



Manor Road Rules & Guidance for Managed Play

21 March 2021 – Issue 3

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

- 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 in order to make bookings.
- **[NEW]** Please add all the player's name at the time of booking for track and trace purpose.

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.
- Hand hygiene is imperative – use alcohol gel to clean your hands after touching a shared surface. A sanitiser dispenser is provided at the Club.
- Alternatively, 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

- Players should bring their own balls and it is recommended that the balls are marked with your own initials.
- If you choose to use other players balls or shared balls provided by the Club 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 and after play.
- The Head Coach will supply all tennis balls for coaching sessions

FACILITIES

- The Clubhouse will be CLOSED during the unsupervised sessions until further notice,
- **[NEW]** During coaching sessions, social sessions and matches, the Clubhouse will be open for the purpose of accessing to toilet, signing register and first aid ONLY
- 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 Clubhouse (if opened during the session) 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 but the "rule of 6" applies for each court.
- If there are players on both courts, no player is allowed to swap with any player from the other court.
- **[NEW]** Block bookings are in place for adult social tennis on Saturday afternoons and Monday evenings. The rule of 6 applies and players for these sessions should sign the register in the clubhouse upon arrival.

COACHING

- **[NEW]** Coached sessions should be limited to groups of no more than 12 adults or 15 juniors per court (including the coach). Contact Martin Gleave on 07788 656818 to arrange a coaching session.

MAINTAIN SOCIAL DISTANCING

- Remain social distance whenever possible (including during play, when taking breaks and before and after play)
- Do not make physical contact with other players.
- Take care when changing ends to keep your distance
- Avoid chasing the ball down to another court if other players are using it

EQUIPMENT & FACILITIES

- **[NEW]** Spectators within the Club Grounds are limited to one parent or guardian per child with social distancing being observed at all time. No other spectators are allowed.