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## GETTING BACK ON COURT

Many of us have experienced our clubs having to close at short notice.

However, we are hopefully reaching a point where the relevant authorities will again authorise some sporting activities, including tennis, subject to certain restrictions and ongoing social distancing. Fortunately, tennis is a sport that can be played outdoors and without physical contact.

*"On an outdoor tennis court, the risk of contamination is extremely low when playing singles. Benefits in terms of exercise and for the body predominate."*

*"In singles, physical distance can be guaranteed if players change sides are the opposite post and the benches are positioned sufficiently spaced."*

*"With normal handling, the ball carries virtually no risk."*

Quotes by Prof. Franz Wiesbauer, Associate Professor of Internal Medicine, Medical University of Vienna.

While it will differ somewhat from country to country, it is expected that the process of opening up will involve a number of phases:

1. Able to go out to take exercise.
2. Participants able to play at a sports club, subject to social distancing and following guidelines.
3. Competitions able to start, but subject to limits.
4. Competition normalized.

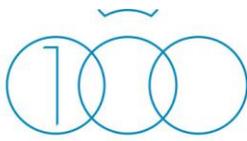
Clubs must naturally adhere to the guidelines in place in their respective countries, but listed below are some of the main recommendations taken from the various documents we have seen:

- ✓ Clubs should adjust their internal regulations to meet the guidelines of the relevant authorities. New regulations should be properly announced and displayed at the club.
- ✓ The opening of bars and restaurants will be subject to local guidelines.

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- ✓ Online reservation of courts is strongly recommended.
- ✓ Protection materials should be available to purchase at the club.
- ✓ Tennis is played on a court of 600 square meters, enabling competitors in singles to avoid direct contact. A distance of at least 1.5 metres should be maintained at all times.
- ✓ Group classes should only be permitted if the minimum physical distance can be maintained.
- ✓ Hand washing should occur before and after the match. Soap or disinfectant should be available in the facilities.
- ✓ Clean and wipe down equipment including racquets and water bottles.
- ✓ Do not share racquets or any other equipment such as wristbands, grips, hats and towels.
- ✓ Wherever possible, use your racquet/foot to pick up balls and hit them to your opponent.
- ✓ Change ends from different sides of the net. Or do not change ends.
- ✓ Bring your own towel and bag. If clubs provide towels, these should be disposable.
- ✓ If a ball from another court comes in your direction, send it back with a racquet or a kick.
- ✓ Open two cans of tennis balls that do not share the same number on the ball.
- ✓ Use your racquet head or feed to advance the ball to the other side of the court.
- ✓ Avoid shaking hands.

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