

Recommendations of Committee Reviewing Health and Safety of Master Tennis Players, Competing in National Events.

The Committee has undergone a review of the current Tennis Canada policies related to health and safety of Masters Tennis players participating in tennis tournaments. Notwithstanding these recommendations, it is important that all players understand that they must take responsibility for their own health and well-being when competing in Tennis Canada tournaments.

Number of Matches

It is recommended that the following guidelines be followed when scheduling matches.

<i>Age category</i>	<i>Matches per day</i>
Under 45	2 maximum
All others	1 doubles/1 singles

Exceptions: if a player competes in the main draw of a tournament and then proceeds into the consolation round; or if a player is in a round robin event, then there is potential to allow 3 matches to be played in one day. In all cases where a player has 3 matches in one day, there will be a maximum of two singles.

Rest Period Between Matches

It is recommended that Tennis Canada adopt ITF regulations when it comes to minimum rest period between matches. Specifically:

<i>Match duration</i>	<i>Minimum rest before next match</i>
Less than 1 hour	30 minutes
Between 1-1 ½ hour	60 minutes
More than 1 ½ hour	90 minutes

Heat Advisory

When extreme weather is a factor during a tournament, it is recommended that tournaments have ice, umbrellas, and shaded areas available for players during their matches. The Referee will have the discretion to make match modifications or suspend play when heat is a factor for all Masters Tennis age groups. This may include but is not limited to:

- Suspending play when the temperature reaches 38°C.
- Making accommodations when Environment Canada declares a heat advisory (even when temperatures are below 38°C) for competition location.
- Implementing a 10-minute break between 2nd and 3rd sets for any age group
- Modifying match formats to use no-ad scoring or a 10pt match tie break in lieu of the third set to make allowances for the heat.

Heart Monitors

Where agreed with the Referee in advance and for medical/health reasons only, a player may be granted permission to wear a heart monitoring device. Authorization must be requested before a player's first match but preferably at the time of entry to a tournament. Data may only be accessed on changeovers with an official present. The device must have messaging/wifi functionality turned off. This exemption is not intended for players to use smart watches or fitness devices to track heart rate or performance and is only to be used for the purpose of controlling or avoiding serious medical episodes. The Referee will make the final decision as to whether a device meets these requirements.