

RETURN TO PLAY REQUIRED AND RECOMMENDED GUIDELINES - USTA MID-ATLANTIC LEAGUE PROGRAM

The USTA/Mid-Atlantic, Inc. (USTA MAS) recognizes that the coronavirus has been affecting different parts of our region in different ways and with different phased openings. We, therefore, understand that it will be possible for people to return to playing tennis in localities, cities, and states at different times.

The tables below set out the minimum guidelines to manage safety and health concerns when participating in or administering a USTA MAS 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.

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

- League formats may need to be modified or schedules may need to stagger in order to adhere to state and/or local mandatory guidelines.
- In cities/counties where gatherings are restricted to 10 or fewer, spectators and individuals outside of the expected line-up are not permitted to attend league matches. A non-playing captain or acting non-playing captain may attend but must adhere to social distancing requirements.
- Individuals at high risk should evaluate their participation. [Visit the CDC information here.](#)

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

ORGANIZER/FACILITY REQUIREMENTS

- 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.
- If your local league is taking place in a city/county still in a phase restricting gatherings to 10 or fewer, matches may be scheduled in split times and/or formats may be modified to adhere to these requirements.
- Maintain good communication with participants. This includes disseminating and/or posting



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.
 - Cover your mouth and nose with a cloth face cover when around others and not actively playing tennis. Face coverings should not be placed on anyone that has trouble breathing or is unable to remove the mask without assistance. Wearing a mask is not required or recommended when playing.
 - Cover coughs and sneezes.
 - Monitor your health.
- 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 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.

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.



- 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.
- Each player should bring and handle his/her own new set of balls and either mark them or vary the ball number. Doubles partners may elect to share one can per team (for a total of two cans). This should be done by a member of the home and away team. It is recommended that balls should be used for one match only. 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.).
- 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.”

ORGANIZER/FACILITY RECOMMENDATIONS

- Advise staff to wear masks and gloves.
- Advise players and staff to wash hands often (before and after matches).



- Use the restroom at your private residence prior to your match.
- Use hand sanitizer on every changeover.
- 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 outdoors and can maintain social distancing.
- If playing doubles, avoid high-fives and whispering to each other from a close distance to strategize.
- Consider wearing a mask before and after participation to and from the court. Wearing a mask is not required while playing/exercising.

- Limit large congregations in areas such as lobbies, waiting areas, and locker rooms.
- 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 and maintain six to ten feet apart per local and state orders.
- 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.

