



Manor Road Rules & Guidance for Managed Play

1 June 2020 – Issue 2

Before you play you must stay at home if you:

- **Have been in contact with someone with COVID-19 in the last 14 days**
- **Have been overseas or exposed to someone with COVID-19 in the last 14 days**
- **Have flu-like symptoms or are in a high risk health category**

PLEASE NOTE THAT MEMBERS PLAYING TENNIS AT MANOR ROAD TENNIS CLUB DO SO AT THEIR OWN RISK.

All activity at the Club shall be consistent with current government and LTA guidance regarding health, travel, social distancing and hygiene at all times

SECTION 1: BEFORE & AFTER PLAY

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 sanitiser)

COURT BOOKINGS

- **[NEW]** Ensure you have booked a court prior to your play. Bookings can be made from Manor Road Tennis Club website and ClubSpark Booker app. You must sign in using the ClubSpark account you If you are playing with a visiting player, please make sure the Visiting Player Registration Form is filled and submitted (you will find a link to this form on the Booking page).

COURT ACCESS

- At the main gate players should either wear their own disposable gloves when entering or use hand sanitiser before and after gaining entry

EQUIPMENT & HYGIENE

- Take all your own equipment (do not share equipment such as racquets and towels)
- Only take the minimum amount of equipment with you with which you need to play
- Clean and wipe down your equipment, including racquets and water bottles before and after use.
- **[NEW]** Hand hygiene is imperative – use alcohol gel to clean your hands after touching a shared surface
- Bring your own sanitiser, wipes and/or disposable gloves
- Bring a full water bottle, and do not share food or drink with others
- Ensure you take all your belongings with you at the end of the session and do not leave anything on court including disposable gloves and wipes

TENNIS BALLS

- Old tennis balls from the Clubhouse stock are NOT to be used. A can of 3 new balls will be provided free of charge (collect from Keith Moss after re-joining and booking a court on ClubSpark). Any further cans will need to be purchased.
- **[NEW]** Players do not now need to use their own clearly marked tennis balls. However, if you choose to use shared balls rather than use your own marked balls then extra care must be taken to ensure that you do not touch your face during play. In addition, you should clean your hands with alcohol gel before play, after serving and immediately after finishing.
- The Head Coach will supply all tennis balls for coaching sessions

FACILITIES

- The Clubhouse will be CLOSED until further notice, unless urgent access is needed because of an accident. Toilet facilities will not be available.
- Nets are maintained at the correct height avoiding the need to use winders
- Players are responsible for dragging courts after use at end of play. Bring disposable gloves or sanitiser for use before and after handling drag nets. The last person to leave is also responsible for locking the main gate.

TRAVELLING TO AND FROM THE COURT

- Arrive as close as possible to when you need to be there
- Avoid touching court gates, fences, benches, etc. if you can
- Ensure you leave the court before the end of your allotted time so that it is empty for the next players (allow 5/10 minutes). Take any used wipes or gloves with you when leaving.
- Do not congregate after playing. No social activity should take place.

SECTION 2: DURING PLAY

TENNIS ACTIVITY **[NEW]**

- Both singles play and doubles play is now permitted with people from outside of your household, as long as you remain 2 metres apart as far as possible
- Four people from different households can now play doubles

COACHING

- **[NEW]** Coached sessions should be limited to groups of no more than 6 people (including the coach). Contact Martin Gleave on 07788 656818 to arrange a coaching session.

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. No handshakes allowed.
- Take care when changing ends to keep your distance
- Avoid chasing the ball down to another court if other players are using it
- **[NEW]** For doubles, consider agreeing in advance which player will take the shot if a ball travels to the centre of the court

EQUIPMENT & FACILITIES

- **[NEW]** Spectators in the Club grounds are limited to parents supervising juniors with social distancing being observed