

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.
- 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 well away from the gates and be mindful of anyone playing on other courts to reach your court.
- Doubles play with people outside your household is now permitted as long as you remain 2 metres apart as much as possible. This means that four people from different households can now play doubles. Consider agreeing in advance which player will take the shot in the centre of the court and change at opposite sides of net.
- Coaching sessions should be limited to no more than 6 people, including coaches. Parents\guardians supervising children are allowed but should be limited to one person and off court where possible.
- 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. If you choose to use shared balls, ensure you do not touch your face and ensure you have washed hands before and after play.
- Avoid touching your face
- Do not shake hands or make physical contact with other players outside your household

More information at:

- lta.org.uk/coronavirus
- www.gov.uk/coronavirus