

## CITY OF PIEDMONT TENNIS COURTS COVID-19 USTA GUIDELINES

### DO NOT PLAY IF YOU:

- 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.

### PREPARING TO PLAY/BEFORE YOU ARRIVE AT THE COURTS

- Wash your hands with a disinfectant soap and water (for 20 seconds or longer), 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, **the bottle filler/water fountains will not be available.**
- Bring your own hand sanitizer or wipes.
- 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 when you need to be there. **Do not congregate while waiting for a court, wear a face covering and social distance.**
- Avoid touching court gates, fences, benches, etc. if you can.

### USE FOUR BALLS OR SIX BALLS

Although unlikely, it's possible that a tennis ball can transmit the COVID-19 virus, as virtually any hard surface can transmit the disease. So here is an extra precaution you can take to keep safe when playing tennis:

- 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 of the court.
- Players may also bring their own can of balls, use a permanent marker to label your set of balls so they are different from your partner's

## 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 a high five).
- Avoid touching your face after handling a ball, racquet or other equipment. Wash/sanitize 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 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

- Sanitize hands after coming off the court.
- All players should leave the facility immediately after play. No congregation after playing.
- **All benches, bleachers will be closed.**