

Castor and Ailsworth Tennis Club

Covid 19 Guidelines

The objectives are to ensure members **keep safe** as the courts re-open for play. Players **must** adhere to these guidelines to minimise the risk of catching or passing on the virus.

These guidelines will continually be updated depending on **Government** instruction and **LTA** advice.

Whilst on the premises follow the **Government Restriction of 2m social distancing** at all times.

Before and after play:

- Arrive on **time**.
- **Wipe down** entry lock on entry and exit.
- Try to **avoid** touching court gates, fences, nets etc.
- **Allow** others to leave before you enter court- give them space.
- **Leave** a few minutes before the end of session - ensuring the court is free for the next players.
- **Do not** congregate after playing. **No** extra curricular or social activity should take place at the courts. **No** access to clubhouse. Bring own refreshments **take** rubbish home.

1

SINGLES ONLY

Unless players are from the same household

2

PROVIDE OWN MARKED BALLS

Take them away with you

3

DO NOT SWAP ENDS

Stay on your side of court, or agree to swap at opposite sides of the net



Wash hands with soap and water for at least 20 seconds. Use alcohol gel if this is not possible.



2020/21 Members only to play
Members must book a single 1 hour session
ON-LINE



DO NOT PLAY
If you feel unwell or are self isolating