

Play Safe Interclub!

Gomer's Tencap League During the Pandemic

- ALL government and CDC regulations in place at the time MUST be followed.
- If you are sick with any symptoms at ALL, DO NOT ATTEND OR PLAY A MATCH!
- Please do not play or attend a match if you have been in contact with someone with COVID-19 in the last 14 days.
- Replace handshakes with other greeting of your choice. Smiles are always great!
- Wash/sanitize hands before the match. Bring own sanitizer to match and consider using own/on-court sanitizer on court changes and/or as needed.
- Host clubs WILL be providing tennis balls for matches this year. Players may bring their own tennis balls for their own use if sharing tennis balls makes them uncomfortable.
- Return balls to server using racquet or kicking with foot.
- Each player brings/provides own towel(s) and water.
- Some clubs will not have seating. Bring own portable chair if you want to sit. If using club seating, each player has own designated spot that is socially distanced.
- Practice social distancing.
- Use alternative no-contact expressions to 'high fives'. Conduct conversations with partner at back of court while practicing social distancing.
- Captains verbally exchange information or exchange score sheets before and after match depending on preference
- Social time after the match will return to all matches when it is safe to be together. For now, consider a 'distant' conversation as you walk to the cars. If clubs are able to provide space for a gathering with social distancing after the match, it is each player's option to participate or not.
- Abide by the safety rules of the club where you are playing.
- Wearing a mask in public places is law in some parts of the Metro. It is a good option for before and after play AND it is requirement to wear during play at some clubs. There are comfortable masks for athletic use.
- Team conversations can be a good way to understand how your team mates are handling their lives....cautious, not or somewhere in between. The conversations may heighten awareness of how interconnected we are and for the responsibility we have for ourselves and each other.
- Be aware and respectful of other's safety practices and concerns. Seek to understand everyone's comfort level before play begins. Take care of yourself.
- Notify the League right away if you have played a match recently and test positive for Covid-19. This is important for contact tracing and the health of others.
- Stay healthy! These measures will help keep everyone healthy until we can return to traditional tennis and socializing.
- Heath experts tell us that masks and social distancing will be necessary until a large majority of the population has been vaccinated. Even players who have been vaccinated need to adhere to safe practices for the well-being of others and for their own well-being.
- Have fun! Don't let the corona virus take the joy out of tennis!