



Coronavirus (Covid-19)

Playing Tennis During Lockdown

Return to Restricted 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 doubles can be played between 2 household groups or 4 players from the same household
- Coached sessions are currently not available but 1-1 may be approved soon
- No spectators

BEFORE PLAY

- Book online (only those that book may play) at <https://clubspark.lta.org.uk/EarlstonLTC>
- Read all the provided club and LTA signage
- Familiarise yourself with the up to date Government Guidance on the Coronavirus (Covid-19)
- Adhere to two metre social distancing signage around the club throughout your visit

MAINTAIN SOCIAL DISTANCING

- Stay at least two metres away from other players at all times (including during play, when taking breaks and before and after play)
- Arrive at the venue only in time for your booking and leave immediately following your booking
- If you arrive early and the previous booking has not yet left the courts, wait in the designated waiting area - while always maintaining a two metre distance from others
- Do not make physical contact with other players (such as shaking hands or high five)
- Stay on your side of the court and avoid changing ends, or remain a two metre distance while doing so
- Avoid chasing the ball down to another court if other players are using it and maintain social distancing if collecting balls from outside the courts

EQUIPMENT & FACILITIES

- Use your own clearly marked tennis balls (e.g with your initials) - No balls will be provided by the club to avoid the sharing of balls between bookings
- If playing with someone from another household, only pick up and serve with your own personal set of balls
- Avoid using your hands to pick up tennis balls that aren't yours - use your racquet/foot to hit/kick them to your opponent or return them to another court
- No rackets will be provided on-site for borrowing. The club may have a limited number of rackets which may be borrowed and kept during the course of social distancing measures. These are on a first come first served basis and will be loaned out upon your first booking
- Bring a full water bottle with you
- Avoid using other equipment such as courtside benches, net handles or court sweepers
- Place bags/water bottles/personal items on separate ends of the court from your playing partner
- When playing, try to avoid touching the nets or winders where possible
- Be aware that onsite toilet and changing facilities are not open
- On leaving the courts, take all of your equipment with you (rackets, balls, water bottle etc.)

HYGIENE

- On arrival, use hand sanitiser before using/entering through the entrance. Paper towels should be disposed of immediately after use in the bin provided
- Disposable gloves should be used when using the keypad and handles of entrance gates and disposed of immediately
- Avoid touching your face
- If you need to sneeze or cough, do so into a tissue or upper sleeve
- On leaving the courts following your booking, please again use hand sanitiser and dispose of all rubbish, paper towels and gloves
- Wash hands as soon as possible
- High contact surface areas such as handles, keypad and net posts will be wiped down regularly by a member of the club's Covid 19 team

AFTER PLAY

- Leave the courts clean and tidy
- Exit the courts and club immediately after your booking finishes and before the next players arrive - do not stay to socialise

COACHING

- Coaching is currently not allowed but this may eventually be limited to one to one coaching activity only
- All measures listed apply to coaching sessions
- Payment by transfer only - no cash

Please contact the club coach Alastair McCulloch for further information:

ajmcculloch@btinternet.com

Mobile: 07508102211

RACKETS AND BALLS

- You must provide your own equipment and mark it clearly (your initials) to ensure the risk of cross contamination is minimised

- Thank you in advance for your cooperation
- We understand these are challenging times for everyone. We hope you are staying safe and we look forward to welcoming you back in person in the near future
- Keep up to date with all things tennis, useful guidance and news:



@EarlstonTennisClub



@EarlstonTennis



lta.org.uk

- The Club has followed LTA, Tennis Scotland and Scottish Government guidance to implement venue appropriate measures
- All the guidance set-out must be followed
- Players play at their own risk

