



## HAWORTH HAR-TRU TENNIS CLUB

### Rules and Regulations for use of Haworth Har-Tru® Tennis Club

#### General:

Membership and annual tennis dues are required by both residents and non-residents to play. Obtaining a membership constitutes an agreement to abide by the regulations, Haworth Ordinances and NJ State Laws (collectively, the Rules). Failure to comply with these Rules shall be cause for revocation of membership. Any appeal should be addressed to The Haworth Tennis Committee (the Committee).

#### Enforcement:

The Rules and Regulations will be enforced by the members of the Committee or other Haworth Officers, as the violation determines.

1. For proper management of the courts, any or all courts may be closed as conditions warrant. Determination of court closure will be made by a Committee member.
2. No one shall abuse, destroy, modify, move or remove any physical features or properties on or around the courts.
3. No member or a member guest shall loiter in or around the courts.
4. A maximum of 4 members shall occupy the courts for **regular** play.
5. The Committee may schedule one or all of the courts for a tournament or instruction under its supervision. Up to 6 students per court may be included in Committee events.

#### Specific Rules:

1. A membership and annual dues payment are required to reserve time.
2. Annual dues are non-refundable.
3. Guests may play a maximum of **3 times** each year.
4. Memberships are not transferrable.
5. Tennis sneakers must be worn on the courts at all times.
6. Players must wear shirts at all times.
7. Conduct or language which is unduly annoying or inflammatory to players or residents is prohibited.
8. No bicycles, skateboards, strollers or pets are allowed on the courts.
9. No smoking, food or alcoholic beverages are allowed on the courts.
10. Players must dispose of **all** trash in receptacles provided and recycle plastic bottles, cans and old tennis balls.
11. After playing, the courts must be swept up to 6 feet beyond the baseline and the front and back locks must be closed.
12. Entry gate codes will be changed throughout the season. Members will be notified via email, please make sure to include an email address when registering.
13. Courts must not be used when soft or wet, which may cause damage. Watering and scheduled maintenance will be posted on the schedule.
14. Reserved time is limited to 1 hour for singles play and 2 hours for doubles play, when others are waiting. A single player cannot hold a court when others are waiting.
15. Senior players (19 or older) always have priority on Court # 1. Junior players (18 years and younger) must yield court time to seniors in prime time. **Prime time:** 8 AM to 12 PM.



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16. Commercial enterprises (in the) use of the courts is prohibited except as follows:
  - a. A tennis instructor may use the courts with a membership, subject to the regular sign-up procedures.
  - b. The instructor and student(s) must also obtain an annual membership card.
  - c. Students playing without an instructor need to apply for an annual membership.
  - d. Lessons are not permitted without previous authorization from the Committee.
  - e. There is no priority given to instructors.
  - f. The maximum number of students 6.
  - g. Haworth Har-Tru Tennis Club is not responsible for injury or loss.
  - h. Any person entering the tennis courts without permission will be considered trespassing.

### **Sign Up Rules:**

1. All court reservations must include all member's name **and** guest players names.
2. 1 member may reserve 1 hour for singles play, 2 members may reserve 2 hours for double plays.
3. A single member is permitted 1 guest per hour; 2 members are permitted 2 guests for up to 2 hours.
4. Repetitive guests: guests may play a maximum of **3 times** each year.
5. If you are unable to play your assigned time, you are required to remove your name from your online reservation. If there is a no-show, a court can be used by a member with a reservation after waiting 10 minutes. Thereafter it is deemed open time.
6. In the event 2 or more groups are desiring to play on an open court, priority is given to the group which arrived as long as that group has not played earlier or scheduled to play later in the day.

### **Other Items:**

1. Interpretation of any of these regulations will be made by the Committee.
2. Violation of any of these Rules and Regulations will be reviewed by the Committee and may result in a fine and/or suspension of sign-up privileges or revocation of your membership.
3. Courts being used for instruction must be in accordance with the Heat Index Chart (Appendix 1) and by the recommendations from the CDC: "Extreme Heat: Heat and Athletes" (Appendix 2), more information is available online at [CDC](https://www.cdc.gov).



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## APPENDIX 1

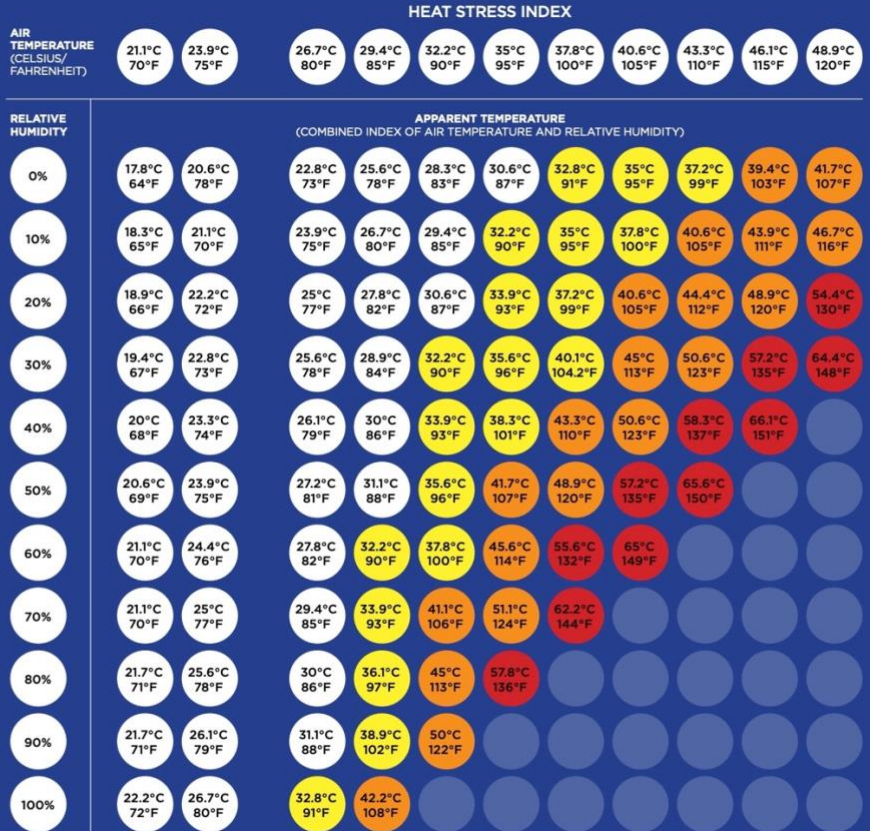
### HEAT INDEX CHART

The Heat Index Chart provides general guidelines for assessing the potential severity of heat stress. Individual reactions to heat will vary. It should be remembered that heat illness can occur at lower temperatures than indicated on the chart. In addition, studies indicate that susceptibility to heat illness tends to increase with the very young and the elderly. It should be noted that exposure to full sunshine can increase Heat Index Values.

**Apparent Temperature** is the combined index of heat and humidity. It is an index of the body's sensation of heat caused by the temperature and humidity (the reverse of the "wind chill factor"). Use the Heat Stress Index chart to calculate the Apparent Temperature.

1. Across the top of the chart, locate the **AIR TEMPERATURE**.
2. Down the left side of the chart, locate the **RELATIVE HUMIDITY**.
3. Locate the intersection of air temperature and relative humidity to find the **APPARENT TEMPERATURE**.

APPARENT TEMPERATURE	HEAT STRESS RISK WITH PHYSICAL ACTIVITY AND/OR PROLONGED EXPOSURE
32.2 - 40.6°C 90 - 105°F	HEAT CRAMPS OR HEAT EXHAUSTION POSSIBLE
40.6 - 54.4°C 105 - 130°F	HEAT CRAMPS OR HEAT EXHAUSTION LIKELY; HEATSTROKE POSSIBLE
54.4°C and up 130°F and up	HEATSTROKE HIGHLY LIKELY





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## Appendix 2

### HEAT-RELATED ILLNESSES

WHAT TO LOOK FOR	WHAT TO DO
<b>HEAT STROKE</b>	
<ul style="list-style-type: none"><li>• High body temperature (103°F or higher)</li><li>• Hot, red, dry, or damp skin</li><li>• Fast, strong pulse</li><li>• Headache</li><li>• Dizziness</li><li>• Nausea</li><li>• Confusion</li><li>• Losing consciousness (passing out)</li></ul>	<ul style="list-style-type: none"><li>• Call 911 right away-heat stroke is a medical emergency</li><li>• Move the person to a cooler place</li><li>• Help lower the person's temperature with cool cloths or a cool bath</li><li>• Do not give the person anything to drink</li></ul>
<b>HEAT EXHAUSTION</b>	
<ul style="list-style-type: none"><li>• Heavy sweating</li><li>• Cold, pale, and clammy skin</li><li>• Fast, weak pulse</li><li>• Nausea or vomiting</li><li>• Muscle cramps</li><li>• Tiredness or weakness</li><li>• Dizziness</li><li>• Headache</li><li>• Fainting (passing out)</li></ul>	<ul style="list-style-type: none"><li>• Move to a cool place</li><li>• Loosen your clothes</li><li>• Put cool, wet cloths on your body or take a cool bath</li><li>• Sip water</li></ul> <p><b>Get medical help right away if:</b></p> <ul style="list-style-type: none"><li>• You are throwing up</li><li>• Your symptoms get worse</li><li>• Your symptoms last longer than 1 hour</li></ul>
<b>HEAT CRAMPS</b>	
<ul style="list-style-type: none"><li>• Heavy sweating during intense exercise</li><li>• Muscle pain or spasms</li></ul>	<ul style="list-style-type: none"><li>• Stop physical activity and move to a cool place</li><li>• Drink water or a sports drink</li><li>• Wait for cramps to go away before you do any more physical activity</li></ul> <p><b>Get medical help right away if:</b></p> <ul style="list-style-type: none"><li>• Cramps last longer than 1 hour</li><li>• You're on a low-sodium diet</li><li>• You have heart problems</li></ul>
<b>SUNBURN</b>	
<ul style="list-style-type: none"><li>• Painful, red, and warm skin</li><li>• Blisters on the skin</li></ul>	<ul style="list-style-type: none"><li>• Stay out of the sun until your sunburn heals</li><li>• Put cool cloths on sunburned areas or take a cool bath</li><li>• Put moisturizing lotion on sunburned areas</li><li>• Do not break blisters</li></ul>
<b>HEAT RASH</b>	
<ul style="list-style-type: none"><li>• Red clusters of small blisters that look like pimples on the skin (usually on the neck, chest, groin, or in elbow creases)</li></ul>	<ul style="list-style-type: none"><li>• Stay in a cool, dry place</li><li>• Keep the rash dry</li><li>• Use powder (like baby powder) to soothe the rash</li></ul>

