WHEN PLAYING TENNIS OR PICKLEBALL, PRACTICE THESE SAFETY GUIDELINES:

- **Tennis:** Use Four Balls or Six Balls
  - Play singles only. Playing singles helps prevent incidental contact and unwanted proximity.

- **Pickleball:** Mark your balls with different numbers or names
  - Although unlikely, it’s possible that a ball can transmit the COVID-19 virus, as virtually any hard surface can transmit the disease. So here is an extra precaution you can take to keep safe when playing tennis or pickleball:
    - Open two cans of tennis balls that do not share the same number on the ball.
    - Take one set of numbered balls, and have your playing partner take a set of balls from the other can.
    - Pickleball players, open two new packages of balls and mark each with different numbers or your name.

- **Between points,** use your racquet or paddle/foot to pick up balls and hit them to your opponent.
  - Avoid using your hands also when returning balls to another court.

- **Stay on your side of court.** Avoid changing ends of the court.

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

- **Clean and wipe down your equipment,** including racquets, paddles and water bottles.
  - Use new balls and a new grip, if possible.

- **Use only your own towels and water bottles.** Avoid sharing food and touching common surfaces such as court gates, fences, benches, etc.

- **Avoid touching your face after handling a ball, racquet or other equipment.** Wash your hands promptly if you have touched your eyes, nose or mouth.

To see the USTA full list of guidelines and recommendations see usta.com/playersafety
To see the USAPA full list of recommendations see USAPA.ORG/USA-Pickleball-statement-on-the-coronavirus