

## < Requests to Students -For a Safe Tennis Life- >

**Tennis is a great sport that you can enjoy throughout your life.**

**Please check the following notes when you take lessons at the school.**

**We appreciate your cooperation so that the lessons will be safe and secure.**

### **【Notes for lessons】**

**Please understand that tennis is always side by side with danger.**

- Take an absence from lessons when you are not feeling well.
- Even if you are not worried about your physical condition, please be careful about sudden changes in your physical condition.
- Please note that there may be personal accidents such as contact with the player.
- Please note that there are accidents caused by tennis equipment, rackets, balls, nets, fences, etc.

### **【Cautions before lesson】**

**Please manage your physical condition before the lesson.**

- If you feel unwell before the lesson, please refrain from attending the lesson.
- If you feel unwell before the lesson, please consult your coach.
- Please refrain from using the ball on the court before the lesson starts.

### **【Cautions during the lesson】**

**Sufficient warm-up is essential to prevent injury.**

**During the lesson, each person who plays should be careful and encourage each other not to get injured. If you feel unwell during the lesson, feel free to contact your coach.**

- Follow the instructions of your coach during the lesson.
- Warm up carefully at the beginning of the lesson and try to train your body gradually.
- If you start the lesson late, please warm up carefully by yourself.
- You cannot pass behind the court during the game or rally.
- The courtside during play is dangerous. Please be careful not to take your eyes off the court.
- When you swing the racket, make sure that no one is nearby.
- If you have a ball at your feet, pick it up immediately.
- Do not chase the ball relentlessly.
- Speak loudly to each other to avoid dangerous balls that fly out of control toward other players or viewers.
- Try to rehydrate and take breaks frequently.(Please rehydrate at your own timing, even if it is not a break)
- In the unlikely event of an accident, stop playing immediately and follow the instructions of your coach.

### **【Cautions after the lesson】**

**Don't forget to take care of your body condition so that you can enjoy taking lessons next time.**

- After the lesson, let's do a cool-down such as organizing exercises and stretching.
- Please let your coach know if you are not feeling well after the lesson.
- After the lesson, please be careful when you pass by the other playing court .