

Tennis has resumed at South Shore Lawn Tennis Club. For the safety and convenience of you and others, please follow a few simple rules.

1. You **MUST** pay membership fees before entering the club.

Electronic payments only please.

Sort code: 40-12-09 Account No: 51051539

Enter your name as payment reference.

Post the completed membership form through the Social Club's letterbox. No cash or cheques to be included.

2. Members only.

Non-members and guests are **NOT** allowed on the premises.

Spectators can stay in the car park, preferably in a car, and must ensure that social distancing is maintained.

3. Do not enter until a court is free.

If all the courts are in use, wait in the car park, or come back later.

4. Singles and doubles play

Doubles can now be played, but social distancing should still be observed.

5. Be considerate to members who are waiting.

If all the courts are in use and someone is waiting, please consider finishing to allow them to play.

6. When you have finished playing, leave the club immediately.

Socialising on club premises is not allowed.

Please read ***Guidance for Tennis Players*** on the notice board by the Social Club entrance before entering.

1st June 2020





Guidance for Tennis Players

Adapted from

COVID-19: RETURN TO MANAGED PLAY

Version 2 – Published 31 May 2020 **Changes from v1 shown in RED**

BEFORE LEAVING HOME & AFTER YOU RETURN

Wash your hands with soap and water for at least 20 seconds before leaving home to go to the court (or use an alcohol gel if washing hands is not possible).

EQUIPMENT

Take hand sanitizer with you. **Use your own equipment where possible. Equipment such as racquets can be shared, but where this happens ensure thorough cleaning before and after use. Players should not share items such as towels.** Only take the minimum amount of equipment with you that you need to play. Clean and wipe down your equipment, including racquets and water bottles before and after use. Bring a full water bottle, and do not share food or drink with others. Ensure you take all your belongings with you at the end of the session and do not leave anything on court.

TRAVELLING TO AND FROM THE COURT

Avoid using public transport. **Use alcohol gel after touching any court gates, fences, benches, etc, and avoid doing so where possible.** Allow others to leave before you enter the court - if you need to wait then do so away from the courts and clear of the gates. Arrive changed and ready to play. Do not congregate after playing. No extra-curricular or social activity should take place.

TENNIS ACTIVITY

Both singles play and doubles play is now permitted with people from outside of your household, as long as you remain 2 metres apart as far as possible –meaning that four people from different households can now play doubles. Coached sessions should be limited to groups of no more than 6 people, including the coach(es).

MAINTAIN SOCIAL DISTANCING

Stay at least two metres away from other players at all times (including during play, when taking breaks and before and after play). Do not make physical contact with other players (such as shaking hands or high fives). Stay on your side of court and avoid changing ends, or agree to change ends at opposite sides of the net. Avoid chasing the ball down to another court if other players are using it. **For doubles, consider agreeing in advance which player will take the shot if a ball travels to the centre of the court. For coached sessions, pay careful attention to the instructions of the coach.**

HYGIENE

Hand hygiene is imperative -**use alcohol gel to clean your hands after touching a shared surface. If you need to sneeze or cough, do so into a tissue or upper sleeve. Avoid touching your face.**

EQUIPMENT & FACILITIES

Players do not now need to use their own clearly marked tennis balls –however, if you choose to use shared balls then extra care must be taken to ensure you do not touch your face during play, and you should clean your hands before play and immediately after finishing (use alcohol gel if required). Avoid using your hands to pick up tennis balls that aren't yours - use your racquet/foot to hit/kick them to your opponent or return them to another court. Avoid using other equipment such as court side benches, net handles or court sweepers where possible. Be aware that toilet facilities are not open.