



## COVID-19 Playing Adjustments

14<sup>th</sup> May 2020

Access to these courts is provided with the following recommendations. Please report any infringements to the committee:

[committee@longstantontennis.co.uk](mailto:committee@longstantontennis.co.uk)

### Facilities

- Members must book the courts in advance; only one court will be available to book
- No more than 2 members NOT sharing a household can play singles at any one time
- A single household can play doubles
- Members must vacate the courts promptly at the end of their booking
- Players arriving to play must wait outside the courts until the courts are vacated
- No toilet facilities are available in the pavilion

### Before and After Play

- Wash your hands before leaving to visit the club and travel only with your household
- Bring your own hand sanitiser to clean hands after entering the courts
- Players must leave straight away and NOT congregate near the courts
- Shut the club gate and lock the padlock when you leave
- Wash your hands on returning home as per guidance

### During Play

- If possible, bring a new unopened tin of tennis balls
  - If not possible, bring your own personal tennis balls, mark them to identify your own
  - Only serve your own, your opponent should serve their own
- If necessary, wear a cap or sweatband to reduce touching the head and face
- If you must change ends do so in a safe way, at distance
- Do not share or leave tennis equipment at the club
- Do not adjust the net, the net will be set for use
- Do not use the benches

### Coaching

- Coaching is permitted only on a 121 basis to members and non-members
- Coaching is at the coaches and player discretion
- You will need to contact the coach directly to arrange sessions

NO group coaching or social sessions will take place