

Guidance for the use of Kirkton Park Community Tennis Courts

(During Covid 19 Restrictions)

BEFORE LEAVING HOME & AFTER YOU RETURN

Wash your hands with soap and water for at least 20 seconds before leaving home to go to the court (or use an alcohol gel if washing hands is not possible)

IMPORTANT: Do not leave your home to play tennis if Scottish Government advice means you should stay at home because you or someone you live with has or has had symptoms of COVID-19, or you are in the most vulnerable category and have been advised to shield from the coronavirus.

MAINTAIN SOCIAL DISTANCING

Stay at least two metres away from other players at all times (including during play, when taking breaks and before and after play)

Do not make physical contact with other players (such as shaking hands or high five)

Stay on your side of court and avoid changing ends, or agree to change ends at opposite sides of the net. Avoid chasing the ball down to another court if other players are using it.

GENERAL

There should be no spectators on site, including watching from outside of the fence.

People who are shielding should not attend these facilities.

People who are symptomatic should self-isolate for 7 days; household members for 14 days as per info on NHS Inform.

No one who is self-isolating should attend an outdoor sports facility.

Physical distancing – the 2m rule applies. Note that only household members are allowed to exercise within 2 metres in Scotland at present, so physical distancing would not be needed amongst household groups when e.g. playing tennis together.

Given the length of time tennis activity has been suspended, it is advised that anyone returning to court eases themselves back in to play gently.

