

Aberaeron Sports Club 23 June 2020

Guidance for ASC members regarding Covid – 19 resumption of play

Introduction

Please read this guidance carefully before resuming play. The document is based on Welsh Government, Tennis Wales (LTA) and WBA/WWBA (Welsh Bowls/Bowls Wales) guidance. It is detailed for your safety and the safety of other players. It is designed to minimise risk, but please note that risk cannot be eliminated.

Please respect any specific guidelines or restrictions placed on you as an individual according to Government regulation and guidance (e.g. shielding, masks, travel distance).

Please do not come to the premises if you have any symptoms or are self-isolating.

Social distancing of 2 metres must be respected at all times and should also be applied to arrangements to get to the club e.g. not sharing lifts unless with a family member.

All policies and procedures of the club also remain valid and can be found in the folders on the shelf in the foyer.

Please ensure you are a paid member before you play. You can join at the Clubspark website and pay via BACS. For the moment, there is no pay and play, just members only so that we do not have guests with no access to the guidance. New members are still welcome and should contact the secretary, as should anyone with problems rejoining and paying.

Secretary: Ken Greenslade on 07909 901 939 or aberaeronsportsclub@gmail.com

Parents or guardians are responsible for supervising their children (max 1 parent per family unless also playing). Please supervise all children 13 and under in person. If your child is 14 or more, supervision is recommended, but a parent may allow a young person of 14 or over to be unsupervised if the parent has made sure that the young person has a thorough understanding of the guidance and the parent is confident that they will follow it.

No spectators other than a parent or carer are allowed unless absolutely necessary - but if unavoidable for safety or care reasons then only 1 per player and he/she should maintain social distancing.

Please be aware that if you have not played sport for a while you will be more prone to accidents and injuries. Please take the time to warm up properly and to bring yourself back to play fitness gradually.

Please change at home and ensure that you have your own equipment, that you do not share equipment (exceptions under Bowls below) and that it is sanitised before and after play.

Please ensure that the previous players have left the playing area before you enter it. If you drove to the club, please stay in your car until your booking time.

All courts and rinks must be booked in advance. Please make your court or rink booking via the Clubspark website, observing the guidance and timings on the booking pages. Separate instructions have been issued.

If you have to be at the club on your own e.g. maintenance, please tell someone what your plans are to help with your own safety.

Benches, chairs, tables, bins and ashtrays should not be used. Litter should be taken home and disposed of as per the local council guidelines.

No formal competition is currently allowed. No social turn up and play is currently allowed.

Bring hand sanitizer with you to use before and after playing.

Do not share food or drink with others.

Please do not shake hands, embrace, high five etc.

When you have finished, please leave the premises without socialising.

The Committee are relying on the support of all its members to adhere to these rules thus enabling the club to operate as safely as possible and for it to remain open for you all to use and enjoy, but any contraventions could result in the closure of the club and put your own membership at risk.

<https://gov.wales/coronavirus>

<https://bowlswales.com/covid-19/>

<https://www.lta.org.uk/globalassets/news/2020/guidance-for-tennis-venues-coaches--players-in-wales---covid-19.pdf>

Bowls

Use rinks only via the booking system.

Please take a cleaning spray and paper towels and clean the touch points on the gate, shed and key every time you use them, minimising touch by only one person per session opening and shutting the gate or shed.

A maximum of 6 singles players should be using the facility at any one time, maintaining social distancing, unless doubles is being played according to the approved format below.

Bring all your own equipment including mats and jacks if you have your own. Ensure you take all your equipment with you when leaving the rink. Please change into your bowls shoes in the carpark.

To minimise the risk of infection, only essential items should be utilised during any session: mat, bowls, jack, rink markers, gloves, scorecards (these should be touched and retained by one person only if required), bowling arm/lifter (for use by one person only if required).

Following discussion with the bowls section, scorecards will not be used at present and arms/lifters are personal equipment and should be taken away by the owners each time and cleaned. Rink markers will be sited and should not be touched. There is a table inside the shed with mats, jacks, cleaning spray and paper towels. Please do not go past the table or use any other equipment from the shed. Please use the spray provided to clean mats and jacks before and after use, and wipe dry with the paper towels. Please take used paper towels home. Only one player should handle the mat during the session

Two jacks (one at each end) should be used and this should be set by one player only throughout the session.

To minimise the risk of infection, any other equipment is not deemed essential equipment at this time and should not be utilised. This includes: scoreboards, bowls pushers, ditch markers , 2m distance sticks, chalk

Sanitise all equipment after play.

The following formats are allowed under current regulations:

You should only play:

By yourself, or with people from your own household or with a number of people from one other household as long as you stay two metres apart. No more than two different households can be present on the same rink at the same time under any circumstances.

You cannot currently play with more than one other household in the same day.

Tennis

Use courts only via the booking system.

The bottom court should be opened by the first player to use it each day and locked by the last player to use it. Please sanitise the touch points on the lock and gate at unlocking and locking. The gate should be left open between these times to avoid a potential infection contact point.

A maximum of 6 singles tennis players should be using the facility at any one time. The number may be increased if doubles is being played according to the recommendations.

Bring all your own equipment (do not share equipment such as racquets, grips, hats and towels). Also, ensure you take all your equipment including balls with you when leaving the court. The owner of a ball that is hit out of the courts should retrieve it immediately.

Please only use essential equipment on court. Leave bags, racquet covers etc at home or in the car.

Please do not use a height stick or adjust the net.

Only use your own clearly marked tennis balls (e.g. with your initials) for serving and don't use your hands to pick up your opponent's tennis balls (use your racket/foot to hit kick them back to your opponent /next door court). Balls should be left for 72 hours before re-use with a different opponent.

Stay on one side of the court and avoid changing ends if possible - if not use opposite sides of the net when changing ends.

Sanitise all equipment after play.

Please minimise the use of floodlights to avoid extra trips to the clubhouse. If absolutely essential, please use the communal area guidance and sanitising the touch points on the box before and after use.

Coaching – specific guidance will be issued in collaboration with the coach when coaching recommences.

The following formats are allowed under current regulations:

There is a maximum of two people per court (singles play only). Players can be from different households. Doubles can be played if all four players are from the same household or both members of a pair are from the same household. You cannot currently play with more than one other household in the same day.

Communal facilities

The club house including bar and communal areas remains closed. Please do not go beyond the foyer and toilets. The door between the foyer and the clubhouse will not be locked for access to other fire escapes, but the area is otherwise out of bounds.

If the toilet is required by a key holding member or his/her playing partner please follow this procedure:

- maintain social distancing

- no more than one person in the foyer and toilet, at any time

- use your own hand sanitiser before entry to the building

- re-use sanitiser once in the building

- wash hands for the recommended 20 seconds with soap after using the toilet

- on exit use the cleaner and paper towels provided to wipe any surfaces you have touched

- ensure the outer door is locked on leaving and the touch points cleaned

- resanitise your hands with your own sanitiser

If the foyer is needed in an emergency:

- respect social distancing when at all possible

- follow the hygiene guidance for use of the toilets

- follow the policies for accidents and incidents in the folder on the foyer shelf

- follow the St John's first aid guidance by the box

Please message Julie immediately on 07721 374076 if we get down to only one bottle of sanitiser or cleaner.

Please take all your litter home using good hygiene guidance. Bins should not be used.

Please take your usual care in the car park and maintain social distancing. Please stay in the car until you are due on the court or green or if you have accompanied someone to the premises.

Problems and sanctions

Whilst these instructions may seem long winded they are based on current regulations, best practice and common sense. We will, basically, be shut down for the duration if we are seen to be posing a risk.

We will change the instructions promptly if guidance changes.

Please politely challenge anyone who you don't think is a member by referring them to the website to consider joining instead - **if you feel it is safe to do so. Please don't take any risks.**

If any member contravenes the guidance they should also be politely challenged and, if necessary, reported to a committee member for investigation. The committee reserves the right to warn players formally and suspend them for repeat or serious breaches.

If you become ill within 7 days of playing, please contact Julie Greenslade on 07721 374076 immediately.

ASC June 2020