



# TOWN OF EAST HAMPTON

159 Pantigo Road  
East Hampton, New York 11937

## **Tennis Playing Guidelines**

Due to the COVID-19 virus, the following precautionary measures are required to be followed by all tennis players. Failure to comply may lead to being banned from the tennis courts. Take measures to ensure compliance with USTA recommendations for player safety including:

- 1) Only Singles tennis play is allowed.
- 2) Face Masks are required when social distancing of at least 6' cannot be maintained.
- 3) Hand washing or hand sanitizing is required before and after play. Also, avoid touching court gates, fences, benches, etc. if you can.
- 4) Stay on one side of the court. Avoid changing ends of the court. 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). Use your racquet/foot to pick up balls and hit them to your opponent. Avoid using your hands to pick up the balls. If a ball from another court comes to you, send it back with a kick or with your racquet.
- 5) Players should open two cans of tennis balls that do not share the same number on the ball, take one set of numbered balls, and have their playing partner take a set of balls from the other can, taking care to use only their own set of numbered balls.
- 6) No extra-curricular or social activity should take place. No congregation after playing. All players should leave the facility immediately after play.

## **USTA**

Because tennis does not require any direct person-to-person contact, players can enjoy the many physical and mental benefits that tennis offers, so long as you practice social distancing by keeping six feet apart from other players to ensure that you are in a safe exercise environment and follow safety recommendations.

## **BEFORE YOU PLAY**

- The USTA Medical Advisory Group highly recommends competitive players ease their way back into play prior to competition. Given the layoff from competing, players will be more susceptible to under-training, over-use and other injuries. The USTA strongly recommends at least three weeks of on court and off court conditioning before competition begins.
- Arrange to play only with family members or others who live in your household or with individuals who are considered to be low risk.
- Do not play if any of 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. (For states and regions in Phase Three, a vulnerable individual can resume public interactions, including playing tennis, but should practice physical distancing.)