

PLAY TENNIS SUFFOLK COUNTY!

ENJOY THE LIFETIME SPORT OF TENNIS!

PLAY ALL YEAR ROUND, OUTDOORS, AT YOUR LOCAL PARK TENNIS COURTS.

PICK UP A TENNIS RACQUET AND BALLS.

GET ON THE COURT, SAFELY, AND RESPONSIBLY, WITH FRIENDS AND FAMILY.

Tennis, if played properly, can be a great opportunity for you to relieve stress, socialize with others and provide much-needed exercise. If you choose to play tennis, be sure to practice these safety tips and recommendations.

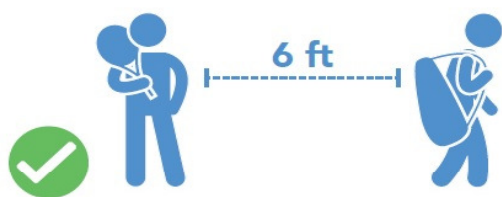
COVID-19

PLAYING TENNIS SAFELY

PLAYER TIPS AND RECOMMENDATIONS



WHEN PLAYING, PRACTICE THESE SAFETY GUIDELINES:



Try to stay at least six feet apart from other players.

Do not make physical contact with them (such as shaking hands or a high-five).



When playing doubles, coordinate with your partner to maintain physical distancing.



While there is no evidence that COVID-19 can be transmitted by touching tennis balls,

sanitary precautions, such as hand-washing, should still be taken.



Wash your hands thoroughly or use a hand sanitizer before, during, and after play.



Maintain physical distancing if changing ends of the court.



Use headbands, hats, towels or wristbands to avoid touching your face during play.

Use a wristband or towel to wipe sweat from face.



Use only your own towels and water bottles.

Avoid sharing food and touching common surfaces such as court gates, fences, benches, etc.



Wear a mask over your nose and mouth at all times, except when active on court.

Some localities require masks while playing indoors. Be sure to follow local guidelines.

To see the USTA's full list of guidelines and recommendations, visit:

[usta.com/playersafety](https://www.usta.com/playersafety)

TIPS ON PLAYING TENNIS OUTDOORS - TENNIS COURT SEARCH LOCAL TENNIS PROGRAMS GO TO: WWW.SCTEF.ORG

The Suffolk County Tennis & Education Foundation (SCTEF) is a 501C3 Non-Profit and USTA Community Tennis Association, supporting tennis in Suffolk County since 2003.

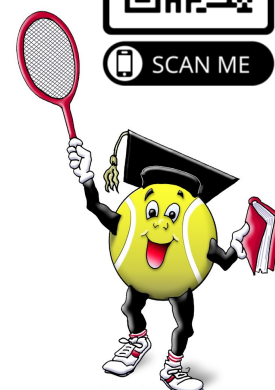
Learn more about Tennis; the sport and lifestyle for a lifetime for the entire family. Contact the SCTEF for more tennis info and play opportunities in Suffolk County.

On the web: WWW.SCTEF.ORG or Call: **631-590-5019**

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