

AYC Tennis Guidelines Summer 2020

Dear AYC Members:

It is important that members review and understand the following Tennis Guidelines designed to ensure the safety and well-being of all members and staff.

By following the federal, as well as our local government and health agencies, and taking our lead from the USTA, we will make informed decisions as to how we can play. We will continue to stay up to date with any changes that may occur throughout the summer months and communicate those changes in the weekly newsletter.

If you choose to play tennis, be sure to practice these safety tips and recommendations. The AYC Tennis Committee highly recommends that players ease their way back into play! Given the layoff from playing, players will be more susceptible to lateral movement injuries, under-training, over-use and other pulls and strains. Be mindful of this as you get going again! Sometimes less is more.

Guidelines:

- During this time, please arrange to play only with family members, others who live in your household or with individuals who are considered to be low risk.
 - No guests allowed, unless they are family members.
 - You must reserve a court to play. Reservations may be made online through the AYC website under the "Welcome to Tennis" tab, or by phone with the Club office, and should include the names of EACH player in your party. Please note there are more court hours available since there is no JP.
 - Please confirm your reservation when arriving at, and departing from the court by sending an email to tennis@annisquamyc.org, listing all players.
 - Sanitizer wipes/ Washing stations will be at the entrance of the court and in the Boat Yard.
 - Wash hands thoroughly or use hand sanitizer before entering and after leaving the court.
 - Avoid touching your face, eyes, mouth and nose.
 - Bring your own tennis balls, water and towels. Do not leave or dispose of empty water bottles, tennis cans, or otherwise, on the court – please take them home.
 - Leave your equipment, water bottles and towels safe distances apart.
 - When changing sides, leave the net post on your right.
 - SWEEPING GUIDELINES: We ask that you sanitize your hands before and after touching the equipment to sweep and clean the lines.
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- Allow the players time to leave the court before you enter your assigned court.
- No socializing or congregation before or after play.
- All players should leave the court immediately after play.
- Maintain 6 ft distancing at all times.

ADDITIONAL INFORMATION:

Lessons

- Private, semi-private and small group lessons will be available, at the discretion of the Club Pro. Please text or call John Tracy at 603-819-1509 or email him at johntracytennis@gmail.com
- 6-foot social distancing will be adhered to throughout the lesson for both members and staff.

Tennis Clinics

- Limited to 6 people per clinic

Optional Safety Practices

- Bring your own folding chair.
 - Bring your own hand sanitizer.
 - Wear wrist bands and bring a towel to eliminate the need to touch your face.
 - Keep your social group small
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