



TERMS OF USE

Guidelines for Playing Tennis

at

ALMSCLIFFE TENNIS & BOWLING CLUB

BEFORE PLAY

- Do not leave home to participate in tennis if you have symptoms of COVID-19, currently recognised as any of the following:
 - A high temperature
 - A new, continuous cough
 - A loss of, or change to, their sense of smell or taste
- Should you have symptoms, follow [NHS and PHE guidance on self-isolation](#)
- 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)

COURT BOOKINGS

- Courts **must be booked online** to ensure courts are available when members arrive to play (and to help us when court keys go walkabout!)
<https://clubspark.lta.org.uk/AlmscliffeTennisandBowlingClub>
- **Please use the drop-down menu to list all players (members & guests) on the booking.**
- **The booking allowance for adult members** is 1 booking per day, a booking comprises a maximum of 4 x 30-minute **consecutive** slots (2 hours) to be booked no more than 7 days in advance. Family membership adults will be able to make 2 bookings per day to allow play with juniors.
- **The booking allowance for Pay & Play** is 1 booking per day, a booking comprises a maximum of 4 x 30-minute **consecutive** slots (2 hours) to be booked no more than 4 days in advance.
- In line with Safeguarding advice, **Juniors (under 16s) are not able to book courts and unaccompanied juniors are not permitted on court.**

CONDUCT

We are all keen to enjoy our tennis, so we have a simple central Ground Rule to make the playing experience more enjoyable for all and that is

- **'Keep it clean!'**. The **'it'** being:
 - **the courts**
 - **your language**
 - **your play**
- Leave the courts, clubhouse and grounds free of litter
- Don't let the frustrations of the game make you an unpleasant person to play with
- **Take part safely.** As a socially distant sport, the risk of transmission of COVID-19 whilst participating is low. However, continue to:
 - **Follow good hygiene practices** to reduce the risk of transmission in sport environments
 - **Consider the social distancing wishes of others** (i.e. if they do not wish to shake hands after a match)

MEMBERS, PLEASE ENSURE THAT COURT KEYS ARE RETURNED AND THE CLUBHOUSE DOOR IS FIRMLY LOCKED BEFORE YOU LEAVE