

Hanmer LTC – COVID-19 PLAYER RULES

Court Bookings

- Ensure you have booked a court in advance. Its quick and easy to do, just go to our website - <https://clubspark.lta.org.uk/HanmerLTC/Booking>
- To assist the test, trace, protect programme it is necessary for the Club to record details of everyone who plays. Once you have completed your court booking, please forward the booking confirmation email to tennishanmer@gmail.com confirming the names of all players who will be attending the session

Before leaving home

- Only leave home to attend Hanmer Tennis Club if you can confirm that:
 - You do not currently have symptoms of COVID-19 (new persistent dry cough, fever, loss of or change to sense of taste or smell)
 - You have not had a positive test for COVID-19 or onset of symptoms of COVID-19 in the last 10 days
 - No member of your household has had symptoms of COVID-19 or has tested positive for COVID-19 in the last 10 days
 - You have not been contacted by a contact tracer from the Test, Trace and Protect Programme and told to isolate in the last 10 days as a contact of someone with confirmed COVID-19
 - have not returned from a country outside of the UK common travel area in the last 10 days
- Please download the NHS Covid-19 App to protect yourself and others
- Wash your hands with soap and water thoroughly, and for at least 20 seconds

Travelling to and from the courts

- Travel for playing tennis should follow Welsh Government advice on travel at all times
- Players from different households must avoid travelling together
- Avoid using public transport
- Arrive as close as possible to your booked start time
- Scan the QR code at the gate to check-in using the NHS COVID-19 App
- Use hand sanitiser after touching the court gate, fences, benches, net winders, etc
- Allow other players to leave the courts before you enter – if you need to wait, do so away from the gate
- Arrive changed and ready to play – the clubhouse will remain closed until further notice
- Ensure you leave the court before the end of your allotted time so that it is empty for the next players
- Avoid congregating on or around court after playing to allow access for others

Equipment

- Take hand sanitiser with you; if you use wipes, please take them home with you after use
- Use your own equipment; do not share items such as towels
- If players wish to, they can still choose to use their own marked tennis balls. 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, during and immediately after finishing
- Players should still avoid using their hands to pick up tennis balls from other courts where possible - use your racquet/foot to return them, as those players may have decided to use their own marked tennis balls

- Please do not use the court benches
- Clean and wipe down your equipment, including rackets, tennis balls and water bottles before and after use
- Bring a full water bottle and do not share food or drink with others
- Ensure that you take all your belongings with you at the end of the session and do not leave anything on court

Tennis Activity

- Both singles play and doubles play is permitted with people from other households (maximum six people aged 11+), as long as you remain 2 metres apart at all times. This means that doubles can be played with people from four households
- 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)
- Players should continue to maintain social distancing from those that they do not live with or are in an extended family arrangement with
- Keep your distance (a minimum of 2m) from other players before, during and after play and when taking breaks
- Stay on your side of the court and avoid changing ends, or agree to change ends at opposite sides of the net
- Do not make physical contact with other players, such as shaking hands or high fives
- Avoid chasing the ball to another court if other players are using it
- Attendance at Club Nights is now permitted for up to 30 players. A record of attendance must be completed and sent by email to tennishanmer@gmail.com confirming the names of all players who attended the session
- Group coaching is now permitted. For coached sessions, you must pay careful attention to the instructions of the coach at all times

Hygiene

- Hand hygiene is imperative – use hand sanitiser to clean your hands as you arrive, after touching any shared surface, regularly during play and as you leave
- If you need to sneeze or cough, do so into a tissue or upper sleeve; take your rubbish home with you
- Avoid touching your face

Facilities

- Please be aware that the clubhouse will remain shut until further notice, so there will be no access to changing or toilet facilities

STAY ALERT - Keep your distance, wash your hands, think of others and play your part.

If you have any queries or concerns, please contact the club Covid-19 Officer:

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 Mobile – 07739 551854