

City of Alameda Tennis and Pickleball Rules

Alameda County Health Department Order as of 5/4/2020

Developed from USTA and USAPB guidelines

1. Prepare before leaving home to protect against infections:

- a. Wash your hands with 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
- b. Clean and wipe down your equipment, including (rackets/paddles) and water bottles.
- c. Do not share (rackets/paddles), balls, or any other equipment such as wristbands, grips, hats and towels.
- d. Bring a full water bottle to avoid touching a tap or water fountain handle.
- e. Use new balls and a new grip, if possible.
 - i. Mark a number on one can of balls and only touch your numbered balls during play
- f. Wash your (tennis/pickleballs) between sessions.
- g. Wear a face mask.
- h. Consider wearing gloves.

2. Follow these rules to remain safe while playing:

- a. Only SINGLES play is allowed
- b. Arrive as close as possible to the time you need to be there.
- c. Avoid touching court gates, fences, benches, etc. if you can.
- d. Enter and exit at designated areas only to promote physical distancing.
- e. Stay at least six feet apart from other players. Do not make physical contact with them, such as shaking hands or tapping (rackets/paddles) at the end of the game.
- f. Each player uses his/her own uniquely marked tennis/pickleballs
- g. Avoid touching your face after handling a ball, racket or other equipment.
- h. Avoid using your hands to pick up the balls. Use your rackets/paddles/foot to pick up balls and hit them to your opponent.
- i. If you need to sneeze or cough, do so into a tissue or upper sleeve.
- j. Do not share food, drinks, towels, or equipment.
- k. If a ball from another court comes to you, send it back with a kick or with your rackets/paddles.
- l. Stay on your side of court. Avoid changing ends of the court.
- m. Remain apart from other players when taking a break.
- n. Leave the court as soon as reasonably possible. Remain at least 6 feet from others.
- o. Wash your hands thoroughly or use a hand sanitizer after coming off the court.
- p. No extra-curricular or social activity should take place. No congregation after playing.

3. PLEASE STAY HOME IF YOU:

- a. Are exhibiting any symptoms of the coronavirus: mild to severe respiratory illness with fever, cough and difficulty breathing, or other symptoms identified by the CDC.
- b. Have been in contact with someone with COVID-19 in the last 14 days.
- c. Are a vulnerable individual with an underlying health condition.