

# Active Academy Tennis

As tennis is a non contact sport, played in an open environment with limited contact we have decided to continue with our junior coaching sessions with a few guidelines which we hope will allow the children to maintain a level of normality, sport, fitness and mental wellbeing.



1. Please ensure children hands have been washed prior to and on leaving the court. We will open the toilet in the pavilion where there is soap and paper towels for use.
2. Children are advised to bring their own racquets and to store in the fence
3. Racquet 'High Fives' are the new fist pump!
4. If your child or anyone in your family has a cough, cold or feeling under the weather please remain at home in line with government advice.
5. Parents to drop and go or go for a walk so that we do not have groups in close contact.

At the moment the LTA has not issued any specific advice or guidance to clubs or coaches regarding ceasing activities

**Don't forget research shows that outdoor air is a natural disinfectant and sunlight is germicidal so make sure you go outdoors and enjoy the benefits when possible!**

Don't forget tennis is one of the only sports which all the family can enjoy over the coming months even in the current climate. You can book courts at Bishop's Waltham as members 7 days in advance in the knowledge that you are the only ones utilising the space.

Our courts will remain bookable and we encourage everyone to get outside in the fresh air and take some exercise on the courts which is great for the mind and body.

Social distancing on court - spending more than 15 minutes and within a 2-metre distance talking to someone is not an occurrence during training and we will ensure that players are not huddled together during demonstrations.

Any queries or if you'd just like a chat please do not hesitate to pick up the phone and give either Chris (07799 111787) or Sam (07759 811194) a call.

