

Venture Out and USTA Guidelines to play Tennis safely during Covid-19

TENNIS

ONLY VENTURE OUT RESIDENTS WILL BE ALLOWED TO PLAY ON FACILITIES UNTIL FURTHER NOTICE. BADGES MUST BE WORN AT ALL TIMES. THANK YOU FOR HELPING VO STAY HEALTHY. VENTURE OUT CONDO BOARD.

DO NOT PLAY IF YOU:

- Are exhibiting any symptoms of the coronavirus: mild to severe respiratory illness with fever, coughing, 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 with serious underlying health conditions, including high blood pressure, chronic lung disease, diabetes, obesity, asthma, or whose immune system is compromised such as by chemotherapy for cancer and other conditions requiring such therapy.

PREPARING TO PLAY:

- Protect against infections:
 - 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.
 - Bring a full water bottle to avoid touching a tap or water fountain handle.
 - Always use new balls and if possible, a new grip.
 - Number or initial your tennis balls so that they are easily identified as your balls. Do not touch a ball that is not yours with your hands.
 - Consider taking extra precautions such as wearing gloves.
 - 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, etc. if you can.

WHEN PLAYING

- Always Stay at a minimum of six feet from other players. Do not make physical contact with them (such as shaking hands or a high five).
- Playing doubles, could lead to incidental contact and unwanted proximity. If you do play doubles, NO Bryan Brothers Chest Bumps and NO whispering to each other from a close distance to strategize.
- 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.
- Always use your racquet/foot to pick up balls and hit them to your opponent.
- Avoid using your hands to pick up the balls.
- Stay on your side of court.
- Avoid changing ends of the court.
- Remain apart from other players when taking a break.
- If a ball from another court comes to you, do not touch it, 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.
- Do not use the locker room or changing area. Shower at home.
- No extra-curricular or social activity should take place.
- No congregation after playing.
- All players should leave the facility immediately after play.