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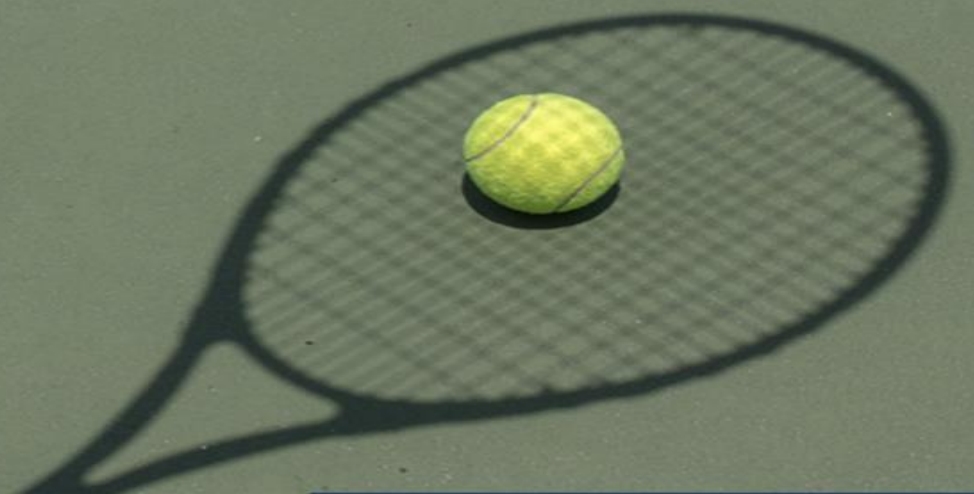
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Return to Tennis: Facility Precautions

Tennis Medicine
Program

emoryhealthcare.org/tennismedicine



FIGHT THE VIRUS & PLAY TENNIS



TENNIS: WHEN, WHERE & HOW?

Refer to public health guidelines and government mandates

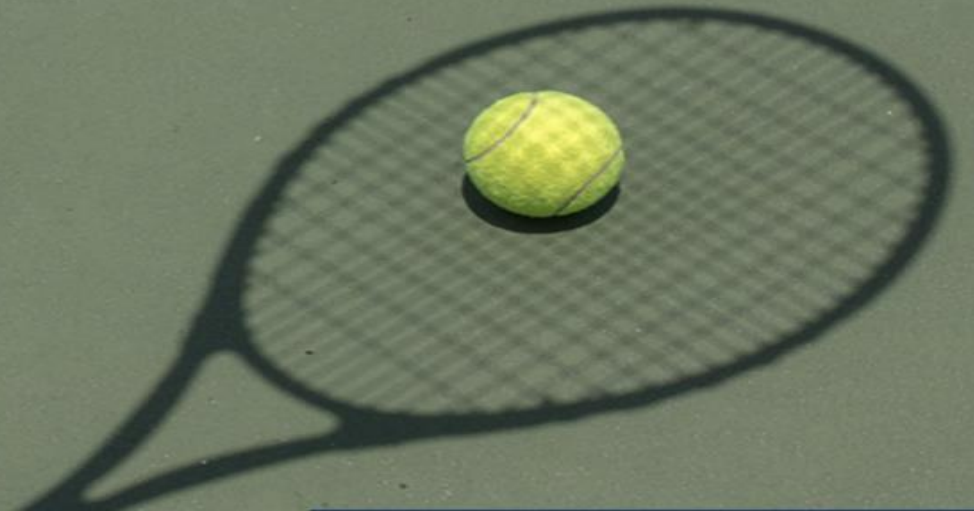


TENNIS SPECIFIC GUIDELINES FOR HEALTHY HITTING



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EDUCATION AND PREPARATION



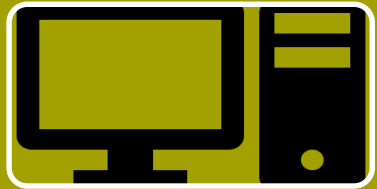
TO PLAY OR NOT TO PLAY...

- Have you been diagnosed with or been exposed to COVID-19 in the last 4 weeks?
- Do you have a cough, fever (>99.0 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?

SCHEDULING TENNIS



Stagger Court Reservations



Online Payments



Notify ASAP for Cancellations

KEEPING DISTANCE

- ✓ Encourage Social Distancing (6 feet)
- ✓ Close Off Gathering Areas
- ✓ Pro Shop – Counter Service Only
- ✓ Remove Surfaces That Help The Spread
- ✓ Close Off Locker Room, Shower, & Gyms



COACHING MODIFICATION

Private Lesson
= Less Risk

Less
Equipment

Designated
Stations

Tennis Ball
Contact

Practice
Caution



PPE



DISINFECT



Wash Hands

Phase Approach

Phase 1: Tennis with the Lowest Risk

- Play in your own home (or on your court or community court) with asymptomatic, low risk family members of the same household.
- Hit balls with a ball machine, against a backboard or wall by yourself at an outdoor court.
- Play singles with an asymptomatic low risk partner at an outdoor court.
- Teach/take a private lesson with an asymptomatic, low risk coach at an outdoor court.

Adhere to strict social distancing measures, avoid settings with more than 10 individuals to allow for appropriate physical distancing.



Phase 2: Tennis with Intermediate Risk

- Play doubles with asymptomatic, low risk partners at outdoor court.
- Play singles with an asymptomatic family/household member at an indoor court.
- Play singles with an asymptomatic low risk partner at an indoor court.
- Teach/take a private lesson with an asymptomatic, low risk coach at an indoor court.

Adhere to moderate social distancing measures, avoid settings with more than 50 individuals, and maximize physical distancing when possible.



Phase 3: Tennis with Highest Risk

- Play doubles with asymptomatic, low risk partners at an indoor court.
- Teach/take a group tennis lesson or practice (>4 or more people) with asymptomatic, low risk players at an outdoor or indoor club.
- Go to a tennis event with 10 or more individuals with asymptomatic, low risk or elevated risk players at an outdoor or indoor club.

Physical distancing and precautionary efforts can be utilized to decrease further risks associated when returning to settings of larger group activity.

KEEP TENNIS AND PEOPLE SAFE!

