

REQUIRED AND RECOMMENDED PLAY GUIDELINES - USTA MID-ATLANTIC LEAGUE & FLEX LEAGUE PROGRAMS

The USTA/Mid-Atlantic, Inc. (USTA MAS) recognizes that the coronavirus continues to affect different parts of our region in different ways and with different restrictions. We, therefore, understand that it will be possible for people to continue to play tennis in localities, cities, and states under different restrictions. We also know how important it is for people to be active, and the role tennis can have in the physical and mental wellbeing of those that play it. By its very nature, tennis is an activity whereby close person to person contact can be avoided.

The tables below set out the minimum guidelines to manage safety and health concerns when participating in or administering a USTA MAS League and USTA MAS Flex League. While USTA MAS has provided these guidelines, USTA MAS needs your help to stay safe and current with the ever-changing federal, state, and local laws, rules, and regulations regarding COVID-19. If you find that the information provided herein needs updating, immediately notify USTA MAS. USTA MAS will make every effort to revise these guidelines based upon the most current information. Alongside the USTA MAS, in being a part of our USTA tennis community, you play an important role in ensuring appropriate application of these required and recommended guidelines.

To review recent state and federal information, please see:

- CDC: <https://www.cdc.gov/coronavirus/2019-ncov/community/parks-rec/index.html>
- Virginia: <https://www.governor.virginia.gov/executive-actions/>
- Maryland: <https://governor.maryland.gov/covid-19-pandemic-orders-and-guidance/>
- West Virginia: <https://governor.wv.gov/Pages/default.aspx>

Any concerns regarding an individual's adherence to required guidelines below may be referred to community@mas.usta.com.

REQUIRED GUIDELINES	
FORMAT & PARTICIPANT REQUIREMENTS	ORGANIZER/FACILITY REQUIREMENTS
<ul style="list-style-type: none"> ▪ League formats may need to be modified and/or schedules may need to be staggered in order to adhere to state and/or local mandatory guidelines. ▪ Capacity restrictions must be adhered to. Follow all state and local guidelines on gathering restrictions. When playing indoors, capacity limits may change and additional restrictions may apply. ▪ Where spectators or individuals outside of the expected line-up do not increase the number of individuals over the state and local maximum capacity mandates, they are permitted to attend to spectate. Associated players must share guidelines and expectations with accompanying individuals. ▪ All non playing captains, spectators and/or players outside the expected lineup must also perform a self check of the below criteria and follow all CDC guidelines related to social distancing and personal hygiene. ▪ Individuals at high risk should evaluate their participation. Visit the CDC information here. 	<ul style="list-style-type: none"> ▪ The local area where you are administering your program must have any stay-at-home or shelter-in-place orders lifted or modified. ▪ Your locality must meet all relevant and applicable standards in state and local guidelines. ▪ Adhere to the Commitment to Safely Returning to Play Form. ▪ Matches may be scheduled in split times and/or formats may be modified to adhere to local, state and/or facility capacity restrictions.

Participants are required to:



- Adhere to below criteria for participating in a USTA League match:
 - No signs or symptoms of COVID-19 in the past 14 days.
 - No close sustained contact with anyone who is sick within 14 days of the event.
 - Complete a COVID-19 self-check screening of health each day of participation. If you answer YES to any of the screening questions below you must stay home and not participate.
 - A new fever (100.4°F or higher) or a sense of having a fever?
 - A new cough that cannot be attributed to another health condition?
 - New shortness of breath that cannot be attributed to another health condition?
 - New chills that cannot be attributed to another health condition?
 - A new sore throat that cannot be attributed to another health condition?
 - New muscle aches that cannot be attributed to another health condition or specific activity?
 - Sign a USTA MAS Assumption of Risk and Release of Liability - COVID-19 Waiver and USTA MAS General Participation - Assumption of Risk and Release of Liability and Photo Release to participate.
- Follow all [CDC guidelines](#) related to social distancing and personal hygiene. This includes but is not limited to:
 - Wash your hands often or use a hand sanitizer that contains at least 60% alcohol.
 - Stay at least six to 10 feet from other people based on state and local orders.
 - Wear a face mask that covers your mouth and nose MUST be worn at all times when indoors and not actively playing tennis. This includes when entering and exiting the facility. Additionally, a face mask must also be worn at all times when outdoors and unable to maintain physical distancing. Face coverings should not be placed on anyone that has trouble breathing or is unable to remove the mask without assistance. Note: States, counties, and/or tennis facilities may have specific requirements on the use of face coverings both while indoors in the facility and when actively playing tennis indoors. Please consult your local tennis facility in advance to be aware of specific requirements.
 - Cover coughs and sneezes.
 - Monitor your health.
- Facilities utilized for USTA League or Flex league matches must be open for play. Check with the agreed upon facility location ahead of time for any protocols that may apply.
- Arrive at the venue dressed for your match shortly before your allotted start time and depart the venue immediately after the
 - Players may be asked where they played a certain Flex League match.
 - Maintain good communication with participants. This includes disseminating and/or posting information to participants on the efforts the program will be undertaking to mitigate the risk of COVID-19 and best practices for participants to prevent the spread of COVID-19.



match. Do not use the locker rooms or showers and avoid touch points when entering and exiting.

- Avoid entering the court until previous players exit and maintain social distancing.
- Introduce yourself to your opponent(s) from across the net and maintain social distancing.
- Do not share any equipment or other items (racquet, water bottles, food) with partner or opponents.
- Should either player or doubles team wish to use and handle their own new set of tennis balls, that request must be honored. The player/team requesting the use of multiple sets of tennis balls must be prepared to provide the additional can of balls.
- When returning balls to opponent or from another court, use your racquet/foot to send back.
- Do not use score tenders on courts; clearly verbalize the score at the start of each point.
- Toss the coin or spin the racquet that guarantees six to ten feet distance between players and the same person conducts and retrieves the coin and/or racquet.
- Maintain six to ten feet of distance when changing sides and communicating with each other. Either change on opposite ends of the net or modify to have no changeover.
- Use headbands, hats, wristbands, towels to avoid touching faces during play.
- No handshake after completion of the match. Acknowledge the completion of the match with a thumbs up or a “good match” across the net in lieu of a handshake.
- Leave the courts as soon as possible, taking with you all your items (tennis balls, water bottles, etc.).
- In USTA League matches, Captains or Acting Captains should use text or email to exchange lineup cards. Line-up exchange may also be done by posting on a flat surface and captains one at a time document opposing line-up while maintaining six to ten feet of social distancing.

RECOMMENDED STANDARDS

FORMAT & PARTICIPANT RECOMMENDATIONS

Please consider the following:

- Bring tissues, cleaning wipes and a personal trash bag to pack in & pack out.
- Use tissue to open gates and immediately toss tissue in your personal “trash bag.”
- Use the restroom at your private residence prior to your match.
- Use hand sanitizer on every changeover.

ORGANIZER/FACILITY RECOMMENDATIONS

- Advise staff to wear masks and gloves.
- Advise players and staff to wash hands often (before and after matches).
- Limit large congregations in areas such as lobbies, waiting areas, and locker rooms.



- Advise players to discard any gloves & one time use masks used during the match.
- Advise players to use headbands, hats, wristbands to avoid touching their faces during play.
- Refrain from bringing spectators or extra players, unless able to stay within capacity regulations and able to maintain social distancing.
 - Educate any spectators or extra players that they are to follow the guidelines within this document.
- If playing doubles, avoid high-fives and whispering to each other from a close distance to strategize.
- Remain apart from other players when taking a break or changing sides.

- Provide antibacterial wipes and hand sanitizer near all courts and common areas.
- Post safety notices for players and spectators.
- Remove water coolers or stations from the court.
- Only allow spectators if they can adhere to social distancing guidelines, maintain six to ten feet apart per local and state orders and do not increase capacity over state and local required limits.
- Follow all state and [CDC guidelines](#) in reference to cleaning and disinfecting of all facility areas.
- Observe social distancing in all areas.
- Where possible, and not dangerous, keep gates open so players do not have to touch when entering/exiting court.
- Designate areas for players to position personal items/equipment before play.
- Eliminate food offerings in common areas (fruit, granola bars, etc.).
- Display health and safety notices clearly around venues, including at entry/exit points, gathering points and around every court.
- Alternate match courts when possible to implement social distancing.

