

Mandatory Rules in force during the Coronavirus situation, please read

The following rules are in addition to and, in some cases, in replacement of the general rules of the club. These rules are mandatory until further notice.

Play is at your own risk. Book. Arrive. Play. Leave.

SECTION 1: BEFORE & AFTER PLAY

Stay up to date

- Government information around social distancing is [available here](#) and should be read in full
- Be aware guidance can change and restrictions may be reintroduced - ensure you have checked the latest version of the LTA's guidelines for tennis players on the [LTA website](#)

Who can play?

- Members, members' guests and Pay & Play visitors. Everyone must prebook a court.
- **IMPORTANT:** Do not leave your home to play tennis if Government advice means you should stay at home because you or someone you live with has or has had symptoms of COVID-19, or you are in the most vulnerable category and have been advised to shield from the coronavirus.

Before leaving home and after you return

- 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

- To ensure a court is available on your arrival you [MUST book a court](#) session
- DO NOT turn up to play speculatively
- You can only **PLAY** one session per day
- **IMPORTANT - Names required for all players at each booking**
 - Please include all players names at time of booking
 - It is a **mandatory requirement** that the club (as a sport facility operator) collects the name, contact number, date of visit, time of arrival, and where possible the departure time of all those attending facilities or activities. You must enter the names of your intended participants even if you are not sure of all four in a doubles
- **Please cancel any courts no longer required**
 - go to 'Profile' – 'Court bookings'
- You can book up to 7 days in advance
- Each session is a maximum of 1 hour 30 minutes
- Juniors under 14 years must always have adult supervision
- Yellow ball juniors aged 14 and over can play unsupervised
- The booking system will be reviewed regularly and may be subject to change

Personal equipment

- Take hand sanitizer with you. Use regularly, and before and after touching something that other people may have touched
- No first aid kit is provided. Please take your own
- Take all your own equipment (do not share equipment such as rackets, grips, hats, and 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
- Bring a full water bottle, and do not share food or drink with others
- Ensure you 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

- Avoid using public transport
- Players can travel outside of their local area to play tennis, with unlimited travel throughout Scotland now permitted
- 2 metre rules also apply in carpark so give yourself space
- Arrive as close as possible to when you need to be there
- Avoid touching fences, etc
- 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
- Ensure you 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
- No extra-curricular or social activity should take place
- Leave the club as soon as your game is finished

SECTION 2: DURING PLAY

Court limits

- You can exercise with people from other households – for adults this can now be in groups of up to 30 people
- For social tennis where names are not recorded in Clubspark the organiser must keep a record of those who were involved and report this to Katy Clarkson at communciations@dunfermlinetennis.co.uk
- Both singles play and doubles play is permitted, and players from different households can form a doubles pair

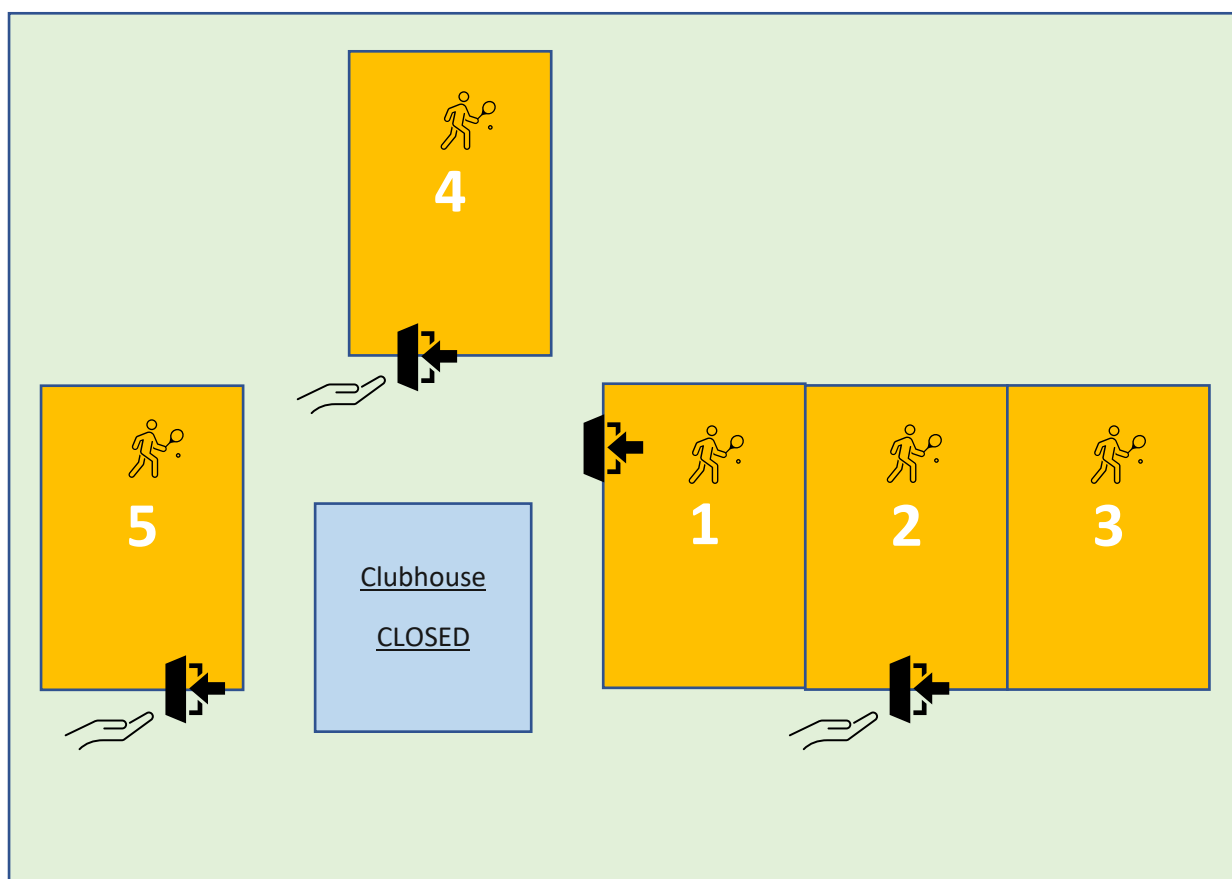
Maintain social distancing

- Adhere to the Government's [social distancing guidelines](#)
- When playing outdoors, adults and children aged over 12 must physically distance both before and after activity but do not have to during activity
- Children aged 11 years and younger are not required to physically distance any time (including before, during and after activity) either indoors or outdoors
- Do not make physical contact with other players (such as shaking hands or high five)
- Stay on your side of court and avoid changing ends, or agree to change ends at opposite sides of the net
- Avoid chasing the ball down to another court if other players are using it
- 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)
- Avoid using your hands to pick up tennis balls that are not yours - use your racket/foot to hit/kick them to your opponent or return them to another court
- Ensure that balls do not switch between courts i.e. only play with balls that you have taken down and do not pick up balls that come across from the other court

Club facilities & equipment

- Court access is not through the usual gates - see diagram below

Dunfermline Tennis Club access gates diagram:



- **Toilet facilities are NOW available to all members who request clubhouse access**
- Please remember to sanitise your hands before entry and wash hands after using the toilet
- The rest of the clubhouse remains closed
- Avoid using other equipment such as courtside benches, net handles or court sweepers where possible
- **Court gates must always be firmly closed using sliding lock.** This is essential to avoid rabbits damaging our courts. Please ensure you take necessary spray/wipes (e.g. Dettol or Milton) to sanitise after touching
- Use the hand sanitiser before and after play and touching court gate. There is a limited supply available at the court gates if you have forgotten your own
- No access to balcony
- DO NOT touch the nets. They will be set at the correct height and handles removed
- Ensure all gates are firmly closed once leaving the site unless other members are using the court

Hygiene

- If you need to sneeze or cough, do so into a tissue or upper sleeve. If a tissue is used take it home. Do not put it in the bin.
- Hand hygiene is imperative - use alcohol gel to clean your hands after touching a shared surface. See Health Protection Scotland's hand hygiene information for further details
- Do not dispose of anything in the bin. Please take all rubbish home
- Avoid touching your face

Spectators

- 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 group activity, but should be off court and limited to one per player where possible, with physical distancing strictly observed while watching the sessions

Competition

- Avoid touching your face
- Some formats of competition will be able to resume before others, for example internal box leagues/ladders can be played as long as they adhere to the guidelines in place
- Competitions or events are limited to maximum size limits of 30 people
- Competitions should only be undertaken where physical distancing and hygiene measures are in place

IF YOU DEVELOP CORONAVIRUS SYMPTOMS WITHIN 14 DAYS OF HAVING BEEN DOWN TO THE CLUB PLEASE INFORM Katy Clarkson – communciations@dunfermlinetennis.co.uk

PLEASE NOTE THAT THIS INFORMATION WILL BE TREATED AS CONFIDENTIAL.