



## RETURN TO TENNIS FOR STC

Issue Date: Thursday 27th May 2020

The following rules have been agreed by your committee in order to enable our members to access the tennis courts in a safe environment and for everyone to enjoy the health benefits of playing the sport.

We have taken steps to provide the best possible facility to allow play to resume. Our actions are based with ongoing advice from Government, LTA & Tennis Scotland and Health officials. Rules can change at short notice as and when required.

Opening would be in a strictly limited capacity as follows and social distancing must be observed by all players and coaches.

### PLAYING TENNIS

- The courts will be open for MEMBERS ONLY - and must be booked in advance - we are not accepting visitors at this time.
- All categories of STC Memberships are welcome on court, phase 1 will be for singles play only.
- Maximum of two people per court.
- The only circumstances in which doubles is allowed, is with playing partners of the same family household.
- Please put any racket bags or sports bags at the back of the court and not at the net post. Ensure bags are a minimum of 2 metres apart, so that safe social distancing can be maintained.
- Avoid touching surfaces such as the fence, gates, nets, netpost, etc and no hand shakes, elbow tapping etc. Maintain the social distance requirements.

### TENNIS BALL MANAGEMENT

- Each player will bring their own balls (with distinguishing numbers or felt pen marks).
- Players will only serve with and touch their own tennis balls. Players can pass each other balls by using their racquet only or foot only. Parents of children must ensure this process is adopted.

## COURT BOOKINGS

- The courts must be booked prior to play through our CLUBSPARK court booking system and is available to all paid members.
- Play will be available from 8am - 10pm; there will be no floodlight facility.
- Booking is free to all members in 1 hour segments.
- Booking are limited to one hour booking per person per day. Only one of your weekly bookings can be at peak times 6-10pm.
- In order to create a buffer for players arriving and departing, please leave the court after [50 minutes] of play. Entering and exiting the courts must be in keeping with tennis court etiquette and respectful of social distancing for all players.
- Anyone playing on a court without a court booking may be asked to leave.
- Members who have been notified by a Government letter that they are in a vulnerable category are asked not to use the tennis courts at this time in accordance with government guidance to self-isolate.

## AT THE CLUB

- Please arrive promptly to start your game, ensure you have a full water bottle and you are changed ready to play.
- Sanitising gels are available at the club, please use these before and after using the club grounds and courts. We also encourage members to bring their own sanitisers.
- Do not stay at the club to socialise before or after playing.
- Children under 14 years must be supervised by a parent. Children over 14 years may play without an adult or parent present, though this is at parent discretion.
- Parents MUST ensure that their children are aware of and adhere to the rules of play.
- Gates will be left open so that there is no need to touch these surfaces.
- The clubhouse, changing rooms and toilet facilities will remain closed.

## GENERAL

In addition, we request that all members adhere to the advice from Governments and health agencies and do not come to the club under the following circumstances -

- If you have been in contact with, or live in a household with, someone who has contracted the virus, you should self-isolate for 14 days.
- If you feel unwell or have a fever.
- If you have a confirmed case, you need to isolate yourself for at least 7 days to prevent it spreading to other people.

All members are asked to please practice good hygiene as the best preventative measures to avoid contracting COVID-19.

- Please wash your hands before and after playing tennis.
- Frequent use of alcohol-based hand sanitiser.
- Coughing or sneezing into a tissue or into the crook of your arm, not your hand, and bin the tissue.
- Avoiding touching your face during your game.
- Avoiding physical contact with others including handshakes as a greeting. The most effective way to avoid transmission is to maintain social spacing of at least 2 metres.
- Practice social distancing REMEMBER:

This is stage 1 of the opening process and rules can change at short notice.

We will continue to review and make adjustments where necessary.

These processes are new to our club and your committee are committed to offering the best & safest possible environment for members to return.

Please respect the decisions and rules created and note that members of your committee can be contacted if you have any concerns or would like to report a breach of these rules.

E-mail - [stonehaventennisclub@gmail.com](mailto:stonehaventennisclub@gmail.com)

Your cooperation will help us as we prepare to open additional facilities and activities within our club as and when permitted by the government.

Further guidance can be found on the LTA website. Thank you.