



COVID-19

TENNIS CANADA ISSUES TIPS AND RECOMMENDATIONS FOR PLAYERS FOR A PROGRESSIVE RETURN TO PLAYING TENNIS

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.
- > Inform yourself on the rules and recommendations issued by your Provincial Tennis Association.
- > 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 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.



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WHILE PLAYING

- > Respect distancing of 2 metres with other players at all times, including when you come on and off the court.
 - > Avoid all physical contact, for example shaking hands, with other players.
 - > Avoid touching your face after manipulating a ball, racquet or when you hit the ball to another player.
 - > Because it is still unknown if the virus can live on a tennis ball, use two cans 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.
 - > Avoid sharing food, drinks and towels.
 - > As much as possible, use your racquet and your foot to pick up the balls or to send a ball to another player.
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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.

