[club name] tennis club reopens

**[Suburb/area]** residents are set to move from the couch to the court as facilities reopen at **[tennis club name**], following an ease in state restrictions.

“Following weeks of lockdown, we’re now excited to welcome new and old members alike back to the court for fitness and fun in a safe, socially distant environment,” commented **[Name], [title]**.

Extensive guidelines on safe play, with increased hygiene practices and social distancing have been developed to help players of all ages and levels to get on [suburb/region] courts, and enjoy the fun, fitness and wellbeing benefits tennis provides.

The guidelines were designed by Tennis Australia to help each club and operator assess their local environment and ensure social distancing and increased hygiene measures are in place. This includes a 1.5 metre distance between players at all times, open court gates, and of course, racquet taps instead of handshakes.

Tennis activities that will resume at [tennis club] include:

Tennis Australia’s Chief Tennis Officer Matt Dwyer commented: “We’ve worked closely with our clubs and coaches across Australia on how to get everyone back on court in the safest possible way, and now the court is calling.

“Over the past couple of weeks, as restrictions have gradually eased, we’ve seen a surge of interest in tennis. As a non-contact sport, and built-in social distancing, players of all ages are enjoying getting outside, having a hit, and returning to coaching and social play.

“As well as being great physical exercise tennis is a tremendous sport for mental health and wellbeing. After weeks of being in lockdown, booking a court for a hit with family and/or friends – of course using our new guidelines – is an ideal way to get an exercise routine back on track.”

Tennis provides a range of health benefits for all age groups, with an extensive 25-year observational study finding that racquet sports were proven to increase life expectancy by almost ten years.\*

Find the latest information, guidelines and resources at:

<https://www.tennis.com.au/wa/news-and-events/news/covid-19-updates>

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 \***Study**: [https://www.mayoclinicproceedings.org/](https://www.mayoclinicproceedings.org/article/S0025-6196%2818%2930538-X/fulltext)

***For further media information, please contact:***

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