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## Tennis Safety Guidelines

Tennis programs have risks that place participants in physical harm. The ankle and knee are the most common sites of injury to tennis players, followed by the lower back, hand, and wrist. The key to reducing these types of injuries is proper conditioning. Eye and face injuries also occur as a result of being hit with another player's body or racquet. The following guidelines should be followed when participating in the sport of tennis.

### Facility & Equipment

- Court dimensions need to meet WIAA regulations for play/safety.
- Avoid courts made of cement, asphalt and other surfaces that do not have any give.
- Keep court free from trip and fall hazards.
- Insure first aid, and safety equipment is available.
- Have safe area for students not on the court to be watching, waiting from.

### Supervision & Instruction

- Make sure athletes wear all the required safety gear every time he or she plays and practices.
- Don't tolerate horseplay or unsportsman like conduct. Avoid purposeful pushing and tripping.
- Never allow students to jump or climb over the nets.
- Teach players to pay attention to the game at all times.
- Make sure all players warm up and cool down.
- Stretching exercises focusing on the shoulders lower back and legs are important.
- Instruct students in the risk of over use and warning signs.
- Insure students wear shoes appropriate for the playing surface. Running shoes should not be worn as the soles are not designed for quick turning, stopping and jumping.
- To prevent blisters, athletes need to keep racquets dry with powdered chalk or sawdust.
- Instruct athletes to use their legs like springs when rebounding to absorb shock and be alert to other players' positions so they can land safely.
- Insure athletes do not wear chains, rings, and metal wristbands. If they wear glasses, they should be secured and have shatterproof lenses.
- Use a whistle.
- Ensure proper hydration of athletes.