



Emory Tennis Medicine Presents

HEALTHY HITTING: Return to Hitting During the Pandemic

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The Player's Checklist

- Individual precautions
- Do's and Don'ts of playing during COVID-19
- What you should bring with you on court



DO YOU HAVE SYMPTOMS?

Determining Who Should Return to Tennis

Athletes considering return to tennis activity would answer NO to all of the following screening questions. Those who have answered YES to any of the following screening questions should not consider playing at all and/or consult with their physician to assess their own risk prior to athletic participation.



Have you been diagnosed with or been exposed to COVID-19 in the last 3 weeks?



Do you have a cough, fever (>100.0 degrees), shortness of breath, sore throat, body aches nighttime sweating, diarrhea, or loss of smell in the last 48 hours?



Are you over the age of 65 years old and/or have any co-morbid health conditions such as diabetes, hypertension, cardiovascular disease, or COPD (chronic obstructive pulmonary disease), or smoke or vape?



Do you have any medical condition that causes you to be immunocompromised?

References: CDC, WHO

 emoryhealthcare.org/ortho

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WE WANT YOU TO PLAY! (SAFELY)



RETURNING TO TENNIS



DO'S AND DON'TS RECAP

DO	DON'T
Stay at least 6 feet away from others	Handshake or high five
Wash your hands often with soap and water for at least 20 seconds or utilize hand sanitizer before, during, and after play	Touch your face, door handles, fences, nets, or sit on benches if possible
Limit number of balls used during play, use new balls and separate tennis balls between servers with markings or by number	Share tennis and training equipment or beverages/food on court
Clean tennis racquets, equipment, and sites of contact before and after play using wipes with at least 60% alcohol	Keep towels, clothes, or any other personal belongings on the fence, net posts, or outside of the tennis bag
Utilize nearby and less crowded courts	Play in overcrowded courts or clubs
Wear a mask and cover face when entering and leaving the facility or when teaching lessons	Touch a ball that is not designated to your court or person, instead kick the ball back to corresponding court
Stay on the same side of the net during play and refrain from changing sides.	Participate in extra-curricular or social activity

TENNIS SOCIALIZING

- Tennis is a social sport
 - League play
 - Tournaments
 - Recreational play
- Socializing = increased risk of exposure



WHAT'S IN THE BAG?

- Hand sanitizer
- Personal towel
- Personal water bottle
- Grips
- New balls
- Plastic bag





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