

## Conditions for Playing Tennis at Elmwood LTC

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These conditions are to allow tennis play but keep everyone safe by limiting the possible transmission of Covid-19 and allowing track & trace of who was at the club when someone was there who subsequently got ill.

EVERYONE at the club should be actively involved in making sure these rules and current government guidelines regarding health, social distancing and hygiene are adhered to.

If you think something is unsafe, or not in line with these conditions, then please take an active role in resolving the situation.

Do not wait for someone else to act.

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### Who can play?

The club is open for singles and doubles play between up to 6-members from different households and coaching for groups of up to 5 adults or 15 children (excluding the coach).

We cannot accommodate visitors/non-members at the moment primarily due to the pressure for use of the courts and as a minor issue we have not registered and validated the contact details of each person at the club.

LTA guidelines say "Limit activities to court rental and coaching activity for groups of no more than six people

Encourage players not to congregate on or around the court before and after play"

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 maximum group size of six, but should be off court and limited to one per player where possible, with social distancing strictly observed while watching the sessions"

So, no one else should be at the club.

### When can I play?

Courts are available for booking and access to the club will be allowed between 7:30am and 9:00pm.

### Arranging to play

You may ONLY play by booking a court through the booking system on our website (see separate instructions). Please do NOT play if you haven't booked. Please inform us of any difficulties you have with this system. And PLEASE cancel if you are no longer able to attend to allow another member to take your slot.

You must also inform us of the name of your opponent(s) by entering the participants on the web-booking form (App does not yet have this facility) or by email, so that track & trace is possible.

If you do not and can't be reached to confirm your booking will be deleted.

Bookings are restricted to 1-session of 90-minutes per member every 2 days.



Updated 13-July-20

We will continue to monitor the demand on the courts and increase/decrease this restriction accordingly

### Preparation before play

You must be aware that that undertaking any activity, including tennis, has the potential for increased risk of transmission of COVID-19, and you are advised to read the [Government's guidance on staying safe outside your home](#).

If you have any [symptoms of Covid-19](#) (high temperature, new or continuous cough, or a loss of, or change to, their sense of smell or taste) do not come to the club. Self-isolate and get a test.

If you have recently been on holiday to a country not on the Government's [exempt countries](#), you must self-isolate for 14-days and not visit the tennis club during that time.

Wash your hands with soap and water for at least 20 seconds before leaving home and as soon as you return home.

Bring a full water bottle, and do not share food or drink with others.

Bring your own hand sanitiser and/or gloves.

We are providing hand sanitiser, but we cannot guarantee it will not get used up/stolen, so please also bring your own.

Take all your own equipment (do not share equipment such as rackets, grips, hats, and towels) and only take the minimum amount of equipment needed to play.

The **club house remains closed** with no access to the toilet for any members.

So, go to the loo before coming to the club.

This is partially due to storm damage to the roof which took the ladies loo out of action just before lock-down.

We are actively taking steps to get the roof mended and the ladies loo back in operation.

While there is only one toilet it is impossible to maintain Safeguarding standards for children.

Even when all the loos and back in action we are unlikely to open as we would have to make the whole club house Covid secure in line with government guidelines.

This is a major undertaking which we don't feel able to comply with effectively.

So, the club house will remain closed (except for coaches use) for the foreseeable future.

Avoid using public transport if possible - [safer travel guidance is provided on the Government website](#).



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## On arriving/leaving the club

The front gate will be closed, and the code only given out after booking a court.

Avoid any queuing on entering and leaving the grounds. **Arrive as close as possible before your booking time.**

**Use alcohol gel after touching any gates, fences, benches, etc, and avoid doing so where possible.**

If you are the last to leave, please make sure the club gate is closed and locked behind you.

The First Aid box is stored in the club letter box on the main entrance gate if needed.

## Entering/leaving the court

The first person in the morning should unlock the court gates and the last person at night should lock them.

When entering the court keep a safe distance from other players.

Allow players to exit the court before you enter everyone keeping a safe distance.

Also use the double-gates on court 1 to access courts 1 and 2 and the gate on court 3 to access courts 2 and 3.

Nets have been set to the correct height and winders removed in accordance with LTA guidelines.

## While playing

**Both singles play and doubles play is now permitted with people from outside of your household, as long as you remain 2 metres apart as far as possible – meaning that four people from different households can now play doubles.**

Other than where players are from the same household:

**Always stay at least 2 metres away from other players (including during play, when taking breaks and before and after play).**

Do not make physical contact with other players (such as shaking hands or high five).

Avoid chasing the ball down to another court if other players are using it.

**For doubles, consider agreeing in advance which player will take the shot if a ball travels to the centre of the court**

**Players do not now need to use their own clearly 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 with alcohol gel.**

Players should still avoid using their hands to pick up tennis balls from other courts where possible - use your racquet/foot to return them. Avoid using other equipment where possible

**Hand hygiene is imperative - use alcohol gel to clean your hands after touching a shared surface**

If you need to sneeze or cough, do so into a tissue or upper sleeve.

Avoid touching your face.

**Players are advised to limit their interactions with anyone outside of the group they are attending the venue with (e.g. players on another court or in a different coaching group). Players should continue to maintain social distancing from those that they do not live with or are in a support bubble with.**



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### After playing

Ensure you leave the court before the end of your allotted time so that it is empty for the next players.

When dragging the clay courts after use (please allow 5-minutes extra at the end of your session to do this) apply hand sanitiser after use (**we no longer supply gloves due to supply problems**). We are providing hand gel for this purpose, but we cannot guarantee it will not get used up/broken/stolen – so bring your own supplies as well.

Ensure you take all your belongings with you at the end of the session and do not leave anything on court.

Allow players to exit the court before you enter everyone keeping a safe distance.

Do not congregate after playing. Leave straight away.