other players (no shaking hands, high fives, etc).
- Avoid touching your face after manipulating a ball, racquet or when you hit the ball to another player.
- Stay on your side of the court.
- Consider not switching ends. If you must switch ends, use opposite sides of the court to change ends.
- Because it is still unknown if the virus can live on a tennis ball, each player should use their own can of balls with distinct numbers or identify your balls with a marker in order to be able to differentiate them and only handle the balls that are yours.

### **AFTER PLAYING**

- Wash your hands carefully with water and disinfectant soap or with hand sanitizer.
- Do not use locker rooms or changing areas.
- Leave the court immediately after you finish playing.