



Brucehaven Tennis Club

Tier 4 Restrictions (from 16th April 2021)

INTRODUCTION

These club guidelines for players have been produced in line with Tennis Scotland guidance. They include measures to limit hand-to-shared-surface contact and minimise unnecessary interactions with others.

Alongside these guidelines, please refer to the latest COVID-19 guidance from NHS Scotland and Scottish Government, paying particular attention to the guidance on physical distancing and hygiene.

During this phase:

- The clubhouse will be closed, with no access to toilets or changing rooms
- Players aged under 14 must be supervised at all times
- Courts should be booked in advance at: <https://clubspark.lta.org.uk/BrucehavenTC>

We welcome feedback on your tennis experience using these guidelines. Please email your comments to brucehaventennisclub@gmail.com.

STAY UP TO DATE

Scottish Government information on physical distancing is at: <https://www.gov.scot/coronavirus-covid-19/> and should be read in full.

Guidance can change and restrictions may be reintroduced – please ensure you have checked the latest version of the guidelines for tennis players in Scotland on the LTA and Tennis Scotland websites.

WHO CAN PLAY?

People who are shielding can now undertake outdoor exercise activities. Further information is available at Scottish Government: Staying safe outdoors.

People who are symptomatic should isolate immediately (and arrange a test via www.nhsinform.scot). Those who live in the same household as a person with symptoms should also isolate straight away. No one who is isolating should attend an outdoor sports facility/activity.

TENNIS ACTIVITY

Singles play outdoors is permitted.

Group coaching and doubles play outdoors for children aged less than 12 is permitted for groups up to 30 players (including coaches).

Group coaching and doubles play outdoors for adults and children aged 12-18 is permitted for groups up to 15 players (including coaches) but these players must ensure they maintain physical distancing at all times when they are not from the same household or extended household.

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 club (or use an alcohol gel if washing hands is not possible).

EQUIPMENT

Take alcohol gel hand sanitiser with you.

Use your own equipment where possible. Equipment such as rackets can be shared, but where this happens, clean thoroughly 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 rackets and water bottles before and after use.



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Bring a full water bottle, and do not share food or drink with others.

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

Travel is now permitted within mainland Scotland.

Avoid using public transport.

Arrive as close as possible to when you need to be there.

Use alcohol gel after touching any court gates, locks, 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.

Leave the court before the end of your allotted time so that it is empty for the next players.

Arrive changed and ready to play. You will not have access to the club's changing rooms.

MAINTAIN PHYSICAL DISTANCING

Players aged 12 years and over should adhere to the Scottish Government's physical distancing guidelines (staying at least two metres away from others), and practise public health advice for hygiene.

Children aged 11 years and under are not required to comply with physical distancing from each other.

Do not make physical contact with other players (such as shaking hands or high five).

Avoid chasing the ball down to another court if other players are using it.

For individual coaching sessions, pay careful attention to the instructions of the coach.

EQUIPMENT & FACILITIES

Players do not need to use their own 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).

Players should still avoid using their hands to pick up tennis balls from other courts where possible - use your racket/foot to return them.

Avoid using other equipment such as courtside benches or net handles where possible.

HYGIENE

If you need to sneeze or cough, do so into a tissue or upper sleeve.

Avoid touching your face.

Hand hygiene is imperative - use alcohol gel to clean your hands after touching a shared surface.

SUPERVISION

No spectating should take place. Where attendance of a parent/guardian (non-participant) is required, or a carer for a disabled player, it is permitted and is not counted as part of the activity, but should be off court and limited to one per player, with physical distancing strictly observed.