



## **Covid 19 On-Court Guidelines**

### **BEFORE AND DURING PLAY**

- If you feel sick, are experiencing illness symptoms, or are running a fever, please do not show up at practice.
- Wash your hands with a disinfectant soap and water (for 20 seconds or longer) or use a hand sanitizer if soap and water are not readily available, before going to the court.
- Clean and wipe down your equipment, including racquets and water bottles. Do not share racquets or any other equipment such as wristbands, grips, hats and towels.
- Do not congregate together before, during, or after practice. Always practice social distancing while at the courts.
- Bring a full water bottle to avoid touching a tap or water fountain handle.
- If you need to sneeze or cough, do so into a tissue or upper sleeve.
- Arrive as close as possible to when you need to be there.
- Avoid touching court gates, fences, benches, ball carts, etc. if you can.
- 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).
- During practice let's refrain from Bryan Brothers Chest Bumps and NO whispering to each other from a close distance to strategize during doubles or games.
- 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.
- Avoid sharing food, drinks or towels.
- Use your racquet/foot to pick up balls and hit them to your opponent. Avoid using your hands to pick up the balls.
- Remain apart from other players when taking a break.
- If a ball from another court comes to you, send it back with a kick or with your racquet.

### **AFTER PLAYING**

- Leave the court as soon as reasonably possible.
- Wash your hands thoroughly or use a hand sanitizer after coming off the court.
- No extra-curricular or social activity should take place. No congregation after playing.
- All players should leave the facility immediately after play.