

RETURN TO TENNIS - 1:1 COACHING OR 1:1 HITTING

All coach led hitting and coaching activity through JW Tennis will be consistent with the government guidance regarding health, travel, social distancing and hygiene at all times. With this in mind, any measures in place to enable coach led activity to resume, may need to be flexed or changed quickly if tighter movement/social distancing is reintroduced in the future or when the restrictions are further relaxed. Please help us to minimise the risk of infection/transmission by following and adhering to the below guidelines. In taking part in any coach led activity offered, you are doing so at your own risk.

ACTIVITY ON OFFER

- Coach led sessions will be limited to one to one coaching or one to one hitting

MAINTAINING SOCIAL DISTANCING

- Coach will position themselves on the other side of the net, and maintain social distancing from the player at all times
- Drills will be adapted to be more live ball activities rather than basket feeding, with any feedback/instruction being provided from a distance, ensuring social distancing guidelines can be safely adhered to
- Guardian (non-participant) attendance during children's lessons, will be limited to one guardian per child, with social distancing strictly observed with the guardian required to stay off court 2 metres away, while watching the session
- Do not make physical contact with the coach (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

EQUIPMENT

- A smaller amount and a different set of tennis balls will be used for each lesson. Balls used will then be stored for 72 hours, before being re-used
- Any coaching equipment (e.g. cones) that are used in the session will be cleaned and wiped down after each session
- In some instances where standards dictate, lower compression balls may be used to facilitate longer rallying (e.g. green ball with adults)
- The coach will be the only person permitted to touch the tennis balls during the session. Players must use their feet/racket to return them.
- If players would like to work on their serve, or include the serve in their session, they should bring their own, clearly marked tennis balls (with their initials) that only they touch

- Players must bring their own racket and full water bottle, which should be cleaned and wiped down after their session
- Any coaching equipment (e.g. cones) that are used in the session, will be cleaned and wiped down after each session

HEALTH, SAFETY & HYGIENE

- 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)
- Avoid using public transport
- If you need to sneeze or cough, do so into a tissue or upper sleeve
- Avoid touching your face
- Players should bring their own antibacterial gel, which they should apply after entry to the venue prior to their lesson. They should then re-apply gel before leaving the court, and after they have vacated the grounds
- Arrive changed and ready to play. Shower at home, and do not use the venue's changing area
- Do not congregate after playing. No extra-curricular or social activity should take place

BOOKINGS & PAYMENT

- Please email Julie@jwtennis.com to arrange a lesson or hitting time slot where BACS details will be provided with payment being required online in advance to secure the booking. This is to avoid handling any cash.
- A short buffer period (e.g. 10 minutes) between session booking slots will be implemented to allow time for players to leave before the next players arrive
- Please arrive and leave on time in order to help us maintain social distancing on site. Do not enter the site until you are sure other participants from previous lessons have left.

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.