

HEALTHY HITTING!



TIPS FOR YOUR SAFE RETURN TO TENNIS



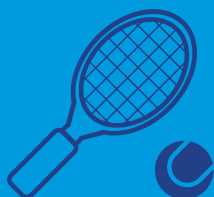
Less is more! Limit numbers on court, plus non-playing extras at organised sessions.



Maintain social distancing (1.5 metres). Touch racquets instead of shaking hands.



Keep coaching sessions to small numbers, maintain social distancing and shorten sessions to help avoid crossovers.



Use only your own racquet. Mark and use your own tennis balls.



Bring your own water bottle and towel. Don't share!



Wash your hands before and after play. Always avoid touching your face.



Use every second court where possible. There's no need to change ends!



Postpone social gatherings before and after tennis for now. Stay at home if unwell.



Download the COVIDSafe app to help track any COVID-19 cases and stay safe on court.