# Return 2 Play Training Guidelines

## Tennis

<table>
<thead>
<tr>
<th>Activity</th>
<th>Sport Risk</th>
</tr>
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<tbody>
<tr>
<td>Skills, Singles</td>
<td>Low: Phase 1,2,3,4</td>
</tr>
<tr>
<td>Doubles</td>
<td>Slight: Phase 2,3,4</td>
</tr>
</tbody>
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### 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 a 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

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- **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

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*South Carolina*