

X. EXHIBITS

EXHIBIT Q - Player Food Service

Recommendations for Player Food Service Planning

A. Player food should be prepared simply, with few sauces or spices. The following is a list of recommended food groups:

- 1) **Carbohydrates** (60% of total calorie intake)
 - a) Breads and Starches
Assorted multi-grain breads and rolls, bagels, crackers, low-sugar cereals, pasta (with all sauces on the side), baked (white and sweet) potatoes (with selection of toppings) and rice (preferably brown or wild).
 - b) Fruits and Vegetables
Assorted fresh fruit salad, dried fruits, whole fresh fruits, and fresh cut raw vegetables. Salad bar: tomatoes, potatoes, lettuce (variety), cucumbers, sprouts, mushrooms, carrots, peas, beans, etc. with oil and vinegar-based dressings on the side.
- 2) **Proteins** (15% of total calorie intake)
Chicken (white meat), turkey (white meat), fish (assorted variety), soft low-fat cheeses, low fat cottage cheese, low fat yogurt, hard-boiled eggs, tofu, non-fat milk. Additional recommendations are soy milk and assorted nuts.
- 3) **Miscellaneous**
 - a) Broth-based soups, (e.g., minestrone, chicken noodle, vegetable).
 - b) All sauces should be served on the side (in a warmer if necessary).
 - c) Low-fat cooking methods should be used (baked, broiled and roasted, with limited butter and oils).
 - d) Seasonings should be light; offer extra salt, pepper, garlic, etc. on the side.

B. Daily Meal Planning

- 1) When providing meals, a variety of food choices are preferred on a daily basis.
- 2) In addition to daily meals, snacks should be provided throughout the day and evening (e.g., fruits, breads and rolls, cheeses, yogurts, nuts, crackers and raisins, etc.).
- 3) If morning practices and matches are played, breakfast items should also be available (e.g., cold cereals, bagels and breads, yogurt, fruit).
- 4) Suggested lunch and dinner menus should include Carbohydrates (bread/pasta/potatoes/rice) and at least two (2) protein selections (one [1] chicken and the other fish, meat, turkey or tofu).
- 5) Practice hours and match schedule will determine when meals and/or snacks are served. Allow for during playing hours, and up until the last match has gone on court.
- 6) Each tournament may contact the ATP Sport Medicine Department for menu recommendations and/or review.

X. EXHIBITS

EXHIBIT R - Player Medical Facility Guidelines

ATP Medical Services



Treatment Room Requirements

TREATMENT ROOM REQUIREMENTS

The tournament will provide a secure, private medical and physiotherapy treatment area. The area should be easily accessible to the locker room and match courts. The physiotherapy treatment room should have temperature controls and good ventilation along with a sink (preferably with a central tap that can be turned off without hands).



Room size

Draw size 32 = 50 square meters (approx. 540 square feet)

Draw size 48 = 60 square meters (approx. 645 square feet)

Draw size 56-64 = 70 square meters (approx. 750 square feet)

Draw size 96-128 = 100 square meters (approx. 1075 square feet)

The layout design of the training room should enable each treatment table to have a minimum area of 1 meter treatment area around at least three sides of all tables.

The treatment area is to be used by the ATP physiotherapists and a separate area for physician examinations is to be provided.

If there are two training rooms being used on site, then both training rooms must have the above spacial requirements and set up.