Girls Tennis
Sports Specific Guidelines

Physical Distancing

- Coaches are **RESPONSIBLE** for ensuring physical distancing is maintained between players. This means additional spacing between players while playing chatting, changing drills so that players remain spaced out, and NO congregating of players while waiting to practice or play. Workouts should be conducted in ‘pods’ of students, with the same 5-10 students always working out together. This ensures more limited exposure if someone develops an infection. Records of who is in each group **will be** maintained daily.
- **ONLY** essential personnel are permitted on the tennis courts. These are defined as players, coaches, athletic trainers, and officials. All others, i.e., ball boys, managers, video people, media photographers, etc. are considered non-essential personnel and are to **be in the gallery remaining in the seating area** (when present) or **remaining outside the court area** (behind the fence).
- Concession stands will not be permitted.
- Each athlete **WILL** bring their own gym bag for personal items. All personal items will remain in the gym bag when not in use. Gym bags will be placed in a predetermined area 6 feet apart for the duration of practice
- **Limit** the number of individuals in a conference and/or huddle to those who must be in close proximity for these discussions. All participants **MUST** wear masks.
- Teams/individuals shall **NOT** exchange handshakes before, during, or following the practice, match or meet.
- Locker rooms will **NOT** be used. Students should report to workouts in proper gear and immediately return home to shower, clean clothes and equipment at the end of every workout

Practice and Game Protocols

- Players are **not required** to wear cloth face coverings when active in a game or drill, but may do so if they desire. Coaches, athletes not participating and others are **REQUIRED** to wear masks and follow social distancing guidelines. There is no prohibition on the color of the mask.
- A three-day rotation of tennis balls used **will be** implemented. Sanitize hands after every transition.
- Use racquet/feet to advance the ball to the other side.
- Avoid touching court gates, fences, benches, etc., and other players' equipment or tennis balls.
- During the national anthem teams shall align in a matter to maintain social distancing
- Hand sanitizer will be provided by the District.

Equipment

- Gloves may be worn if desired

Hydration

- All students shall bring their own water bottle. Water bottles must NOT be shared.

Best Practices

- Opt to use every other court if possible and staggering practice to limit the number of participants
- Small group play, activity and clinics may begin if kept under 50 people outdoors with proper social distancing procedures and local level approvals.
- Singles and doubles can be allowed with proper social distancing procedures.
- Open and use two cans of balls (four for doubles)- give each player a different numbered ball. (note: do NOT touch a ball with another competitors' number)
- Tournament, activities, and league play may resume with proper social distancing.