

# NORTH CAROLINA TENNIS TIPS & RECOMMENDATIONS

North Carolina has eased restrictions, allowing tennis play to resume, and recommends practicing the **Three W's** to protect against COVID-19.

 <p><b>WEAR A MASK</b></p>	 <p><b>WATCH YOUR SOCIAL DISTANCE</b></p>	 <p><b>WASH YOUR HANDS</b></p>
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The North Carolina Tennis Association also has the following recommendations to keep you safer while playing tennis:

 <p><b>Wear a mask when you are not playing.</b></p>	 <p><b>Carry hand sanitizer in your bag.</b></p>	 <p><b>Bring your own balls with a sharpie to mark them.</b></p>
 <p><b>Confirm you have not traveled outside the country.</b></p>	 <p><b>Attest that you are not aware that you have been exposed to COVID-19.</b></p>	 <p><b>Do not play or come to a facility if you have a fever, cough, sore throat or difficulty breathing.</b></p>
 <p><b>Avoid congregating during changeover. Set your bags 6ft apart and go to YOUR bag on changeover for YOUR own water and towel.</b></p>		
 <p><b>Do not come to a facility before 10 minutes prior to a match.</b></p>	 <p><b>No congregating before, during or after play.</b></p>	 <p><b>Do not go to the court until your scheduled match time or warm up time.</b></p>