

Phase 3 guidance for players

Tennis  
SCOTLAND



# Guidance for Tennis Venues, Coaches & **Players** in Scotland

COVID-19: RETURN TO MANAGED PLAY

Phase 3 – Published 10 July 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

### WHO CAN PLAY

- People who are shielding can now undertake outdoor exercise activities. Further information is available at [Scottish Government: Staying safe outdoors](#)
- People who are symptomatic should self-isolate for 7 days and household members for 14 days as per NHS guidance. No one who is self-isolating should attend an outdoor sports facility/activity

### 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](http://www.lta.org.uk/rally).

### EQUIPMENT

- Take hand sanitizer with you
- 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
- Players can travel outside of their local area to play tennis, with the previous guide limit of 5 miles no longer applicable with unlimited travel throughout Scotland now permitted
- Unlimited travel throughout the UK for professional coaches and players operating at a performance level as defined by Tennis Scotland is permitted.



- Arrive as close as possible to when you need to be there
- 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

## TENNIS ACTIVITY

- **[UPDATED]** You can exercise with members of your household, including children, or with members from up to 4 other households (or extended households), with a maximum of 15 people participating in total
- **[NEW]** Both singles play and doubles play is permitted with people from outside of your household. Players from different households can now form a double pair, and so doubles now be played between members of four different households
- **[NEW]** For doubles, to ensure compliance with physical distancing is maintained, players should take mitigating actions to limit risks to the 2metre rule being compromised. This could include agreeing in advance which player will take the shot if a ball travels to the centre of the court
- 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
- **[UPDATED]** Adult coached sessions should be limited to groups comprising of no more than five households, including the coach
- **[NEW]** Junior group coaching can now take place for those aged 17 and under, without physical distancing, in line with the [LTA's recommended coach:player ratios](#). Coaches still need to physically distance from players at all times. Junior coaching is excluded from the personal household allowance for coaches

## MAINTAIN PHYSICAL DISTANCING

- Stay at least two metres away from other players (including during play, when taking breaks and before and after play)
- **[NEW]** The only exception to this is for children aged 17 years and younger, who are no longer required to physically distance during activity. Children aged 11 and under do not need to physically distance at any time, but 12-17 year olds must physically distance both before and after activity.
- 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
- Further information on physical distancing guidance is available at [Staying Safe and Protecting Others](#)

## EQUIPMENT & FACILITIES

- Players do not need to use their own 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
- Onsite toilet facilities can be opened, but players should be aware this may not be the case at all venues and may wish to check in advance

## HYGIENE

- If you need to sneeze or cough, do so into a tissue or upper sleeve
- Avoid touching your face
- 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

- No spectating should take place. 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

## COMPETITIONS **UPDATED**

- Some formats of competition will be able to resume before others, for example internal box leagues/ladders can be played as long as they adhere to the guidelines in place
- Competitions or events where groups of more than 5 households (or extended households) (maximum of 15 people) congregate at any one time are not permitted
- Competitions should only be undertaken where physical distancing and hygiene measures are in place