



HILL & VALLEY LAWN TENNIS CLUB

Covid-19 Rules of Play updated July 19th 2021

Whilst all restrictions have now been lifted, the committee would like to adopt the same cautious approach as many other clubs and organisations.

- **PRE-ATTENDANCE SYMPTOM CHECK** Anyone attending (including players, coaches, staff and any other visitors), should undergo a pre-attendance self-assessment for any COVID19 symptoms using the information on the [NHS guidance on testing and self-isolation](#). before leaving home. No-one should leave home to participate in tennis if they, or someone they live with, has symptoms of COVID -19, currently recognised as any of the following: - A high temperature - A new, continuous cough - A loss of, or change to, their sense of smell or taste. Should an individual have demonstrated any such symptoms.
- **HAND HYGENE IS STILL IMPORTANT** hand sanitiser is available beside the gate and on the outside of the clubhouse.
- **SOCIAL DISTANCING IS STILL IMPORTANT** Please continue to social distance
- **THE CLUBHOUSE IS NOW OPEN** Please do not crowd inside and use the alcohol wipes to clean all surfaces and touchpoints after use. If you require a key please contact carolinebaker75@gmail.com
- **THE BALL MACHINE** can now be used please wipe down with sanitiser after use and put it back on charge.
- **TRACK & TRACE** is no longer compulsory but please keep a record of who you have played with.
- **SPECTATING IS ALLOWED** Please keep to 2m social distancing
- **UNDERTAKING ANY ACTIVITY, INCLUDING TENNIS, HAS THE POTENTIAL FOR INCREASED RISK OF TRANSMISSION OF COVID-19**
- **IT IS YOUR RESPONSIBILITY TO KEEP TO DATE WITH THE LATEST ADVICE**
<https://www.lta.org.uk/about-us/tennis-news/news-and-opinion/general-news/2020/march/coronavirus-covid-19---latest-advice/>

<https://clubspark.lta.org.uk/HillandValleyTC>