

# **TSNT Policy for Facilities for Senior Players**

## **Background**

Tennis Seniors NT has a charter to represent the interests of its members who are adult tennis players over the age of 35. The aim is to encourage adults to continue playing tennis for as long as they are physically able to do so. A number of our members are into their 80s and still playing tennis.

It is recognised that suitable playing conditions will encourage players to play into their later years and those factors that prolong a person's playing life are to be encouraged and supported such as:

## **Playing Surface**

Most of the available playing surfaces for tennis players in Darwin are hard court facilities. While these surfaces are suitable for many players they tend to be hard on the legs for senior players who are experiencing joint wear and pain. While there are a number of possible surfaces, the most suitable soft surface for the Top End region is deemed to be Sand Filled Artificial Grass (SFAG). While it is accepted that some prefer hard court, it is advocated that in order to cater for the full tennis community (some younger players may also benefit from SFAG) a choice of surface would make tennis a more inclusive sport.

## **Shade**

Access to shade both while playing and while resting between games assists aging players to cope with the climate extremes experienced within the NT. Shade can be provided by covered courts, strategically planted trees and shade cloth and other shady materials places on court fencing particularly on western perimeters to help alleviate the heat from the sun in afternoon and evening sessions.

## **Other Factors which assist player comfort**

Particularly during hotter times of the year access to chilled water is helpful in rehydrating and maintaining core body temperatures within safe limits while playing outdoor sports such as tennis. Also adequate shaded seating is also desirable.