



# **Manor Road Rules & Guidance for Managed Play**

## **17<sup>th</sup> May 2021 – Issue 4**

**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. 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.
- 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
- 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**

- If you choose to use shared balls provided by the Club then you should clean your hands with alcohol gel before and after play.
- The Head Coach will supply all tennis balls for coaching sessions

## **FACILITIES**

- **[UPDATED]** The clubhouse will be open from 17<sup>th</sup> May but social distancing rules must be met. The “Rule of 6” will apply inside the clubhouse to limit persons to ensure social distancing. Ideally, face coverings should be worn when possible in the clubhouse
- **[UPDATED]** The clubhouse door and/or windows should be open to allow adequate ventilation. Individuals are responsible for ensuring that work surfaces, chairs and items used from the kitchen are cleaned and ready for further use. Antiseptic wipes and hand sanitiser continue to 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
- 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.
- **[UPDATED]** Car sharing is now allowed when travelling in line with Government guidelines such as asking driver and passengers to wear face coverings

## **SECTION 2: DURING PLAY**

### **TENNIS ACTIVITY**

- **[UPDATED]** Both singles play and doubles play is now permitted with people from outside of your household. Up to 30 persons can now meet at a venue for tennis outdoors but social distancing rules still apply.
- Block bookings are in place for adult social tennis on Saturday afternoons and Monday evenings. It's no longer essential to book for social tennis, players can just turn up. Players taking part in these sessions should sign the register in the clubhouse upon arrival.

### **COACHING**

- Permitted in line with the LTA's Covid-19 Secure guidance for coaching activity. Contact Martin Gleave on 07788 656818 for more information or 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)

### **EQUIPMENT & FACILITIES**

- **[UPDATED]** Spectators are now permitted to view tennis activities or events but need to adhere to social distancing rules