

## COVID-19 Best Practices and Recommendations

### USTA – 2020

We also encourage everyone to regularly check the CDC website for guidance and updates: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>. In addition, below are a number of best practices and recommendations that the USTA has compiled based on the recommendations of the CDC and other medical experts, and in consultation with top tennis providers and facilities throughout the country. We strongly suggest that players and facilities utilize and implement these recommendations and tips:

**PLAYERS:** We encourage you to use the following practices, which are similar to how you would protect yourselves and others from a cold and flu:

- Sneeze or cough into a tissue or your upper sleeve
- Wash your hands with soap and water frequently (for 20 seconds or longer), or use hand sanitizer if soap and water are not readily available, especially after sneezing or coughing
- Avoid touching your eyes, nose or mouth with unwashed hands, and wash your hands promptly if you have touched your eyes, nose or mouth
- Limit close contact (e.g., hand-shaking, hugging, kissing)
- Avoid sharing food, drinks, towels, clothing, toiletries, utensils, and athletic equipment, especially with people or animals who are sick
- Clean and disinfect objects and surfaces
- Avoid walking barefoot in public spaces, particularly training areas, showers, and locker rooms
- Do not touch your water bottles/containers to the cooler or fountain nozzle
- Remove mouthpiece covers before filling water bottle/container from a cooler or fountain
- If using a cup, discard the cup in the trash following your drink and do not refill cups
- Wash hands before and after playing tennis

**FACILITIES:** When deciding whether to hold an event, it is important that the organizers identify and reach out to their local Department of Health to see whether that agency or other local health authority has made any determinations about whether and what size events are permissible in the local area. If events are permissible, the local event organizers should decide whether the event should take place and work with the facility in making the decision. All decisions should be made with the paramount concern of the health and safety of all those participating in, organizing, and operating the event.

- Check regularly for local updates as well as updates posted on the CDC website
- Update your website regularly with current event information and a link to the local department of health website as well as a link to the CDC website
- Establish a method for efficient communication with members, guests, and tournament directors should it become necessary to postpone an event
- Increase current cleaning practices, such as cleaning common areas more frequently, as well as doorknobs, banisters, elevator buttons, refrigerators, tables, chairs, gym and other equipment used by multiple people, empty trash more frequently, replenish wipes, paper towels, and hand sanitizer often
- Identify designated locations for towels, and ensure that it is communicated that each player is using a different location for their towel at each end of the court
- If towels are provided by the event, establish a central location for used towels to be discarded
- Clear the discarded towels from the central location frequently, clean the area often with an appropriate disinfectant and ensure that gloves are always worn during this process
- Ball kids (if used at event) (and officials) should be instructed not to handle players' towels, used water bottles, and other used equipment at any time
- Provide hand sanitizers for players and ball kids and increase the availability of hand sanitizers throughout the facility
- Increase informational signage on-site, especially at front/check-in desks
- Require food service providers to wear gloves at all times and eliminate buffet-eating options