

# PLTC Covid-19 Rules Return Of Tennis To The Club

**\*\*\*\*\*Please Read Carefully\*\*\*\*\***

## Arranging To Play

Play is currently restricted to singles or doubles between a maximum of 2 households only. Doubles pairs must be from the same household, i.e. one household vs another household.

Coaching is permitted on a one to one basis only. The coaching team will book courts for coaching.

Courts are only bookable between 9am and 9pm. Courts can only be booked on the hour. Play is restricted to a maximum of 50 minutes.

Members can only book a maximum of 3 hours per week (to allow all members the chance to play).

Courts 2 & 5 are restricted to singles play only.

## Before You Set Off

One of the people playing **MUST** have booked a court, you **CANNOT** just turn up at the club and play. All courts are booked on the hour from 9.00am to 8.00pm for 50 minutes of play.

The person who has booked the court must email [covid19tennis@pltc.org.uk](mailto:covid19tennis@pltc.org.uk) prior to play and list all members of the people playing within their group.

All members of the group must be fully paid up members of PLTC for the year 2020-21.

Wash your hands and use the toilet at home, the PLTC Clubhouse will be closed.

Bring your own tennis balls, these must be marked with your initials.

**If you are showing any Covid-19 symptoms you must not play and should not enter the club grounds.**

## **Arriving At The Club**

Travel to the club on your own in line with the Welsh Government rules in place at the time.

Arrive at the club at 5 minutes before your start time, if you are early stay in your car.

The gate to the club will be on the latch, no need to key in the code.

Hand sanitisers will be available at the entrance of the club and at the entrance of the courts, please use them to sanitise your hands.

The courts should be empty, if not, there are waiting spots marked on the grass for each court, these are all 2 metres apart, please wait on these until your court is free.

Proceed to the court you have booked, choose opposite sides of the net to leave any drinks or equipment.

## **Playing Tennis**

Nets will be pre-set at playing height, you will not be able to adjust them, these will be checked on a regular basis.

When you serve you must use the balls marked with your initials, only you are to pick your balls up. Any other players need to return these to you without picking them up.

Any balls that come on your court from another court must be treated in the same way.

If you decide to swap ends of the court, players need to pass either side of the net, make sure you keep 2 metres apart if adjacent courts are changing over at the same time.

Play is strictly for 50 minutes, you must leave your court at 10 minutes to the hour.

Once you have finished please leave the club grounds immediately.

## **Coaching**

One on one coaching will take place, when this happens it will be only on courts 2 and 3.

People being coached will enter the courts around the back of the courts through the court entrance on the side of court 3.

Any parents who want to stay to watch need to bring your own chair to sit on and need to sit in the squares marked alongside courts 2 and 3.

## **General Information**

The entrance gate of the site will be opened at 9.00am each day and closed each day at 9.00pm by volunteers from the club.

This gate will be regularly sanitised.

There is a first aid kit hanging on a hook by the clubhouse fire exit door, if this is used please make sure you replace it.

Floodlights will be out of use whilst it is still light i.e. up until 9.00pm, this will be reviewed as we move into August/September.

If you are showing any Covid-19 symptoms you must follow the Welsh Government's rules on isolating, if you have recently played please notify us at [covid19tennis@pltc.org.uk](mailto:covid19tennis@pltc.org.uk)