



Playing Tennis Safely Videos



[**Watch video here**](#)

Below is a list of short videos to demonstrate how All Canadian Management will run development programs safely.

Preparing the bag

- Extra racquets
- Extra shirt
- Towel
- Mask
- Gloves
- Lots of water
- Snack & lunch
- 1 can of marked balls [Number]

[**Watch video here**](#)



Arriving at the club

- Door open [put markers for spacing waiting for front desk]
- Stop at the front desk to sanitize
- Coach is there with visor and takes attendance
- Proceed to line up
- Walk to court
- Sanitize hands walking in on the court
- Proceed to court and put the bag at the back of the court
- Start warm-up

[Watch video here](#)

Exiting at the club

- Pack up bag
- Sanitize hands upon leaving
- Join the exit line
- Coach leads the group to the front following one-way exit route
- Doors open, players leave

[Watch video here](#)

Volunteer parent

- Meet kids at the front doors of the facility
- Guide players to courts with physical distancing respected
- While on-court ensure respect of all safety protocols
- Feedback to coach if player or drill not respecting protocol
- Sign attendance list at end of practice [if protocol respected]
- If not give feedback to head coach
- The parent volunteer can be on the side or walking on the court with a tube to pick up balls
- At the end of practice walk to the front and wait for all kids to be picked up

[Watch video here](#)

Warming up

- Player's leave their bag at the back of the court [designated marker]
- Use all of the courts inside doubles alley
- Leave balls that cross through the middle or exit to another court

[Watch video here](#)



Cross court

- Emphasis on depth
- Do not run outside of doubles alley
- Watch for players on the adjacent court

[Watch video here](#)

At the net

- Players on the same side can both be at the net
- Or one up and other back
- All four players can be at the net [stay close to doubles alley]
- Two players at the net on the same side for overheads

[Watch video here](#)

When playing points [1 on 2]

- Player not playing must stay at designated space next to bags on the deuce side
- Player finishing point exists to the left
- Player waiting for moves in

[Watch video here](#)

When playing one on one

- Both players not playing waiting on the deuce side
- Exiting player to the left of the court

[Watch video here](#)

When picking up the balls

- Players gather balls from their area
- Make piles for the coach to pick up
- Only the coach picks up balls

[Watch video here](#)



Putting a ball in play

- Do not touch balls
- Pick up with racquet and foot
- Feed the ball after a bounce

[Watch video here](#)

Water break

- Take own water from tennis bag
- Stay within the designated area for the duration of water break

[Watch video here](#)

When Serving [volume]

- Put on your glove
- Practice your serve
- Discard of glove

[Watch video here](#)

When serving and playing points

- Take marked balls from your bag
- If not returned, pick up partners balls with foot and racquet
- Players not playing the point stay at the back of court deuce side
- Players leave the court moves off the court to the left

[Watch video here](#)

Moving up and down

- Bring your marked balls
- Moving up from the baseline
- Moving down from service line
- Send back to them

[Watch video here](#)



Mike Voiceover -

- 1) One on one points

[Watch video here](#)

- 2) Two vs one point play

[Watch video here](#)

- 3) Coach surveying court

[Watch video here](#)