

## HILL & VALLEY LAWN TENNIS CLUB

### Covid-19 Rules of Play updated March 28th 2021

- **PLEASE BOOK A COURT BEFORE PLAYING.** Both courts are open for play for doubles and singles and can be booked for up to 1.5 hr slots up to 3 times a week. Please play in the day if you can to leave the evenings for those who are working.
- **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 website](#) 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, they must follow NHS and PHE guidance on self-isolation.
- **HAND HYGENE IS IMPERATIVE** Please wash your hand for 20 seconds before leaving home.
- **ON ARRIVAL AT THE COURTS PLEASE ADHERE TO SOCIAL DISTANCING KEEPING 2M APART AT ALL TIMES PARTICULARLY AT THE ENTRANCE ON ARRIVING AND WHEN OTHERS ARE LEAVING.**
- **TOUCH THE ENTRANCE GATE AS LITTLE AS POSSIBLE** or use gloves and avoid touching the fences. The entrance gate will be cleaned regularly.
- **AFTER ENTERING THE COURTS USE HAND SANITISER** before and after playing, bring your own if possible or use the ones provided beside the gate and on the outside of the clubhouse.
- **DO NOT MAKE PHYSICAL CONTACT WITH OTHER PLAYERS** (such as shaking hands or high five). Avoid chasing the ball down to another court if other players are using it. For doubles, consider agreeing in advance which player will take the shot if a ball travels to the centre of the court.
- **CLEAN AND WIPE DOWN YOUR EQUIPMENT** including racquets and water bottles before and after playing and take everything home with you.
- **BRING PLENTY OF YOUR OWN DRINK** as you will not be able to use the clubhouse for a refill.
- **KEEP 2M APART AT ALL TIMES WHEN PLAYING** avoid changing ends or use opposite sides of the net.
- **DO NOT TOUCH THE NETS** please leave them as they are, a member of the committee will check the net height regularly.
- **AVOID USING YOUR HANDS TO PICK UP TENNIS BALLS FROM OTHER COURTS** where possible use your racquet/foot to return them.

• **Continued on next page**

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- **AVOID TOUCHING YOUR FACE, IF YOU NEED TO COUGH OR SNEEZE USE A TISSUE OR YOUR SLEEVE.**
- **THE BALL MACHINE IS ONLY TO BE USED BY THE COACH.**
- **THE CLUBHOUSE IS ONLY TO BE USED BY COACHES, COMMITTEE MEMBERS, OR THOSE USING THE FLOODLIGHTS.** Please use the alcohol wipes to clean all surfaces and touchpoints after use. If you require a key to be able to access the floodlights please contact [carolinebaker75@gmail.com](mailto:carolinebaker75@gmail.com)
- **TRACK & TRACE** Records need to be kept of all those playing for 21 days therefore all those who book the court must please keep a record of who they played with.
- **SPECTATING IS NOT ALLOWED** Attendance is only permitted if required for a parent/guardian (non-participant) or a carer for a disabled player but should be off court and limited to one per player where possible.
- **MAINTAIN SOCIAL DISTANCING** Attendees MUST limit their interactions with anyone outside of the group they are attending the venue with (e.g. players on another court or in a different coaching group), and they should continue to maintain social distancing from those that they do not live with or are in a support bubble with.
- **PLAYING AT THE COURTS WILL BE AT YOUR OWN DISCRETION.**
- **BE AWARE UNDERTAKING ANY ACTIVITY, INCLUDING TENNIS, HAS THE POTENTIAL FOR INCREASED RISK OF TRANSMISSION OF COVID-19** read the Government's guidance on staying safe outside your home.
- **IT IS YOUR RESPONSIBILITY TO KEEP TO DATE WITH THE LATEST ADVICE** <https://www.lta.org.uk/globalassets/news/2020/lta-guidance-for-tennis-players---covid-19.pdf>