



Return 2 Play Training Guidelines

Tennis

Activity	Sport Risk
Skills, Singles	Low: Phase 1,2,3,4
Doubles	Slight: Phase 2,3,4

Guidelines

Phase 1

- Social Distance during group trainings
- Coach maintains social distance during instruction
- No contact in body placement or demonstration of skills
- Specific training groups remain small (10 or less) and consistent
- If a larger group, choose different nights or times to train
- No shared water, towels, equipment, bags, shoes, clothing
- No hydration stations
- Locker room use should be minimal
- When possible, avoid using hands to pick up balls, use racquet or feet to move
- Limit use of coaching equipment such as target cones
- Live ball drills and games based play is recommended over using baskets
- In skills, to lessen contact with balls, when possible, open multiple cans of balls that do not share the same number on the ball. Each person can be assigned a number. Play or train making sure to pick up only the balls with the specific assigned number
- If possible, replace shared equipment (balls) between each point when playing match
 - If not, have a rotation in place of 2 or 3 balls and clean and replace as they come off. Can use disinfectant spray lightly and allow balls to dry

Phase 2

- Same as above EXCEPT
 - When possible try to coordinate with partner placement of each of you on the court

Phase 3

- Same as above EXCEPT
 - Practice group size can increase to 50 or less; Specific groups remain small



Phase 1: Low Risk Sports: 10 people or less, follow guidelines above



Phase 2: Slight Risk Sports: 10 people or less, follow guidelines above



Phase 3: Moderate Risk Sports: 50 People or less, follow guideline above



Phase 4: High Risk Sports: No Restrictions