

Tennis Coaching

Pre course guidance

Thanks for booking on to your course. Before the lessons it is important that we make you aware of the precautions we are making to keep everyone safe in these challenging times. Tennis has been given the go ahead to resume coaching, however, before you come to the club please read through this guidance.

People who are symptomatic should self-isolate for 10 days and household members for 14 days as per NHS guidance. No one who is self-isolating should attend a sports facility/activity (this includes anyone who should self-isolate after returning from an overseas country not on the Scottish Government's [exemption list](#))

What to bring?

When you come to the lesson be prepared for changing weather. Come prepared for water (waterproof) unless you are confident that the day will be fine! Bring a drink.

We can provide rackets for those who do not have one.

The clubhouse remains closed so we will not be able to top up drink bottles, however, we will have access to toilets for the participants.

Access to the courts

We may coordinate access to and from the courts differently from time to time. We will circulate and post any updates. Please follow this guidance to help keep everyone safe.

Contact us

Phone number

07308 598 598

Email address

kclarksontennis@gmail.com

Website

[Graeme Clarkson Tennis](#)

Social Distancing

Players should adhere to the Scottish Government's physical distancing guidelines, and practice public health advice for hygiene.

Children aged 11 and under do not need to comply with physical distancing with each other at any time.

Children aged 12-17 do not need to physically distance during activity but do before and after.

Adults should adhere to the Scottish Government's physical distancing guidelines (staying at least 2m away from others).

Buffer times have been introduced between coaching groups on Saturdays. Please ensure you do not arrive too early and leave as promptly as possible.

Health & 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).

Please use hand sanitizer before and after entering the courts and before entering the Clubhouse to use the toilets.

The club is no longer providing hand sanitiser onsite due to safety issues so please bring your own.

Spectators

Attendance of a parent/guardian should be limited unless necessary. This should be off court and limited to one per player, with physical distancing (2m) strictly observed while watching the sessions.

Weather

Weather and coaching updates can be found on the [Dunfermline Tennis Club website](#). Also on both clubs Facebook pages.

Terms and Conditions

See the website for full [terms and conditions](#).

Contact Katy – kclarksontennis@gmail.com with queries
