



LONGSTANTON TENNIS CLUB

COVID-19 Playing Adjustments

5th December 2020

Access to these courts is provided with the following requirements. Please report any infringements to the committee via committee@longstantontennis.co.uk.

Facilities

- Players must book the courts in advance, no exceptions. When booking, all players attending should be listed in order to comply with government requirements for track and trace.
- Before using the courts, you MUST scan the QR code with the NHS COVID-19 app. This is essential for the club to comply with track and trace requirements.
- Players must vacate the courts promptly at the end of their booking.
- Players arriving to play must wait outside until the courts are vacated.
- Singles and doubles may be played, but players are advised to maintain social distancing.
- If both courts are in use with more than six people total, players should avoid mixing with the other court and maintain social distance to comply with the rule-of-six.

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 when returning home as per guidance.

During Play

- If possible, bring a new unopened tin of tennis balls
- If necessary, wear a cap or sweatband to reduce touching the head and face.
- When changing 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.

Social Sessions

- Floodlights will be switched on and off when necessary by a designated key holder.
- Balls will be supplied by the club, and access will be by a designated key holder.

Coaching

- Coaching is permitted on a one-to-one basis to members and non-members.
- Coaching is at the discretion of the coach and player.
- You will need to contact the coach directly to arrange sessions.