

Phase 2 Guidance for Players extract

Tennis
SCOTLAND



Guidance for Tennis Venues, Coaches & Players in Scotland

COVID-19: RETURN TO RESTRICTED PLAY

Phase 2 – 19 June 2020

Current Exercise Restrictions



TENNIS
FOR BRITAIN



GUIDELINES FOR TENNIS PLAYERS

STAY UP TO DATE

- Scottish Government information around physical distancing is available [here](#) and should be read in full
- Be aware guidance can change and restrictions may be reintroduced - ensure you have checked the latest version of the guidelines for tennis players in Scotland on the LTA website and with Tennis Scotland

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 if washing hands is not possible)

COURT BOOKINGS

- Where the facility allows, ensure you have booked a court in advance and make payment online
- Play should only take place on outdoor courts, with indoor courts and bubble courts remaining closed
- Use your clubs bookings system, i.e. Clubspark. Alternatively the LTA's online booking platform has courts that can be booked in over 300 parks and clubs nationwide - the site www.lta.org.uk/rally.

EQUIPMENT

- Take hand sanitizer with you
- **[UPDATED]** Use your own equipment where possible. Equipment such as rackets can be shared, but where this happens ensure thorough cleaning before and after use. Players should not share items such as towels.
- Only take the minimum amount of equipment with you that you need to play
- Clean and wipe down your equipment, including racquets and water bottles before and after use
- 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

TRAVELLING TO AND FROM THE COURT

- Avoid using public transport
- **[UPDATED]** It is now acceptable to drive within the local area for the purposes of outdoor exercise and recreation (previously, guidance said that people should walk, wheel or cycle, where possible). As a guide, rather than a fixed limit, the advice is 5 miles from your home would be within your local area
- Arrive as close as possible to when you need to be there
- **[UPDATED]** Use alcohol gel after touching any court gates, fences, benches, etc, and avoid doing so where possible
- Allow others to leave before you enter the court - if you need to wait then do so away from the courts and clear of the gates
- Ensure you leave the court before the end of your allotted time so that it is empty for the next players
- Arrive changed and ready to play. Shower at home, and do not use the venue's changing area



- Do not congregate after playing. No extra-curricular or social activity should take place

TENNIS ACTIVITY

- Both singles play and doubles play is permitted with people from outside of your household – however, players from different households should not form a double pair, and so doubles can be played between two household groups or four players from the same household
- For padel, doubles play is also permitted on the same basis, but extra care is advised and it should only be done so where players are confident they can maintain 2 metres apart
- Coached sessions should be limited to groups comprising of no more than three households, including the coach

MAINTAIN PHYSICAL DISTANCING

- Stay at least two metres away from other players (including during play, when taking breaks and before and after play)
- Do not make physical contact with other players (such as shaking hands or high five)
- Avoid chasing the ball down to another court if other players are using it
- For coached sessions, pay careful attention to the instructions of the coach

EQUIPMENT & FACILITIES

- **[NEW]** Players do not now need to use their own clearly marked tennis balls – however, if you choose to use shared balls then extra care must be taken to ensure you do not touch your face during play, and you should clean your hands before play and immediately after finishing (use alcohol gel if required)
- Players should still avoid using their hands to pick up tennis balls from other courts where possible - use your racquet/foot to return them
- Avoid using other equipment such as courtside benches, net handles or court sweepers where possible
- When playing padel, try to avoid touching the court walls
- Be aware that onsite toilet facilities will not be open

HYGIENE

- If you need to sneeze or cough, do so into a tissue or upper sleeve
- Avoid touching your face
- **[NEW]** Hand hygiene is imperative - use alcohol gel to clean your hands after touching a shared surface. See [Health Protection Scotland's hand hygiene](#) information for further details

SUPERVISION

- **[UPDATED]** Where attendance of a parent/guardian (non-participant) is required, or a carer for a disabled player, it is permitted and is not counted as part of the group activity, but should be off court and limited to one per player where possible, with physical distancing strictly observed while watching the sessions