

Crickhowell Tennis Club

COVID-19: RETURN TO PLAY GUIDELINES

UPDATED 12 MAR 21



ALL MEMBERS ARE TO READ AND ADHERE TO THE FOLLOWING

- **Do not visit the club or use the courts if you:**
 - Have symptoms of COVID-19
 - Have had a positive test for COVID-19 in the last 10 days
 - A member of your household has symptoms or has tested positive for COVID-19 in the last 14 days
 - Have been contacted Test, Trace and Protect Programme and told to isolate for the last 14 days.
 - Have returned from outside the UK in last 14 days, unless from a country on the exempt list.
- **NEW** Each time you play, either 'check in' using the NHS Covid-19 App and QR code (at lights cupboard or court gate) **or** add your name to the list in the lights cupboard
- **NEW Singles only** unless each doubles pair is from one household. You must stay at least **2 METRES apart from other players at all times**, unless from the same household, (during play, taking breaks and before and after play) by following [Welsh Government advice](#)
- It is a legal requirement to wear a face covering if using the clubhouse
- You **MUST** use [Clubspark online](#) to book courts in advance
- Fill your water bottle at home, bring your own supply of anti-bacterial hand sanitizer and **arrive ready to play**. Shower at home
- **WASH YOUR HANDS** before you travel to play and when you get home and/or use an alcohol gel or wipe
- Hand hygiene is imperative - **hand sanitise regularly** if you touch any communal surfaces
- Arrive as close as possible to your booked time
- The lights cupboard can be opened to access the Clubhouse key and switch on floodlights, but surfaces must be wiped-down with the anti-bacterial spray provided in the lights cupboard
- The toilets may be used, but their use should be minimised to prevent unnecessary hand to surface contact. Avoid using changing rooms and showering facilities where possible. If used, please wipe down surfaces with anti-bacterial spray after use
- **ONLY** one person per bench. They have been taped to remind you of social distancing.
- Allow others to leave before you enter the courts - if you need to wait, then do so clear of the gates
- **DO NOT** touch the gate handles when entering the courts. Push open and close with your feet
- Avoid touching your face **AT ALL** times and avoid contact with the net and fencing during play
- Use your **own equipment**, do not share towels, and clean and wipe down your racket before and after play
- Place your rackets bags at least **2 METRES** from those of other players
- **DO NOT** touch the net, its handle or adjust the net height. The nets have been set to the correct height
- **Always** change ends at opposite sides of the net
- Clean your hands before play and immediately after finishing (use alcohol gel if required)
- children under 11 do not have to maintain a 2 metres distance from each other or from adults
- If you need to sneeze or cough, do so into a tissue or upper sleeve
- In the event of rain players should only shelter indoors where appropriate social distancing can be maintained at all times
- **DO NOT** shake hands when greeting players or on completing play. Touch your rackets together instead
- Leave the court gates unlocked so that other players can enter safely later
- Do not congregate after playing. No extra-curricular or social activity should take place at the club
- The **Ball Machine** is available. Book online with Clubspark. Thoroughly wipe down the machine and ball basket before and after use with the spray and wipes provided
- The **Mini Court** is available. Book online with Clubspark. Thoroughly wipe down the padlock and lights cupboard door before and after use with the spray and wipes provided

THANK YOU FOR YOUR CO-OPERATION AND SUPPORT