

# **DRESS CODE**



The Club doesn't have many rules, but there are good reasons for having some guidelines for what should and shouldn't be worn on court. These guidelines apply to all players using the Club's courts, whether hirers or members.

- The most important rule is: you must wear proper tennis shoes. Shoes with ripple soles, studs, or other hard protrusions are definitely not permitted because they damage the court surface. They also increase the risk of injury. You won't be allowed on the courts with improper shoes.
- When it comes to clothes, the dress code is relatively simple – Tennis clothes. Please avoid training gear, jogging gear, biking gear, hiking gear, singlets, fishnet tops, jeans, cut-offs, or swimming costumes. Our preference is for shirts with collars and sleeves because of the greater protection from skin cancer, however we recognise that sleeveless tennis tops are a common favourite.
- If you're playing competition, some clubs you play at have much stricter rules (eg all-white at Royal Sydney), and if you don't observe their rules, you won't be allowed on court.
- To look good AND protect your skin: Wear UPF 15 or better clothing, and cover as much skin as is comfortable (Cancer Council shops sell suitable clothing, as does the Club's Pro Shop). Replace your sunscreen every 2 hours, and use SPF 30+ products. Be especially careful to protect young children – their skin is quite susceptible to UV.
- Wear wrap-around sunglasses – your eyes are very vulnerable to UV.

**Most important of all – have fun on the court!**

**THE BOARD OF CHATSWOOD TENNIS CLUB, March 2019.**