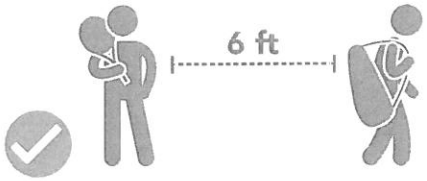
COVID-19

PLAYING TENNIS SAFELY

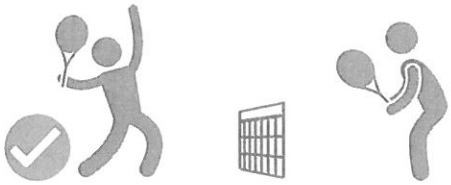
PLAYER TIPS AND RECOMMENDATIONS

WHEN PLAYING, PRACTICE THESE SAFETY GUIDELINES:



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).



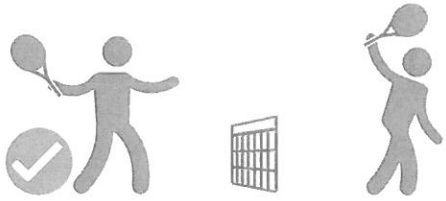
Consider playing singles.

Playing singles could help prevent incidental contact and unwanted proximity. If you do play doubles, avoid all incidental contact.

Between points, use your racquet/foot to pick up balls and hit them to your opponent.

Avoid using your hands also when returning balls to another court.

Wash your hands thoroughly or use a hand sanitizer before, during, and after play.



Stay on your side of court.

Avoid changing ends of the court.

Clean and wipe down your equipment, including racquets and water bottles.

Use new balls and a new grip, if possible.

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 only your own towels and water bottles.

Avoid sharing food and touching common surfaces such as court gates, fences, benches, etc.

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.

To see the USTA's full list of guidelines and recommendations, visit:

usta.com/playersafety