

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 only.** No pay & play allowed. Memberships must be renewed as only paid up members for 2020 are permitted to play
- **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
- You can only **book** three sessions a week (7 days – Friday to Thursday inclusive)
- **Names required for all players at each booking** (required for any Test & Protect situation) email Katy Clarkson at communications@dunfermlinetennis.co.uk with names
- You can book up to 7 days in advance
- Each session is a maximum of 1 hour 15 mins followed by a 15-minute break until the next session commences to allow safe social distancing. Please book within the defined slots
- Juniors under 14 years must always have adult supervision (adult from same household)
- Yellow ball juniors aged 14 and over can play a member of the same or another household without supervision.
- 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
- Bring and use your own tennis balls that are clearly marked (e.g. with your initials)
- 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
- 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
- No loitering before or after play
- Leave the club as soon as your game is finished

SECTION 2: DURING PLAY

Court limits

- Maximum of two people per court (singles play only). Players can be from different households
- The only exception to the above is where each **doubles pair** is from the same households
- Maximum number of people on the courts 1 & 3 at any one time must not exceed 8
- Spectators are not permitted. Where attendance of a parent/guardian (non-participant) or a carer for a disabled player is required, it should be limited to one per player where possible, with social distancing strictly observed while watching

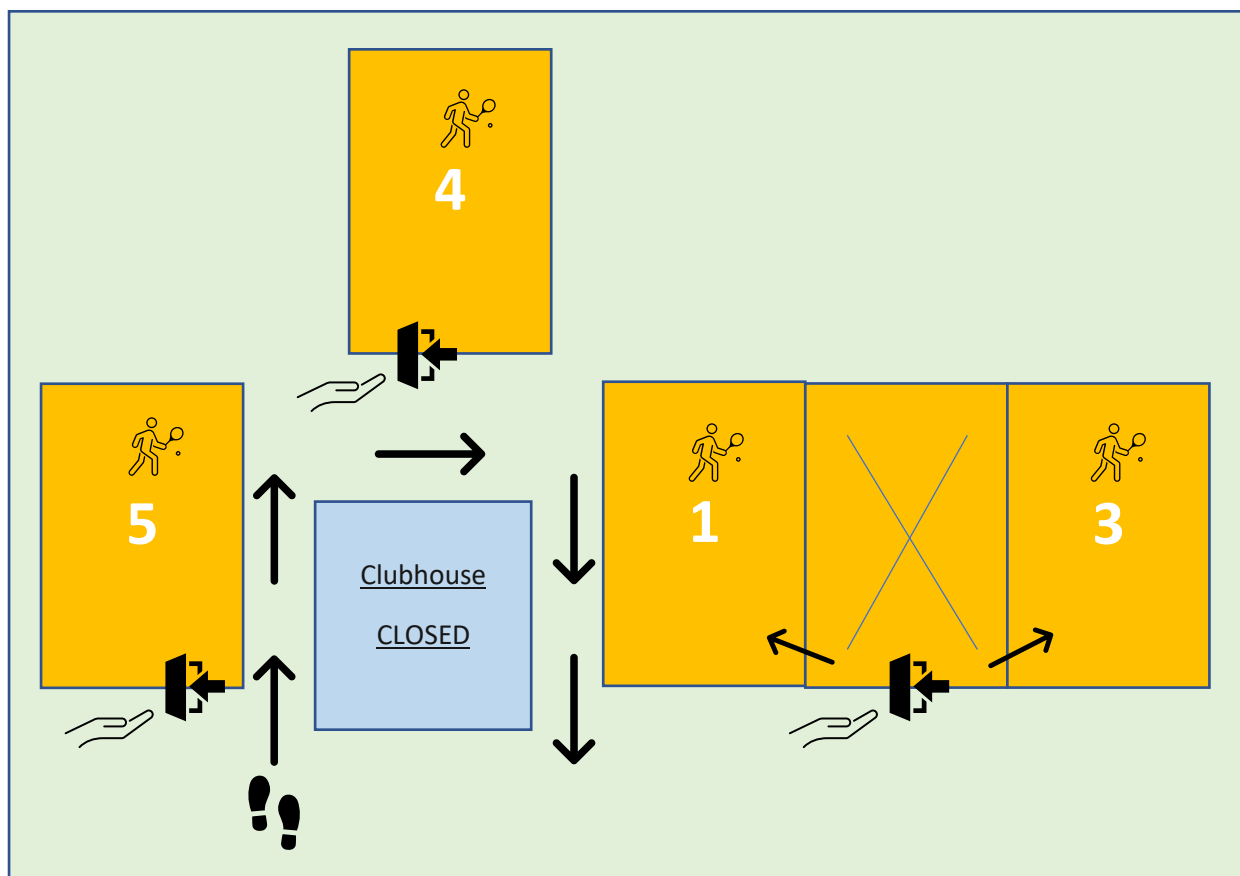
Maintain social distancing

- Adhere to the Government's [social distancing guidelines](#). Always stay at least 2 metres away from other players (including during play, when taking breaks and before and after play), and practice public health advice for hygiene
- 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
- 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

- One-way system around the clubhouse - see diagram below
- Court access is not through the usual gates - see diagram below

Dunfermline Tennis Club one-way system and gates diagram:



- The clubhouse and toilets remain closed until further notice. Be aware that onsite **toilet facilities are not available**

- **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
- NO PLAY on court 2
- 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.
- Do not dispose of anything in the bin. Please take all rubbish home
- Avoid touching your face

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

PLEASE NOTE THAT THIS INFORMATION WILL BE TREATED AS CONFIDENTIAL.