

# Grundisburgh Tennis Club

## Coronavirus (Covid-19) Advice

**Everyone using the Grundisburgh Tennis Club's courts must do so in accordance with government, NHS and LTA guidelines and those posted on court. Please be aware that the guidelines might change at short notice.**

**Please think of others playing after you who might be more vulnerable.**

- DO NOT PLAY if you have Coronavirus symptoms – self-isolate as per Government and NHS guidelines
- To facilitate social distancing, courts MUST BE BOOKED prior to use via the online booking system at [www.grundisburghtennis.co.uk](http://www.grundisburghtennis.co.uk). Please arrive 5 minutes after the session starts and leave 5 minutes before your session ends to avoid coming into contact with others as much as possible.
- Players should wash hands before and after a tennis session without exception (or use an alcohol gel if washing hands is not possible).
- Bring hand sanitiser and wipes to clean and wipe down thoroughly all surfaces you touch such as coat hooks, gate catches and locks before and after use.
- Keep at least 2 metres (6 feet) from people who are not living in the same household as you.
- Allow others to leave before you enter the court, wait away from the gates and be mindful of anyone playing on Court 1 as you pass to reach court 3
- Maximum 2 people per court (or 4 people if all players are from same household). Do not use the middle court
- Only handle your own tennis equipment. When playing with somebody from outside your household we recommend using two sets of balls, each marked with you own initials. Only handle and serve with your own tennis balls. Also, consider using other methods to lift a ball such as lifting with a foot and racket or scooping up from the ground with a racket.
- Avoid touching your face
- Do not shake hands or make physical contact with other players outside your household
- Avoid changing ends or change at opposite sides of net
- Do not loiter or have spectators

More information at:

- [lta.org.uk/coronavirus](http://lta.org.uk/coronavirus)
- [www.gov.uk/coronavirus](http://www.gov.uk/coronavirus)