



NEGTA Player and Spectator Covid - 19 Guidelines and Recommendations

- **If you do not feel comfortable playing tennis- DO NOT PLAY.** Only play if you are comfortable playing. Each person is responsible for his or her own safety during these unknown challenging times. BE SAFE.
- **If you are sick with any symptoms at ALL, DO NOT ATTEND OR PLAY A MATCH!**

Guidelines for Players –

Social distancing:

- Arrive at the venue dressed for your match shortly before your allotted start time and depart the venue immediately after the match (may want to increase warmup times)
- Do not use the locker rooms or showers
- Players should maintain at least 6 feet between each other and officials
- Do not shake hands with players/opponents or have any other physical/close contact before, during or after a match
- Balls should be touched as little as possible; use your racket or foot instead
- At changeovers, go around opposite sides of the net
- Do not share any equipment or other items (racket, water bottles, food) with teammates or opponents
- Exit the facility as soon as your match is completed and scores reported
- Follow any other facility guidelines or recommendations
- Do not share refreshments

Observe good hygiene:

- Avoid touching surfaces where possible
- Wash/sanitize your hands regularly, including before and after bathroom use, and after touching surfaces
- Use hand sanitizer after the completion of the match
- Cough into a tissue and discard it immediately
- **Don't touch your face**
- Bring personal hand sanitizer and wipes to the tournament
- Sanitize your grip; wipe and disinfect your racquet after play
- Do not place personal items on public surfaces. Ex. Towels should be placed on your bag not on the court, fence or net post

Guidelines for Spectators –



- Maintain at least 6 feet between others
- Please bring a chair and spread out
- We recommend one parent/family member per player
- Please bring plenty of water and ice for both your player and yourself
- Use face masks in areas where social distancing is not possible
- Please stay off the courts; only players should retrieve balls
- Do not touch the fences; please remain 6 feet from the court
- Avoid touching surfaces where possible
- Wash/sanitize your hands regularly, including before and after bathroom use, and after touching surfaces
- Bring personal hand sanitizer and wipes to the tournament
- **Don't touch your face**
- Exit the facility as soon as possible

Remember: If you are sick with any symptoms at ALL, DO NOT ATTEND OR PLAY A MATCH!

Ultimately, however, it is up to each player and/or parent to decide whether to participate in any event. Further, every player and spectator/parent is expected to take all reasonable precautions to protect themselves from the risk of exposure.