

The West Virginia Department of Health and Human Resources, Bureau for Public Health (BPH) continues to respond to the novel coronavirus disease (COVID-19) in West Virginia. BPH is working closely with communities, state agencies, local and federal partners to monitor the ongoing risk of COVID-19 and ensure the health and protection of all individuals in West Virginia. This guidance is for individual singles matches, doubles matches, and other matches as allowed in the West Virginia Strong “The Comeback” plan. Individuals should heed any local restrictions that have closed tennis courts.

COMMON SYMPTOMS OF COVID-19

- Fever
- Cough
- Shortness of breath
- Chills
- Muscle pain
- Sore throat
- Recent loss of taste or smell

PERSON-TO-PERSON TRANSMISSION

- Occurs via small droplets from the nose or mouth of the infected person when they cough, sneeze, or exhale.
- Virus can remain on surfaces for a limited time period. Although less common, transmission may occur from touching contaminated surfaces and then touching your eyes, nose, or mouth.

GENERAL PREVENTION

- Learn about COVID-19 from reputable sources.
- Maintain physical distance of at least six feet between yourself and others.
- Encourage proper handwashing.
- Clean and sanitize surfaces often.
- Do not share food, drinks, etc.
- Wear cloth face coverings.
- Stay home if you feel sick.
- Isolate sick individuals.

BEFORE YOU PLAY

- Do not play if any of you:
 - Are exhibiting any symptoms of the coronavirus. People with COVID-19 have had a wide range of symptoms reported — from mild symptoms to severe illness. These symptoms may appear 2-14 days after exposure to the virus: fever, cough, shortness of breath or difficulty breathing, chills, repeated shaking with chills, muscle pain, headache, sore throat, new loss of taste or smell.
 - Have been in contact with someone with COVID-19 in the last 14 days.

PREPARING TO PLAY

- Wash your hands with a disinfectant soap and water (for 20 seconds or longer) or use a hand sanitizer if soap and water are not readily available, before going to the court.
- Clean and wipe down your equipment, including racquets and water bottles. Do not share racquets or any other equipment such as wristbands, grips, hats, and towels.
- Bring a bottled water or other sports beverage to avoid touching a tap or water fountain handle.
- Use new tennis balls, to the extent possible.
- If you need to sneeze or cough, do so into a tissue, elbow, or upper sleeve.
- Avoid touching court gates, fences, benches, etc. if you can.

DURING PLAY

- Allow only players and officials in the tennis court area.
- Try to stay at least six feet apart from other players. Do not make physical contact with them (such as shaking hands or a high five).
- When playing doubles, coordinate with your partner to maintain physical distancing.
- Avoid touching your face after handling a ball, racquet or other equipment. Wash your hands promptly or use hand sanitizer if you have touched your eyes, nose or mouth.
- Avoid sharing food, drinks, or towels.
- Maintain physical distancing if changing ends of the court.
- Remain apart from other players when taking a break.
- If a ball from another court comes to you, send it back with a kick or with your racquet.

PARTICIPANT GUIDANCE AFTER PLAY/MATCH

- Do not shake hands.
- Wash hands as soon as possible after match or use an alcohol-based hand sanitizer with at least 60% alcohol when soap and water are not available.
- Wipe down all equipment with disinfectant after play.
- Launder all items (clothing, towels, etc.) after returning home.
- Maintain social (physical) distancing.
- If possible, do not use locker room/showers; plan to shower at home.
- No congregation after playing.
- Encourage the wearing of cloth face coverings after match play is over.

PROVIDE A CLEAN ENVIRONMENT

- Clean and disinfect frequently touched surfaces—such as counters, tabletops, doorknobs, bathroom fixtures and toilets—several times a day wearing disposable gloves.
- Approved disinfectant products:
 - <https://www.americanchemistry.com/Novel-Coronavirus-Fighting-Products-List.pdf>
 - <https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2>
 - Dilute bleach solutions, made fresh daily:
 - 1/3 Cup of bleach per gallon of water
 - 4 teaspoons of bleach per quart of water
 - Alcohol solutions with at least 70% alcohol
- All common area chairs and tables should be stacked, roped off or removed from the area to prevent congregating and touching.
- All court gates and stair rails should be wrapped with caution tape to discourage touching, or else should be wiped down every hour.
- All gates should be roped off or left open to prevent touching. If the facility has a wide-open side entrance to the courts, its use is recommended.
- All score tenders will be taken off the courts to prevent touching.
- Make disinfectant soap, hand sanitizers, or wipes available at all main contact points.
- Regularly remind and encourage everyone, particularly juniors, of the need to wash hands often and adopt the other principles of a good hygiene strategy.
- Display signage about handwashing and hygiene techniques at strategic points such as sinks, eating areas, drinking areas and on the side of the court.
- Limit the use of indoor spaces by keeping all locker room and shower areas closed.

ENCOURAGE PHYSICAL DISTANCING

- Staff and non-participants should stay at least six feet apart to maintain physical distancing.
- Use every second court where practical.
- Players should maintain physical distancing if changing ends of the court.
- Implement ways to minimize contact between participants and staff.
- Encourage non-participants to wear cloth face coverings.

USE OF FACE MASKS

- CDC recommends the use of simple cloth face coverings as a voluntary public health measure in public settings where other social distancing measures are difficult to maintain.
- Launder reusable face coverings before each daily use.
- CDC offers [additional information on the use of face coverings](#), including instructions on how to make homemade face covers.
 - Individuals should be careful not to touch their eyes, nose, and mouth when removing cloth face covering and wash hands immediately after removing.

NOTE: The cloth face coverings recommended by CDC are not surgical masks or N-95 respirators. Those are critical supplies that must continue to be reserved for health care workers and other medical first responders, as recommended by current CDC guidance.

ADDITIONAL RESOURCES

- **USTA Playing Tennis Safely: Player Tips and Recommendations**
<https://www.usta.com/en/home/stay-current/national/usta-statement-on-safety-of-playing-tennis-during-the-covid-19-v.html>
- **USTA Playing Tennis Safely: Facility and Programming Recommendations**
<https://www.usta.com/en/home/stay-current/national/playing-tennis-safely--facility-and-programming-recommendations.html>

Questions and concerns can also be directed to the 24/7, toll-free COVID-19 information hotline:

1-800-887-4304

