

## TENNIS AT AYLSHAM TENNIS CLUB from March 29<sup>th</sup> 2021

<b>RULES</b>	<b>GUIDELINES</b>
<b>Do not come to the courts if you or someone in your household has Coronavirus or Coronavirus-like symptoms or are asked to self-isolate by track and trace.</b>	<p>Consider carefully whether to come to the Club if you are in the <b>clinically highly vulnerable category</b>, if you live <b>in a household with an individual who is shielding</b> or are <b>over 70</b>. Out of courtesy, please inform your fellow playing partners before booking if you have travelled to an air-corridor country or higher risk area of UK in the last 2 weeks.</p> <hr/> <p>Enter the names of your playing partners when booking court to assist potential track and tracing. Consider limiting the number of opponents you play with.</p> <hr/> <p>Agree in advance how you'll manage balls down the centre. Call clearly. Resolve any dispute swiftly and amicably. Consider <b>"resting" tennis balls for 24 hours</b> after use to further minimise the chance of transmission. Consider <b>wearing glove(s) when playing</b>. Consider whether there is a <b>requirement to change ends after games</b>. Change ends at opposite ends of the net. Bear in mind players on adjacent courts. If it rains do not shelter in the Club Hut</p> <hr/> <p>Leave the gate open unless it's too windy to do so. <b>HOWEVER, if you are leaving the courts and no-one else is playing, please shut and lock the gate to maintain the security.</b></p>
<b>If you have travelled internationally to quarantine countries, you &amp; your household should stay away from the Club for at least 10 days after returning.</b>	
<b>Play will be for members only.</b> Apart from interclub matches and formally organised area box leagues, Guest and Visitors play is not currently permitted. <b>Courts must be booked in advance. There will be no "turn up and play" even if courts are empty. Enter the courts 5 minutes after your booking starts and leave 5 minutes before your booking ends. Each member can book two sessions of up to 2 hours (110 minutes) per week, 7 days in advance. Members may also book up to 2 hours of additional court time, if available, one day in advance.</b>	
<b>Singles, Doubles and Two-on-One play is permitted.</b> Households can mix. <b>Social distancing must be maintained.</b> Leave a ball rather than running it down if it interferes with an adjacent court. <b>Supervised Club events &amp; group coaching are permitted</b> (after risk assessment).	
<b>Players under 12 must play tennis with an adult. 12-15 year olds may play singles together or play doubles if with an adult.</b>	
<b>Players may share balls</b> provided they do not touch their faces during play and that they frequently use hand sanitiser to minimise contamination risk, before, during and after play. <b>Alternatively, individuals may each choose to use their own tennis balls clearly marked with their initials.</b> This may mean players managing up to four sets of balls when they play (server uses their own tennis balls). Put other balls away until needed by next server. Isolate any ball that has been handled by someone else. <b>Use your racket or foot to return a ball to another court.</b>	
<b>Wash hands for at least 20 seconds before coming to the courts &amp; after leaving. Sanitise your hands or, preferably, wear gloves when entering/leaving the court</b> to avoid contact with surfaces like the gate/handle. <b>Leave the gate open</b> if wind conditions permit. <b>Do not adjust the net height.</b> They will be checked and adjusted each morning. <b>Bring hand sanitiser</b> and use it if you touch any surfaces or other's tennis balls.	
<b>No access to Club-hut except in an emergency, or to switch floodlights on/off. Only one person in the Club Hut at a time.</b> Minimise contact with surfaces. <b>No access to Bowls Club area/toilets except in an emergency.</b> Only coaches may use them. <b>Leave any ball that goes over the rear fence or into the Bowls Club. Bring your own basic first aid kit with you when you play.</b>	
<b>Always stay at least 2m apart before during and after playing</b> unless playing with a member of your own household. This includes the car-park and paths. <b>Do not shake hands at the net. No other physical contact.</b>	
<b>Do not use or touch or put any kit etc on a bench. Do not share equipment or refreshments.</b>	
<b>Any spectators must remain outside the courts</b> and observe the rule of 6.	
<b>In addition to 1:1, coaching can be of groups of up to 8 players. Social distancing must be maintained. The coach will supervise tennis ball handling hygiene in coaching sessions.</b> Coaching balls may be shared provided hand-sanitisation is undertaken as instructed by the coach. If coached individually, coached players can bring their own balls to use if they prefer. These must be clearly marked. <b>If a junior is being coached, any non-participating guardian must watch from outside the courts (see "spectators" above).</b>	
<b>Remove all bottles and litter. And please adhere to all other Club rules.</b>	

*These rules are in line with, **or deliberately more cautious than**, the LTA guidelines of 18<sup>th</sup> March 2021 reflecting the Club situation. They will be reviewed by the Committee as required.*

# AYLSHAM TENNIS CLUB: CLUB NIGHT/MORNING RULES

**March 2021**

<b><u>RULE</u></b>	<b><u>GUIDANCE</u></b>
<p><b>FULLY ADHERE TO CLUB, CLUB CORONAVIRUS AND CLUB-NIGHT RULES. FOLLOW THE INSTRUCTION OF THE COMMITTEE MEMBER OVERSEEING CLUB-NIGHT. PERSISTENT RULE-BREAKING COULD RESULT IN BEING BARRED FROM CLUB-NIGHT OR OTHER DISCIPLINARY ACTION.</b></p> <p>Only 2021/22 adult members may attend.</p> <p>Players must be well to attend.</p> <p>Any players who have travelled internationally must not attend club-night/morning for 2 weeks after their return - <b>irrespective of air corridor country status. Similarly, if players have been to any areas of the country with elevated risk, they are asked to refrain from attending club-night for two weeks.</b></p>	<p>Members in higher risk groups should consider carefully before attending</p>
<p><b>MAXIMUM OF 16 PLAYERS ON THE COURTS</b></p>	
<p>Players must ensure 2m+ social distancing on arrival outside the courts and on court, particularly during rotations.</p>	<p>Before and after the session please do not “congregate” outside the courts, but maintain social distancing</p>
<p>Players will play a full set before rotating. Take particular care to maintain social distance when moving courts</p> <p>Within each set, change ends every four games, using opposite ends of the net.</p>	
<p>Club balls will be provided.</p> <p>Players should bring their own hand-sanitiser which must be used at each rotation and more frequently if needed.</p> <p>Club hand-sanitiser will be provided as a back-up.</p>	<p>Consider wearing a glove on ball handling hand</p>