

# HOW TO PLAY TENNIS SAFELY

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## BEFORE PLAY:

- Wash and sanitize your hands.
  - Clean and wipe down your equipment.
  - Bring your own beverages.
  - Follow all CDC COVID-19 safety protocols.
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## DURING PLAY:

- Try to stay 6 feet apart from others.
  - Avoid touching your face.
  - Do not share equipment or beverages.
  - Use only your own balls when serving.
  - Avoid using your hands when picking up balls. Kick them or use your racquet.
  - Avoid changing sides of the court.
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## AFTER PLAY:

- Leave the court as soon as possible.
- Shower at home.
- Avoid congregating after playing.



**TACK**

*Tennis Association of Central Kentucky*