



## TOWER GROVE — PARK —

### **COVID-19 Tennis & Pickleball Guidelines-Rules**

#### ***BEFORE YOU PLAY***

- Clean all tennis gear with alcohol-based disinfectant like racquets, towels, and water bottles.
- Wash your hands with soap and water prior to arriving at the courts.

Stay at home if you:

- Have been in contact with someone with COVID-19 in the last 14 days.
- Have been overseas or exposed to someone with COVID-19 in the last 14 days.
- Have flu-like symptoms.
- Or are in a high-risk health category, for example if you have a pre-existing medical condition.

#### ***SOCIAL DISTANCING***

Tennis/Pickleball hold a unique advantage as a sport which requires no direct contact between players. Please be considerate and follow these tips:

- Touch racquets instead of the regular pre or post-match handshakes or high-fives.
- Keep 6ft away from other people.
- No more than 4 players per full sized court is recommended.
- Ensure social distancing is applied and if not confident, play singles only.
- If a ball from another court comes to you, players should send it back with a kick or with their racquet.

#### ***BEHAVIOR***

To protect against infection, you should adhere to the following best practices for safety protection:

- Avoid touching your face – especially after touching a ball, racquet, or other tennis equipment.
- Do NOT share water bottles, racquets, or any other equipment such as wristbands, grips, hats, and towels.
- Wash your hands frequently with soap and water or hand-sanitizer when available, before and after eating, after going to the toilet, sneezing, and coughing.
- Cover your coughs and sneezes and dispose of any used tissue immediately.
- Be aware of what surfaces you touch.
- Use new balls and racquet grips where possible.
- Replace all tennis balls or pickle balls if someone with/suspected to have COVID-19.

#### ***GUIDELINES TO FOLLOW***

- Players must bring a full water bottle.
- Players should consider taking extra precautions such as wearing gloves.
- Players should avoid touching their face after handling a ball, racquet or other equipment.