Recommendations of Committee Reviewing Health and Safety of Master Tennis Players, Competing in National Events.

The Committee has reviewed practices of several tennis federations to understand policies related to health and safety of Masters Tennis players participating in tennis tournaments. Notwithstanding these recommendations, it is important that all players understand that they must take responsibility for their own health and well-being when competing in Tennis Canada tournaments.

Number of Matches

It is recommended that Tennis Canada follow the lead of the USTA in scheduling matches. Specifically:

Age category	*Matches per day*
Under 45	2 maximum
All others	1 doubles/1 singles

Exception: if a player competes in the main draw of a tournament and then proceeds into the consolation round; then there is potential to allow 3 matches to be played in one day.

Rest Period Between Matches

It is recommended that Tennis Canada adopt ITF regulations when it comes to minimum rest period between matches. Specifically:

Match duration	*Minimum rest before next match*
Less than 1 hour	30 minutes
Between 1-1 ½ hour	60 minutes
More than 1 ½ hour	90 minutes

Heat Advisory

It is recommended that Tennis Canada follow the lead of a number of other Tennis Associations for playing in the heat for all Masters Tennis age groups. Specifically:

- Suspend play when the temperature reaches 38°C.
- Make accommodations when Environment Canada declares a heat advisory (even when temperatures are below 38°C) for competition location.
- Have ice, umbrellas, shaded areas available.
- Have 15-minute break between 2nd and 3rd sets
- Tournament committee be given latitude to implement no-add scoring or a third set tie breaker to make allowances for the heat.