

Tennis  
SCOTLAND



# Guidance for Tennis Venues, Coaches & Players in Scotland

COVID-19: RETURN TO PLAY

Phase 3 (Version 8) – Updated 6 January 2020

Current Exercise Restrictions

**NOTE: This version of the guidelines includes an appendix providing a summary grid of what tennis activity can take place under each level of protection**



TENNIS  
FOR BRITAIN

## PLAY SAFE GUIDELINES - RETURN TO PLAY

These guidelines have been developed for Scotland in partnership between the LTA and Tennis Scotland. The guidelines have been produced in line with the Scottish Government guidance on outdoor and indoor exercise for Phase 3, [which can be viewed here](#).

These guidelines are operational from 5 January 2021, other than where a future date is specified. This follows the Scottish Government's confirmation of the route map from lockdown and the subsequent updates from the First Minister.

**IMPORTANT:** Where a local lockdown is in place alternative measures and guidelines may be in place, which may delay the relaxing of measure or re-impose previous ones – further information, including details of any areas affected, can be read on the [Scottish Government website here](#).

## INTRODUCTION

We know how important it is for people to be active, and the particular role tennis can have in the physical and mental wellbeing of those that play it. By its very nature, tennis is an activity whereby close person to person contact can be avoided.

Based on recent Scottish Government guidance and the continuing evolution of restrictions, Tennis Scotland & the LTA has developed an updated set of practical guidelines to follow so that tennis can be played in Scotland consistent with the route map moving out of lockdown, where the local environment allows.

These guidelines apply to both tennis and padel, and outline adaptations so that tennis activity can be enjoyed in a way that is in line with Scottish Government advice and helps to prevent the spread of COVID-19. They include measures to limit hand to shared surface contact and minimise unnecessary interactions with others.

We have indicated the key additions and updates to these guidelines with **[NEW]** and **[UPDATED]** on the following pages.

## VENUES

Tennis venues across the country are all different and operate in different local contexts. Making an assessment of whether a safe exercise environment can be provided depends on a range of factors, which apply differently at each venue. It is the responsibility of each tennis provider, coach and facility to make that assessment based on their local environment.

## COACHES **[UPDATED]**

Coaching can take place across all levels of restriction, but there are different restrictions on group numbers across different levels. There is no limit on the number of sessions that a coach can deliver per day.

Where children's group coaching, camps and squads for those aged 17 and under are permitted, these should operate in line with the [LTA's recommended coach:player ratios](#).

When participating in coaching, where possible avoid touching surfaces, sharing equipment or touching your mouth and face. Physical distancing is required before and after sessions for adults and 12-17 year olds.

## **PLAYERS (UPDATED)**

Play may take place for adults in a group up to a maximum group of 30 people outdoors in total across levels 0-3, though this does not apply in tier 4. Indoors, group size is dictated by the facility operators risk assessment and ability to physically distance players on the court and around the facility. Doubles play where partners are from different households is permitted (when playing doubles indoors, and outdoors in level 3, doubles partners should take mitigating actions to limit risks to the two metre rule being compromised). At level 4, only singles play is possible, unless all players are from the same household or extended household. Players aged 11 are exempt from the legal gathering limit of up to 2 people from 2 different households at level 4.

Players should adhere to the Scottish Government's physical distancing guidelines (staying at least 2m away from others), and practice public health advice for hygiene.

Children aged 11 and under do not need to comply with physical distancing from each other at any time (including both indoor and outdoor activity), though at level 4, physical distancing should be maintained in an organised environment as far as possible. Adults and children aged 12 and over do not need to physically distance during outdoors activity at levels 0-3, but do before and after, and need to maintain physical distancing at all times indoors, and outdoors at level 4.

Please be aware that not all courts may be open, as venues will need to make an assessment based on their own individual circumstances as to whether they feel they can facilitate safe play at their venue. Where they chose to remain closed please respect this decision.

## **COMPETITIONS**

Tennis competition activity can take place in Scotland in line with specific guidelines - guidance for officials and competition organisers around the delivery of this activity has been provided on pages 17-23 of this document.

*Detailed guidelines for players, venues, coaches and officials/competition organisers are provided on the following pages.*



## 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 undertake outdoor exercise activities. Further information is available at [Scottish Government: Staying safe outdoors](#)
- **[UPDATED]** People who are symptomatic should self-isolate for **10 days** and household members for 10 days as per NHS guidance. No one who is self-isolating should attend a sports facility/activity (this includes anyone who should self-isolate after returning from an overseas country not on the Scottish Government's [exemption list](#))
- If you have a continuous cough, high temperature, or loss or change in taste or smell, then you should not take part in tennis activity, and should self-isolate and request a coronavirus test right away. Further information is available at [www.NHSinform.scot/test-and-protect](http://www.NHSinform.scot/test-and-protect) or by calling **0800 028 2816** if you cannot get online

### 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 can take place on outdoor courts, indoor courts and bubble courts
- Use your club's 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 via [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
- **[NEW]** Travel restrictions for participation in tennis activity vary by restriction level. Please consult our summary grid for more information.
- 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 - changing rooms and showering facilities may be made available for participants with disabilities or special needs

## TENNIS ACTIVITY **(UPDATED)**

- You can exercise with people from other households – for adults this can be in groups of up to 30 people outdoors at levels 0-3. At level 4, a maximum of two adults or children aged 12 and above from up to two separate households can meet outdoors for sport, meaning singles play only is possible, unless all players are from the same household or extended household. Children aged 11 and under are exempt from these limits.
- Indoors, group limits will be dictated by the facility operator's risk assessment.
- Both singles play and doubles play is permitted, and players from different households can form a doubles pair, apart from at level 4 where singles play only is permitted for adults and children aged 12 and above.
- For doubles indoors and outdoors at level 3, to ensure compliance with physical distancing is maintained, players should take mitigating actions to limit risks to the 2 metre 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
- Coaching activity should be in line with the [LTA's recommended coach:player ratios](#). Coaches still need to physically distance from players at all times
- Limits to group sizes for social gatherings do not apply to organised group tennis activity, apart from at level 4 for adults and children aged 12 and above. However, normal physical distancing and household number guidelines are applicable before and after playing tennis or when taking breaks

## MAINTAINING PHYSICAL DISTANCING **(UPDATED)**

- When playing outdoors at levels 0-2, adults must physically distance both before and after activity but do not have to during activity. At level 3-4, participants from different households should ensure they maintain physical distancing at all times. Children aged 12 and above do not need to physically distance during activity at levels 0-3 outdoors, but must physically distance at all times at level 4.
- When playing indoors at level 1-3, adults should maintain physical distancing at all times (including during play, when taking breaks and before and after play). Under-18s do not need to physically distance during tennis activity



indoors Physical distancing does not need to be maintained during activity by anyone at level 0.

- Children aged 11 years and younger are not required to physically distance any time (including before, during and after activity) either indoors or outdoors
- 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

## FACE COVERINGS

- Participants and visitors should wear face coverings, if indoors, before and after activity or when in non-playing areas of the facility e.g. reception, locker rooms and storage areas. **This is a mandatory requirement** except where an exemption applies, or where there is a 'reasonable excuse' not to wear a face covering (for example, if you have a health condition or you are disabled, including hidden disabilities such as autism, dementia or a learning disability)
- If you are deaf and need to look at lips and facial expressions to help you communicate, you can ask staff to remove their face covering.
- Face coverings do not need to be worn when undertaking physical activity, exercise or showering/changing
- Face coverings do not need to be worn in a sports facility hospitality environment if you are eating or drinking but must be worn at all other times
- The [Coronavirus \(COVID-19\) Phase 3: staying safe and protecting others page on face coverings](#) provides guidance on their use and exemptions

## 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

- Players should refer to the summary grid for details of permitted competition activity under each protection level

## NHS TEST & PROTECT

- Venues book play at are requested to collect and store your data for 21 days to support [NHS Test and Protect](#)
- Test and Protect, is Scotland's way of putting into practice NHS Scotland's test, trace, isolate and support strategy. Containing outbreaks early is crucial to reduce the spread of COVID-19, protect the NHS and save lives, and avoid the reintroduction of social and economic lockdown. This will support the country to return to, and maintain, a more normal way of life
- NHS Scotland has launched a free mobile app designed to help with contact tracing efforts and slow the spread of COVID-19. The app will alert users if they have been in close contact with another app user who tests positive for coronavirus
- Supported by a dedicated Protect Scotland website, the app is an extra tool complementing existing person-to-person contact tracing which remains the main component of NHS Scotland's Test and Protect system. Further information on the Protect Scotland app is available at [www.protect.scot](http://www.protect.scot)



## GUIDELINES FOR TENNIS VENUES

### VENUE MANAGEMENT

- Ensure your club committee oversees and maintains the implementation of measures. Venues are advised to take time to ensure they reopen safely, rather than rushing
- Clubs providing children's activity must have a named 'COVID Officer' who will complete documented risk assessments and ensure all appropriate mitigations are put in place by the club before any children's outdoor activity is undertaken
- All activity should be consistent with the Scottish Government guidance regarding health, travel, physical distancing and hygiene at all times
- Venues must consider safety first, particularly minimising the risk of infection/transmission. A thorough risk assessment should be undertaken (or updated if one previously done), and appropriate measures put in place to ensure participants, staff and volunteers are protected. A risk assessment template is available from the COVID-19 section of the venue [Resource Library](#) on the LTA website and these should be documented at all venues
- Clubs and venue operators must ensure that relevant workplace guidance is followed for contractors and staff and ensure existing health and safety advice is maintained and aligned. This should be detailed in the risk assessment.
- Guidelines will be updated as we progress through the different phases of Scottish Government measures – Tennis Scotland remains in discussions with sportscotland and Government and so we recommend you check the official LTA position at [www.lta.org.uk/coronavirus](http://www.lta.org.uk/coronavirus) on a regular basis to stay abreast of the latest recommendations
- Any measures venues put in place to enable tennis activity to resume need to be capable of being flexed or changed quickly if tighter movement/physical distancing is reintroduced in future or when the restrictions are further relaxed
- Venues are encouraged to use **sportscotland's** *getting your facility fit for sport* [toolkit](#)

### TEST & PROTECT

- [Test and Protect](#), is Scotland's way of putting into practice NHS Scotland's test, trace, isolate and support strategy
- Containing outbreaks early is crucial to reduce the spread of COVID-19, protect the NHS and save lives, and avoid the reintroduction of social and economic lockdown. This will support the country to return to, and maintain, a more normal way of life
- Maintaining customer records
  - Sport facility operators should where possible collect the name, contact number, date of visit, time of arrival, and where possible the departure time of all those attending facilities or activities.
  - The contact details for one member (a 'lead member') will be sufficient
  - Sports facility operators should store information for 21 days and share it when requested to do so by public health officers.
- A leaflet providing information on the Test and Protect service from NHS Scotland is also available [here](#)
- Registration with the Information Commissioner's Office;
  - In order to gather and store customer information securely, sports facility operators may need to be registered with the Information





Commissioner's Office (ICO). This will be the case if you are using an electronic system to gather and store data

- If you are unsure whether you need to register, please contact the ICO via their helpline on 0303 123 1113, or visit [www.ico.org.uk](http://www.ico.org.uk)

## TENNIS ACTIVITY **[UPDATED]**

- Different tennis activity is permitted at each level of restrictions – please consult our summary grid. Depending on the level of restrictions, outdoor and indoor court rental (singles or doubles), one to one and group coaching activity and competitions can take place, subject to the relevant guidance being followed.
- For adults this can be in groups of up to 30 people outdoors at levels 0-3. At level 4, a maximum of two adults or children aged 12 and above from up to two separate households can meet outdoors for sport, meaning singles play only is possible, unless all players are from the same household or extended household. Children aged 11 and under are exempt from these limits.
- Indoors, group limits will be dictated by the facility operator's risk assessment.
- Both singles play and doubles play is permitted, and players from different households can form a doubles pair, apart from at level 4 where singles play only is permitted for adults and children aged 12 and above.
- For doubles indoors and outdoors at level 3, to ensure compliance with physical distancing is maintained, players should take mitigating actions to limit risks to the 2 metre 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
- Coaching activity should be in line with the [LTA's recommended coach:player ratios](#). Coaches still need to physically distance from players at all times
- Limits to group sizes for social gatherings do not apply to organised group tennis activity, apart from at level 4 for adults and children aged 12 and above. However, normal physical distancing and household number guidelines are applicable before and after playing tennis or when taking breaks

## TENNIS FACILITIES

- Outdoor courts can be used, and indoor courts and bubble courts can be opened at level 0-3 if Scottish Government [Coronavirus \(COVID-19\): Guidance for the opening of indoor and outdoor sport and leisure facilities](#) is fully implemented
- Ensure nets are maintained at the appropriate height to avoid players having to adjust them, and remove net winders
- If your courts require dragging (e.g. clay) or drying after rain, have a nominated person to do this or make disposable gloves and spray available for players to use
- **[UPDATED]** Player access to indoor areas is allowed, meaning entering a building to switch on floodlights is permitted across all levels, as long as a risk assessment and appropriate mitigating actions are in place (i.e. one person at a time).
- Remove any other unnecessary equipment / items from courts (e.g. benches). Where this is not possible, appropriate cleaning measures, including provision of sanitiser and disposable gloves, should be put in place to reduce the risk of contamination
- Bins may be provided but should be regularly checked, cleaned/sanitised, emptied and disposed of using appropriate personal protective equipment



## OTHER FACILITIES

### CHANGING & TOILETS

- **[UPDATED]** Use of changing rooms and showering facilities should be avoided where possible, although they may be made available for participants with disabilities or special needs. Changing rooms should not open at level 4.
- Venues may open toilets for public use if they follow the guidelines outlined on the Scottish Government website [Opening Public Toilets Guidelines](#)
- For detailed facility guidance including a checklist that covers use of changing rooms, showers and toilets visit Scottish Government [Coronavirus \(COVID-19\): guidance on the opening of indoor and outdoor sport and leisure facilities](#)
- **[UPDATED]** Access to indoor locker rooms and storage areas is permitted for the dropping off and collection of sports equipment or clothing. At level 4, this should be on a one-off basis only. Venues should ensure mitigating actions are put in place to minimise the risk of virus transmission including physical distancing, hygiene and cleaning measures

### CATERING & RETAIL

- Clubhouses can open to provide both outdoor and indoor bar and restaurant services, providing they adhere to Scottish Government [Tourism and Hospitality Guidance](#)
- Any venues offering hospitality are required to close by 10pm
- Use contactless or at least card payment to avoid handling cash
- Retail units operated by venues/sport clubs may reopen provided all specific Scottish Government guidance for retailers is in place and adhered to. Further information from the Scottish Government is available at [Retail Sector Guidance](#)

## INDOOR ACCESS FOR STAFF

- Once guidance is implemented relating to the reopening of indoor (non-office) workplaces, venue staff and coaches can access indoor facilities, including for things such as for toilet/comfort breaks, storage of equipment and changing for work
- Any indoor access needs to be subject to appropriate measures being in place for cleaning, hygiene and physical distancing in accordance with Scottish Government guidance
- Although gym and leisure facilities are able to open at levels 1-3, venues are encouraged to consider whether internal meetings and training must be completed in person, or whether these can be completed online or via telephone.
- If it is essential that meetings and training takes place in person, [Scottish Government guidance for general workplaces](#) must be followed and a risk assessment should be completed
- Where circumstances make it difficult to achieve 2m physical distancing you must ensure that there is an additional physical barrier in place (i.e. a screen, visor or face covering). For more details see sportscotland's guidance on [Getting your Facilities Fit for Sport](#)
- Face coverings are now mandatory in indoor hospitality venues for staff and customers when not eating and drinking (limited exceptions apply)
- Be aware that face coverings discriminate against some deaf people who need to look at lips to help communicate. Staff in facilities should be made



aware that it is okay to remove their face coverings to communicate with someone who relies on lip reading and facial expressions

## INDOOR ACCESS FOR THE PUBLIC

- Venues should ensure participants and visitors wear face coverings, if indoors, before and after activity or when in non-playing areas of the facility e.g. reception, locker rooms and storage areas. **This is a mandatory requirement** except where an exemption applies, or where there is a 'reasonable excuse' not to wear a face covering (for example, if you have a health condition or you are disabled, including hidden disabilities such as autism, dementia or a learning disability)
- Face coverings do not need to be worn when undertaking physical activity, exercise or showering/changing
- Face coverings do not need to be worn in a sports facility hospitality environment if you are eating or drinking but must be worn at all other times (including when entering or leaving a table)
- The [Coronavirus \(COVID-19\) Phase 3: staying safe and protecting others page on face coverings](#) provides guidance on their use and exemptions

## MAINTAINING PHYSICAL DISTANCING (UPDATED)

- When playing outdoors at levels 0-2, adults must physically distance both before and after activity but do not have to during activity. At level 3-4, participants from different households should ensure they maintain physical distancing at all times. Children aged 12 and above do not need to physically distance during activity at levels 0-3 outdoors, but must physically distance at all times at level 4.
- When playing indoors at level 1-3, adults should maintain physical distancing at all times (including during play, when taking breaks and before and after play). Under-18s do not need to physically distance during tennis activity indoors. Physical distancing does not need to be maintained during activity by anyone at level 0.
- Children aged 11 years and younger are not required to physically distance any time (including before, during and after activity) either indoors or outdoors
- Players should not make physical contact with other players (such as shaking hands or high five)
- A checklist for physical distancing considerations and actions is available here: [Getting your Facilities Fit for Sport](#)
- Further information on physical distancing guidance is available at [Staying Safe and Protecting Others](#)

## HEALTH, SAFETY & HYGIENE

- Please refer to and read thoroughly Health Protection Scotland's [general guidance](#) and [cleaning guidance](#) for non-healthcare settings, as well as advice for [hand hygiene techniques](#)
- Cleaning of equipment, hand and respiratory hygiene are core measures to be implemented and provision should be made for these
- Make hand sanitizers or wipes available for use at entrance/exit to venue/courts where possible (Hand sanitizer stations can be sourced from the LTA Buying Group - see <https://www.ltabuyinggroup.co.uk> or speak to Tennis Scotland at [info@tennisscotland.org](mailto:info@tennisscotland.org) for further options.
- Clear guidance and plans are needed for cleaning of facilities and equipment, and waste disposal. For instance, common touchpoint surfaces (gates, door handles, handrails etc) should where possible be left open but if not possible,



regular cleaning with disposable gloves should be undertaken. Cleaning products should conform to EN14476 standards.

- A checklist for health, hygiene and cleaning considerations and actions is available here: [Getting your Facilities Fit for Sport](#)
- Ensure access to first aid and emergency equipment maintained and is in line with hygiene and safety protocols reviewed as part of a risk assessment
- Ensure that first aid equipment has been updated appropriately for the COVID-19 pandemic and first aiders have appropriate training
- In the event of first aid treatment being required it is recognised that a suitably qualified person, coach or supervising adult may require to attend to the injured participant. The 'Covid Officer' should consider processes for managing this as part of their risk assessment. This could include but not be limited to;
  - Provision of suitable PPE
  - Training of coaches/supervising adults
  - Presence of one parent/guardian being required at the activity for children/vulnerable adults
- Guidance on delivering first aid during the coronavirus pandemic is available on the [St John Ambulance website](#)
- If someone who has played at your venue develops symptoms of COVID-19, they should be directed to follow the Scottish Government's 'test and protect' guidelines, which can be read on the [nhsinform.scot](#) website

## COURT ACCESS

- Ensure measures are in place to minimise encounters between people, including in car parks and at entrances
- Court users should be advised to clean their hands with alcohol gel after touching shared surfaces such as gates. Where safe and appropriate, doors and court gates could be left open during playing hours
- Consider different entry and exit routes to the courts/venue where possible, and ensure this is clearly marked
- Consider marking two metre distances at appropriate points, such as the entry gates to courts

## EQUIPMENT

- Players are advised to bring their own equipment - however, use of communal rackets is permitted subject to thorough cleaning measures between use
- Any coaching equipment used (e.g. cones) should be cleaned and wiped down afterwards

## BOOKINGS & PAYMENT

- Operate online booking for courts and sessions where at all possible, or alternatively phone bookings NB Clubspark is free and can be downloaded at <https://www.lta.org.uk/about-us/in-your-area/tennis-scotland/club--venue-management/clubspark/>
- Take any payments online where possible, and avoid handling cash
- Online bookings can be facilitated through ClubSpark, which is free for all LTA Registered Venues, and via a free online national booking platform - LTA Rally - which makes it easy for players to find, book and pay for courts from their mobile phone. Email [rally@lta.org.uk](mailto:rally@lta.org.uk) for more information on how to sign up to ClubSpark or Rally contact [info@tennisscotland.org](mailto:info@tennisscotland.org)



- Be aware a proportion of disabled people, people from low income households and older adults do not have access to the internet. Ensure you have alternative measures in place. For example, telephone bookings.

## COMMUNICATION

- Communicate with your members/customers clearly and regularly, making them aware in advance of the measures you are putting in place at your venue, and guidelines they are asked to follow
- Communicate clearly opening times and how people can safely access a facility, if relevant, for example through a booking or queuing system
- Ensure signage on guidelines for playing tennis safely and promoting hygiene measures is clearly displayed (and ensure these remain up to date as restrictions change)
- Posters that can be used to aid communication will be available from the COVID-19 section of the [Resource Library](#)
- It is more important than ever to consider inclusive guidance for people who need support to be active and clubs/venue operators should consider this as part of their work to encourage people to return

## 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

- Venues should refer to the summary grid for details of permitted competition activity under each protection level

## EQUALITY & INCLUSION

- Covid-19 is affecting everyone. But the impact of the pandemic is not being felt equally. Before the pandemic certain groups were less likely to participate in sport and physical activity. These groups are also the most at risk of worsening inequalities due to Covid-19:
  - Older people
  - Disabled people
  - Ethnic minorities
  - Women
  - People from deprived communities
- It is more important than ever to consider inclusive guidance for people who need extra support to be active and sports facility operators should consider this as part of their work to encourage people to return.
- The evidence emerging has clear implications for how we design and deliver sport and physical activity. Some key areas for consideration include;
  - **Communication** – Digital exclusion is a key issue. With so many services and so much information moving online it risks worsening the health impacts of the pandemic. We have to think innovatively about the range of ways we can provide information to people about sport and physical activity.



- **Accessibility** – Accessibility of our environments is another key issue emerging from the pandemic. As clubs and leisure centres re-open it's important to build understanding of people's specific accessibility needs around things like hygiene, physical distancing and face coverings so we can provide the best possible support to people to take part in sport and physical activity.
- **Anxiety, mental health and wellbeing** – The pandemic is leading to an increased risk of anxiety and mental ill-health for people who share all characteristics. We know that sport and physical activity can have significant benefits for people's mental health so it's vital that we continue to promote those benefits, so people are encouraged to get involved.
- **Confidence** - Confidence to return to sport is a big issue across all groups. We know that some groups are at higher risk from Covid-19 than others (including some ethnic minorities, disabled people and households experiencing poverty). These groups may be even more nervous about returning to sport or starting to participate. They are also less likely to participate in sport in the first place, so we'll need to give extra attention to their needs to help build their confidence.

## DISABILITY TENNIS

- Where a disabled participant requires functional support to help them participate coaches, carers or those supporting the participant can provide this without maintaining physical distancing. In such circumstance the responsible 'Covid Officer' should consider appropriate mitigating actions as part of the risk assessment. For instance, providing appropriate PPE, limiting the number of participants an individual provides functional support to, limiting the duration spent in close proximity, or a combination of actions
- The LTA and Tennis Scotland have developed specific additional guidelines for venues delivering disability tennis activity, which can be read [here](#)



## GUIDELINES FOR TENNIS COACHES

### COACHING ACTIVITY

- All activity should be consistent with the government guidance regarding health, travel, physical distancing and hygiene at all times
- Coaches and coaching organisations must consider safety first, particularly minimising the risk of infection/transmission. A thorough risk assessment should be undertaken (or updated if one previously done), and appropriate measures put in place to ensure participants, staff and volunteers are protected - you are advised to liaise with your venue when doing this. A risk assessment template is available from the [COVID-19](#) section of the venue [Resource Library](#) on the LTA website
- Guidance for coaches, leaders, personal trainers, and instructors is available at [Getting your coaches ready for sport](#)
- Guidelines will be updated as we progress through the different phases of Government measures – Tennis Scotland and the LTA remain in discussions with Holyrood and Westminster Governments respectively and so we recommend you check the official Tennis Scotland / LTA position at [www.lta.org.uk/coronavirus](http://www.lta.org.uk/coronavirus) on a regular basis to stay abreast of the latest recommendations
- Any measures coaches put in place to enable tennis activity to resume need to be capable of being flexed or changed quickly if tighter movement/physical distancing is reintroduced in the future or when the restrictions are further relaxed

### COACHING LIMITS **(UPDATED)**

- Coaches can take organised group training sessions – please see our summary grid for full details.
- For adults this can be in groups of up to 30 people outdoors at levels 0-3. At level 4, a maximum of two adults or children aged 12 and above from up to two separate households can meet outdoors for sport, meaning singles play only is possible. Children aged 11 and under are exempt from these limits at level 4, but where group activity is taking place in these circumstances, the number of coaches involved must not exceed household limits (i.e. maximum of two coaches for any given session).
- Indoors, group limits will be dictated by the facility operator's risk assessment. Larger group sessions indoors may need to utilise multiple full-size courts in order to maintain physical distancing, depending on the local environment and risk assessment – where space and number of courts available is limited, then based on your risk assessment only smaller group sessions may be possible. Coaches can refer to the [LTA's recommended coach:player ratios](#) for more specific guidance
- All activity is subject to appropriate physical distancing and hygiene measures being fully implemented and maintained to protect participants and coaches
- There is no limit on the number of sessions that a coach can deliver per day
- Limits to group sizes for social gatherings do not apply to organised group tennis activity, apart from at level 4 for adults and children aged 12 and above. However, normal physical distancing and household number guidelines are applicable before and after playing tennis or when taking breaks



## COACHING CHILDREN

- Group coaching sessions can take place, including children's camps and squads
- Red court guidance: Up to six mini red courts may now be set up per full sized adult court for players aged 11 and under.
- Guardian (non-participant) or carer attendance is permitted and is not counted as part of the group activity, but should be off court and limited to one per child where possible, with physical distancing strictly observed while watching the session
- Coaches should ensure, where possible, that everyone involved avoids touching surfaces, sharing equipment and touching their mouth and face.
- Coaches and instructors working with children should familiarise themselves with the additional considerations developed by **Children 1<sup>st</sup>**: [Child Wellbeing and Protection Considerations](#)

## MAINTAINING PHYSICAL DISTANCING (UPDATED)

- When playing outdoors at levels 0-2, adults must physically distance both before and after activity but do not have to during activity. At level 3-4, participants from different households should ensure they maintain physical distancing at all times. Children aged 12 and above do not need to physically distance during activity at levels 0-3 outdoors, but must physically distance at all times at level 4.
- When playing indoors at level 1-3, adults should maintain physical distancing at all times (including during play, when taking breaks and before and after play). Under-18s do not need to physically distance during tennis activity indoors Physical distancing does not need to be maintained during activity by anyone at level 0.
- Children aged 11 years and younger are not required to physically distance any time (including before, during and after activity) either indoors or outdoors
- Further information on physical distancing guidance is available at [Staying Safe and Protecting Others](#)
- Coaches should ensure this is emphasised to participants at the start of each session, and that they are clear on how they should maintain physical distancing for each drill before starting it
- Coaches should encourage players to avoid running down balls within an exercise if it could compromise the 2m rule

## INDOOR ACCESS FOR COACHES

- Coaches can access indoor facilities, including for things such as for toilet/comfort breaks, storage of equipment and changing for work
- Any indoor access needs to be subject to appropriate measures being in place for cleaning, hygiene and physical distancing in accordance with Scottish Government guidance

## EQUIPMENT

- Coaches do not now need to use new or fresh tennis balls for each lesson
- It is still advised that where possible the coach should be the only person to touch the tennis balls and players use their feet/racket to return them
- Where new or fresh balls aren't used, and where players need to handle tennis balls (e.g. serving toss, young children who need to self-feed using their hands) then extra care must be taken to ensure the coach and players do not touch your faces during play, and you should all clean your hands



before, during and immediately after finishing the session (use alcohol gel if required)

- Players should bring their own equipment where possible – it is advised not to allow racket sharing but use of communal rackets can be done subject to thorough cleaning processes between uses
- Any coaching equipment used (e.g. cones) should be cleaned and wiped down afterwards
- Ensure all equipment is removed from the court at the end of the session

## HEALTH, SAFETY & HYGIENE

- Ensure usual access to first aid and emergency equipment is maintained
- Guidance on delivering first aid during the coronavirus pandemic is available on the [St John Ambulance website](#)
- 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
- If you need to sneeze or cough, do so into a tissue or upper sleeve
- Avoid touching your face
- If a player you have coached develops symptoms of COVID-19, they should be directed to follow the Scottish Government's 'test and protect' guidelines, which can be read on the [nhsinform.scot](https://www.nhsinform.scot) website

## BOOKINGS & PAYMENT

- Operate online booking for coaching sessions where at all possible, or alternatively phone bookings
- Take any payments online, and avoid handling cash
- Allow time for players to leave before the next players arrive

## COMMUNICATION & VENUE LIAISON

- Coaches should liaise with the venue to ensure an agreed approach to activity that is feasible to deliver safely, and explore how coaches can be supported to deliver sessions
- Communicate with your customers clearly and regularly, making them aware in advance of the measures you are putting in place for your sessions, and guidelines they should follow when attending

# GUIDANCE FOR OFFICIALS AND COMPETITION ORGANISERS

## INTRODUCTION

We know Officials & Competition Organisers will be keen to provide competitive opportunities for players in Scotland as soon as it is safe and appropriate for them to do so. By its very nature, tennis is an activity whereby close person to person contact can be avoided, with tennis a good example of an activity that can be undertaken in a way compliant with physical distancing restrictions.

Based on our continued discussions with Government and sportscotland, and following the further easing of restrictions, Tennis Scotland and the LTA have developed this set of practical guidelines for Officials and Competition Organisers to follow so that tennis competitions can be played in Scotland, where the local environment allows.

These guidelines outline adaptations and considerations so that tennis competition can be enjoyed in a way that is in line with Government advice and helps to prevent the spread of COVID-19. They include measures to maintain hygiene and minimise unnecessary interactions with others. **Tennis competitions which do not follow these Scottish Government-approved guidelines should not take place in Scotland at this time.**

Tennis venues across the country are all different and operate in different local contexts. Making an assessment of whether a safe competition environment can be provided depends on a range of factors, which apply differently at each venue. It is the responsibility of each official & competition organiser and tennis facility to make that assessment based on their local environment.

These guidelines should be read in conjunction with the guidelines for venues, coaches and players, and all elements of the guidelines should be considered to ensure activity can be delivered safely.

Should you have any questions, [please refer to the FAQs on the LTA website](#).

**IMPORTANT:** Where a local lockdown is in place alternative measures and guidelines may be in place – officials and competition organisers in these areas are advised to check our main coronavirus information page at [www.lta.org.uk/coronavirus](http://www.lta.org.uk/coronavirus) and follow the appropriate advice for the local area.



## SECTION 1: PREPARATION & FACILITIES

### VENUE MANAGEMENT

- Ensure your club committee / management oversees and maintains the implementation of measures. Competition organisers should take time to ensure they resume competition safely, rather than rushing
- All activity should be consistent with the Scottish Government guidance regarding health, travel, physical distancing and hygiene at all times
- All those providing competitions must abide by this guidance and have a named 'Covid Officer' who will complete documented risk assessments and ensure all appropriate mitigations are put in place before any outdoor competition or event is undertaken. A risk assessment template is available from the COVID-19 section of the venue [Resource Library](#) on the LTA website
- Organisers must consider safety first, particularly minimising the risk of infection/transmission, and ensure appropriate measures are put in place to ensure participants, staff and volunteers are protected.
- Guidelines will be updated as we progress through the different phases of Government measures – Tennis Scotland remains in discussions with Government and so we recommend you check the official position at [www.lta.org.uk/coronavirus](http://www.lta.org.uk/coronavirus) on a regular basis to stay abreast of the latest recommendations
- Any measures put in place to enable tennis activity to resume need to be capable of being flexed or changed quickly if tighter restrictions are reintroduced in the future, or when the restrictions are further relaxed

### FACILITIES

- Outdoor courts, indoor and bubble courts can be used if Scottish Government [Coronavirus \(COVID-19\): Guidance for the opening of indoor and outdoor sport and leisure facilities](#) is fully implemented
- Ensure nets are maintained at the appropriate height to avoid players having to adjust them, and remove net winders
- If your courts require dragging (e.g. clay) or drying after rain, venues are advised to have a nominated person to do this or make disposable gloves & spray available for players to use
- Remove any other unnecessary equipment and items from courts and ensure appropriate cleaning measures are in place items that remain in place
- Changing facilities should not be used, with participants asked to arrive ready to play and to shower at home (although indoor facilities can reopen, use of changing rooms should still be avoided where possible other than for those with a disability)

### PHYSICAL DISTANCING

- Physical distancing in line with Scottish Government guidelines must be in place for the competition, including before and after a competition takes place, with participants and support staff asked to immediately vacate the courts and venue after they have completed the competition
- Travel to and from competition must not mix households i.e. no car sharing
- Ensure measures are in place to minimise encounters between people in all areas, including in car parks and at entrances
- Consider marking two metre distances at appropriate points, such as the entry gates to courts, referee desk and areas for the parents



- Competition risk assessments should consider mitigating actions to limit the risk of participants encroaching within 2m of each other before and after the activity. For instance, competition organisers may consider, where appropriate, different formats of competition or staggered starts.
- Where an employee is involved in running the competition, relevant work placed risk assessments and consultation should take place in advance of any activity being undertaken. See the Businesses, workplaces and self - employed people section at [Scottish Govt: Covid-19](#)

## HEALTH, SAFETY & HYGIENE

- Ensure usual access to first aid and emergency equipment is maintained
- Ensure that first aid equipment has been updated appropriately for the COVID-19 pandemic and first aiders have appropriate training.
- In the event of first aid treatment being required it is recognised that a suitably qualified person, coach or supervising adult may require to attend to the injured participant. The designated 'Covid Officer' should consider processes for managing this as part of the risk assessment. This could include but not be limited to;
  - Provision of suitable PPE
  - Training of coaches/supervising adults
  - Presence of one parent/guardian being required at the activity for children/vulnerable adults
- Guidance on delivering first aid during the coronavirus pandemic is available on the [St John Ambulance website](#)
- Health, safety & hygiene measures for all activity should be in line with guidance for venues provided in this document
- Make hand sanitizers or wipes available for use at entrance/exit to venue/courts and buildings where possible (Hand sanitizer stations can be sourced from the LTA Buying Group - see <https://www.ltabuyinggroup.co.uk>)
- Clean all common touch point surfaces (gates, door handles, handrails etc.) regularly, wearing disposable gloves - attendees should be advised to clean their hands with hand sanitiser after touching shared surfaces such as gates.
- Where safe and appropriate, doors and court gates could be left open during the competition

## ENTRIES

- Operate online entry for all competitions including recreational competitions to ensure you can manage competition size, and also make it easy to record attendee details
- Take any payments online, and avoid handling cash
- Online bookings can be facilitated through Online Tournament Entry or ClubSpark Events Module (Recreational Competitions only)



## SECTION 2: COMPETITION ACTIVITY

### PRE-ATTENDANCE SYMPTOM CHECK

- Anyone attending a competition in any capacity should undergo a pre-attendance self-assessment for any COVID-19 symptoms. No-one should leave home to participate in tennis if they, or someone they live with, has symptoms of COVID -19, currently recognised as any of:
  - A high temperature
  - A new, continuous cough
  - A loss of, or change to, their sense of smell or taste
- If someone that has been involved in a competition develops symptoms of COVID-19, they should self-isolate and request a coronavirus test right away. Further information is available at [www.NHSinform.scot/test-and-protect](http://www.NHSinform.scot/test-and-protect) or by calling **0800 028 2816** if they cannot get online
- Officials and competition organisers should keep a temporary record of all those on site for the competition for 21 days, in a way that is manageable, and assist Test & Protect with requests for that data if needed

### COMPETITION ACTIVITY

- Organisers should refer to the summary grid for details of permitted competition activity under each protection level

### COMPETITION SIZE

- Where permitted to take place, adult competitions should involve a maximum of 30 people outdoors, including officials
- Where permitted to take place indoors, maximum group size is set by facility operators.
- Multiple groups, each with up to 30 people, can be used in competition, subject to all of the below:
  - In such cases organisers and deliverers should undertake comprehensive risk assessment to ensure that these bubbles do not mix at any time including before, during or after the activity
  - Where competitions include multiple groups of 30, organisers should, as part of their risk assessment, consult with relevant local authorities, environmental health, the police or other body responsible for the safety of the public. Agreement must be reached with these bodies before the competition takes place
  - Total numbers taking part should not exceed 200 people in any one day, including organisers, officials and participants
  - Once an individual has completed their activity, they should immediately vacate the area of play and are then subject to normal household rules
- There is no set restriction on the size of junior competition. However, competition organisers should still seek to reduce risk by minimising the numbers of children taking part in competition where possible
- The focus should be on delivering the competition with as few participants as possible in attendance at any given time, whilst still allowing the activity to run effectively.
- Any individual groups should not interact with anyone outside of the group they are attending the venue with (e.g. players on another court)
- All groups are to be self-sufficient i.e. an official or competition organiser should not oversee two separate competitions at a time



- You could organise a competition in the morning and then one for a different group in the afternoon, however you should ensure there is a suitable time gap between the competitions so that the two groups do not meet
- Limits to group sizes for social gatherings do not apply to organised group tennis activity. However, normal physical distancing and household number guidelines are applicable before and after playing tennis or when taking breaks

### **SCHEDULING ADVICE FOR ONE DAY EVENTS/MATCHPLAYS**

- To minimise waiting time for players on site, a competition should ideally be organised so that the schedule is 1 round on, 1 round off
- Consider only running 1 or 2 events per day based on the number of courts available
- Draw formats could be match play draws, round robins, compass draws or knock out with consolations
- Carefully plan the schedule so you know how many people will be at your competition at any time
- We suggest either Two Sets + MTB or Two FAST4 sets + MTB as the scoring format
- Consider the other needs of the club members and venue coaches – shorter days mean members and coaches can use the courts after matches have been completed or the venue may want to only provide so many courts leaving some for members or coaches
- Where club v club competitions take place, interactions could be kept to a minimum by participants just attending for their match and then leaving

### **MAINTAINING PHYSICAL DISTANCING (UPDATED)**

- Adults only have to follow physical distancing guidelines while undertaking tennis activity outdoors at level 3-4 (but do need to before and after any activity, and also during indoor activity). Indoors, adults should maintain physical distancing, apart from at level 0.
- Children aged 12 and above only need to physically distance outdoors at level 4.
- Children aged 11 and under do not need to physically distance at any time
- Coaches, officials and others involved in the running of the competition should physically distance at all times
- Attendees should be advised to limit their interactions with anyone outside of the competition they are attending the venue for (e.g. players on other courts)
- Encourage players not to congregate on/around the court before & after play
- There should be no skin to skin contact for players. Racket taps are allowed but shaking hands or elbow alternatives are not permitted
- No formal presentation ceremonies should take place during or after an event and the focus should be on reducing numbers in attendance at any one time

### **SUPERVISION & SPECTATING**

- No spectating should take place other than where a parent is supervising a child or vulnerable adult
- Parents/guardians who are supervising their children should be off court and abide by Scottish Government physical distancing guidance by staying at least 2m away from those out with their own household. Groups of parents from different households should not congregate before, during or after the activity
- Consider marking out specific boxes/areas for this purpose



- Clubhouses can be opened to provide indoor bar and restaurant services, providing they adhere to Scottish Government [Tourism and Hospitality Guidance](#)

## RAIN DELAYS

- In the event of rain, attendees should use own umbrella or if they drove, return to their own vehicle, to maintain physical distancing and avoid congregating under one shelter
- In the event of an extended delay, officials and competition organisers are encouraged to make an early decision with regards to cancelling the competition to avoid attendees waiting around for a prolonged period

## EQUIPMENT

- Players are advised to bring and use their own equipment – where any equipment is shared it should be subject to thorough cleaning measures between use
- Any equipment used (e.g. mini tennis nets, orange lines, scoreboards) should be cleaned and wiped down afterwards
- New or fresh tennis balls are not needed for each match, but extra care must be taken to ensure the players do not touch their faces during play, and anyone involved in the match should all clean their hands before the match and immediately after finishing (use alcohol gel if required)

## INCLUSION

- Although activity levels were at a record high prior to COVID-19, participation of disabled people in sport has been disproportionately impacted by the coronavirus outbreak – the staging of inclusive and disability-specific competitions is therefore particularly encouraged
- Competition organisers and officials are encouraged to contact Tennis Scotland to assist the reopening of activity in a welcoming and accessible way

## COMMUNICATION

- Communicate with your players/parents clearly and regularly, making them aware in advance of the measures you are putting in place at your competition, and guidelines they are asked to follow
- Make participants aware that undertaking any activity, including tennis, has the potential for increased risk of transmission of COVID-19, and advise attendees to read the [Scottish Government's FACTS advice](#) to stay safe and protect others
- Ensure a fact sheet is provided and/or ensure your emails highlight all guidance to players/parents
- Encourage attendees to bring their own blanket/chairs/umbrella/raincoat/hand sanitiser
- Ensure signage on guidelines for maintaining physical distancing and promoting hygiene measures is clearly displayed (and ensure these remain up to date as restrictions change)
- Player/parent briefings should be held outdoors on a tennis court where social distancing can be observed or in a large open space. This should not be held indoors
- Posters that can be used to aid communication will be available from the COVID-19 section of the LTA's [Resource Library](#)



# COVID-19 LOCAL RESTRICTIONS IN SCOTLAND

## TENNIS ACTIVITY BY LEVEL

### KEY POINTS

- This grid outlines a summary of the baseline restrictions for each level of restrictions across Scotland and what that means for tennis activity – for some local areas, additional restrictions may be imposed that may further have a bearing on what tennis activity can take place
- A list of which local authorities are under each level of protection is [provided on the Scottish Government website](#), alongside details of the general restrictions for each level
- Where activity is listed as permitted, venues, coaches, players and officials should refer to the Tennis Scotland and LTA full COVID-19 secure detailed guidance before undertaking any activity
- Coaches (paid and voluntary) can travel across areas to deliver activity as long as the activity complies with the guidance for the area
- These guidelines apply to both tennis and padel, and are operational from Monday 2 November 2020

### SUMMARY GRIDS

Please see the following pages for our summary grid covering tennis activity by level for:

- Indoor Tennis
- Outdoor Tennis
- Venue Bar / Café / Restaurant Guidelines
- Other Activity
- Additional Guidance Notes



# COVID-19 LOCAL RESTRICTIONS IN SCOTLAND

## TENNIS ACTIVITY BY LEVEL

| INDOOR TENNIS    |   |  |  |  |   |  |
|------------------|---|--|--|--|---|--|
| TYPE OF ACTIVITY | LEVEL 0                                   | LEVEL 1  | LEVEL 2  | LEVEL 3  | LEVEL 4   |  |
| SUMMARY          | SOCIAL PLAY                               | <ul style="list-style-type: none"> <li>Permitted</li> <li>Singles &amp; Doubles</li> </ul>   | <ul style="list-style-type: none"> <li>Permitted</li> <li>Singles &amp; Doubles</li> </ul>   | <ul style="list-style-type: none"> <li>Permitted</li> <li>Singles &amp; Doubles</li> </ul>   | <ul style="list-style-type: none"> <li>Permitted</li> <li>Singles &amp; Doubles</li> <li>For over 18's doubles only where each pair is from same household</li> </ul> | <ul style="list-style-type: none"> <li>Not permitted</li> <li>Indoor courts closed</li> </ul>  |
|                  | 1:1 COACHING                              | <ul style="list-style-type: none"> <li>Permitted</li> </ul>  | <ul style="list-style-type: none"> <li>Permitted</li> </ul>  | <ul style="list-style-type: none"> <li>Permitted</li> </ul>  | <ul style="list-style-type: none"> <li>Permitted</li> </ul>   | <ul style="list-style-type: none"> <li>Not permitted</li> <li>Indoor courts closed</li> </ul>  |
|                  | GROUP COACHING / ORGANISED GROUP ACTIVITY | <ul style="list-style-type: none"> <li>Permitted</li> <li>Subject to coaching limits &amp; court ratios</li> </ul>   | <ul style="list-style-type: none"> <li>Permitted</li> <li>Subject to coaching limits &amp; court ratios</li> </ul>   | <ul style="list-style-type: none"> <li>Permitted</li> <li>Subject to coaching limits &amp; court ratios</li> </ul>   | <ul style="list-style-type: none"> <li>Not permitted for adults</li> <li>Permitted for U18s</li> </ul>  | <ul style="list-style-type: none"> <li>Not permitted</li> <li>Indoor courts closed</li> </ul>  |
|                  | COMPETITIONS                              | <ul style="list-style-type: none"> <li>Permitted</li> <li>Subject to competition size limits</li> </ul>  | <ul style="list-style-type: none"> <li>Permitted</li> <li>Subject to competition size limits</li> </ul>  | <ul style="list-style-type: none"> <li>Permitted</li> <li>Subject to competition size limits</li> </ul>  | <ul style="list-style-type: none"> <li>Not permitted for adults</li> <li>Permitted for U18s</li> </ul>  | <ul style="list-style-type: none"> <li>Not permitted</li> <li>Indoor courts closed</li> </ul>  |
|                  | INDOOR COURTS / FACILITIES                | <ul style="list-style-type: none"> <li>Can be opened</li> </ul>  | <ul style="list-style-type: none"> <li>Can be opened</li> </ul>  | <ul style="list-style-type: none"> <li>Can be opened</li> </ul>  | <ul style="list-style-type: none"> <li>Can be opened</li> </ul>   | <ul style="list-style-type: none"> <li>All indoor sports courts &amp; facilities closed (except toilet &amp; floodlight access)</li> </ul> |
|                  | SPECTATING & SUPERVISION                  | <ul style="list-style-type: none"> <li>Spectating not allowed</li> <li>Parent/guardian supervision permitted (one per player)</li> </ul>                   | <ul style="list-style-type: none"> <li>Spectating not allowed</li> <li>Parent/guardian supervision permitted (one per player)</li> </ul>                   | <ul style="list-style-type: none"> <li>Spectating not allowed</li> <li>Parent/guardian supervision permitted (one per player)</li> </ul>                   | <ul style="list-style-type: none"> <li>Spectating not allowed</li> <li>Parent/guardian supervision permitted (one per player)</li> </ul>                              | <ul style="list-style-type: none"> <li>N/A</li> </ul>  |
|                  | TRAVEL FOR INDOOR EXERCISE                | <ul style="list-style-type: none"> <li>Minimise journeys</li> <li>No travel to L4 areas &amp; only essential local travel to L3 other than U18s</li> </ul> | <ul style="list-style-type: none"> <li>Minimise journeys</li> <li>No travel to L4 areas &amp; only essential local travel to L3 other than U18s</li> </ul> | <ul style="list-style-type: none"> <li>Minimise journeys</li> <li>No travel to L4 areas &amp; only essential local travel to L3 other than U18s</li> </ul> | <ul style="list-style-type: none"> <li>Minimise journeys</li> <li>Only travel locally</li> </ul>  | <ul style="list-style-type: none"> <li>No travel into / out of area</li> </ul>   |
|                  | SOCIALISING RULES BEFORE/AFTER PLAY       | <ul style="list-style-type: none"> <li>Max 8 people from 3 households</li> <li>Minimise where possible</li> </ul>  | <ul style="list-style-type: none"> <li>Max 6 people from 2 households</li> <li>Minimise where possible</li> </ul>  | <ul style="list-style-type: none"> <li>Max 6 people from 2 households</li> <li>Minimise where possible</li> </ul>  | <ul style="list-style-type: none"> <li>Max 6 people from 2 households</li> <li>Minimise where possible</li> </ul>   | <ul style="list-style-type: none"> <li>N/A</li> </ul>  |
|                  | PHYSICAL DISTANCING                       | <ul style="list-style-type: none"> <li>Physical distancing to be maintained before, during and after play at all times across all levels</li> </ul>        |  |  |   |  |

Note: An exemption is in place for professional / performance sport to allow activity to continue across all levels (see additional notes)



# COVID-19 LOCAL RESTRICTIONS IN SCOTLAND

## TENNIS ACTIVITY BY LEVEL

| OUTDOOR TENNIS   |  |   |  |  |   |  |
|------------------|--|---|--|--|---|--|
| TYPE OF ACTIVITY | LEVEL 0  | LEVEL 1   | LEVEL 2  | LEVEL 3  | LEVEL 4   |  |
| SUMMARY          | SOCIAL PLAY  | <ul style="list-style-type: none"> <li>Permitted</li> <li>Singles &amp; Doubles</li> </ul>  | <ul style="list-style-type: none"> <li>Permitted</li> <li>Singles &amp; Doubles</li> </ul>   | <ul style="list-style-type: none"> <li>Permitted</li> <li>Singles &amp; Doubles</li> </ul>   | <ul style="list-style-type: none"> <li>Permitted</li> <li>Singles &amp; Doubles</li> <li>Doubles must maintain physical distancing</li> </ul> | <ul style="list-style-type: none"> <li>Permitted</li> <li>Singles permitted</li> <li>Doubles only permitted in certain circumstances (*see further detail in additional guidance)</li> </ul> |
|                  | 1:1 COACHING   | <ul style="list-style-type: none"> <li>Permitted</li> </ul>   | <ul style="list-style-type: none"> <li>Permitted</li> </ul>  | <ul style="list-style-type: none"> <li>Permitted</li> </ul>  | <ul style="list-style-type: none"> <li>Permitted</li> </ul>   | <ul style="list-style-type: none"> <li>Permitted</li> </ul>  |
|                  | GROUP COACHING / ORGANISED GROUP ACTIVITY & COMPETITIONS | <ul style="list-style-type: none"> <li>Permitted</li> <li>Subject to field of play bubble limits</li> </ul>   | <ul style="list-style-type: none"> <li>Permitted</li> <li>Subject to field of play bubble limits</li> </ul>                              | <ul style="list-style-type: none"> <li>Permitted</li> <li>Subject to field of play bubble limits</li> </ul>                              | <ul style="list-style-type: none"> <li>Permitted</li> <li>Subject to field of play bubble limits</li> </ul>                                   | <ul style="list-style-type: none"> <li>Only permitted for children aged 11 and under</li> <li>Restricted to two coaches</li> </ul>   |
|                  | CHANGING FACILITIES / TOILETS                            | <ul style="list-style-type: none"> <li>Can be opened</li> </ul>   | <ul style="list-style-type: none"> <li>Can be opened</li> </ul>  | <ul style="list-style-type: none"> <li>Can be opened</li> </ul>  | <ul style="list-style-type: none"> <li>Can be opened</li> </ul>   | <ul style="list-style-type: none"> <li>Toilets can be opened</li> <li>Changing rooms to be closed</li> <li>Floodlight access allowed</li> </ul>  |
|                  | SPECTATING & SUPERVISION                                 | <ul style="list-style-type: none"> <li>Spectating not allowed</li> <li>Parent/guardian supervision permitted (one per player)</li> </ul>            | <ul style="list-style-type: none"> <li>Spectating not allowed</li> <li>Parent/guardian supervision permitted (one per player)</li> </ul> | <ul style="list-style-type: none"> <li>Spectating not allowed</li> <li>Parent/guardian supervision permitted (one per player)</li> </ul> | <ul style="list-style-type: none"> <li>Spectating not allowed</li> <li>Parent/guardian supervision permitted (one per player)</li> </ul>      | <ul style="list-style-type: none"> <li>Spectating not allowed</li> <li>Parent/guardian supervision permitted (one per player)</li> </ul>   |
|                  | TRAVEL FOR OUTDOOR EXERCISE                              | <ul style="list-style-type: none"> <li>Minimise journeys</li> <li>Only local travel to L3 &amp; L4 areas other than U18s</li> </ul>                 | <ul style="list-style-type: none"> <li>Minimise journeys</li> <li>Only local travel to L3 &amp; L4 areas other than U18s</li> </ul>      | <ul style="list-style-type: none"> <li>Minimise journeys</li> <li>Only local travel to L3 &amp; L4 areas other than U18s</li> </ul>      | <ul style="list-style-type: none"> <li>Minimise journeys</li> <li>Only travel locally</li> </ul>  | <ul style="list-style-type: none"> <li>Minimise journeys</li> <li>Only travel locally</li> </ul>   |
|                  | SOCIALISING RULES BEFORE/AFTER PLAY                      | <ul style="list-style-type: none"> <li>Max 15 people from 5 households</li> <li>Minimise where possible</li> </ul>                                  | <ul style="list-style-type: none"> <li>Max 6 people from 2 households</li> <li>Minimise where possible</li> </ul>                        | <ul style="list-style-type: none"> <li>Max 6 people from 2 households</li> <li>Minimise where possible</li> </ul>                        | <ul style="list-style-type: none"> <li>Max 6 people from 2 households</li> <li>Minimise where possible</li> </ul>                             | <ul style="list-style-type: none"> <li>Max 2 people from 2 households</li> <li>Minimise where possible</li> </ul>  |
|                  | PHYSICAL DISTANCING                                      | <ul style="list-style-type: none"> <li>Physical distancing to be maintained before, during and after play at all times across all levels</li> </ul> |  |  |   |  |





# COVID-19 LOCAL RESTRICTIONS IN SCOTLAND

## TENNIS ACTIVITY BY LEVEL

| SUMMARY   | VENUE BAR / CAFÉ / RESTAURANT                               |   |  |   |  |  |
|-----------|---|---|--|---|--|--|
|           | TYPE OF ACTIVITY  | LEVEL 0   | LEVEL 1  | LEVEL 2   | LEVEL 3  | LEVEL 4  |
|           | INDOORS*  | <ul style="list-style-type: none"> <li>Licensing times apply</li> </ul> | <ul style="list-style-type: none"> <li>21:30 Last Entry</li> <li>22:30 Closed</li> </ul> | <ul style="list-style-type: none"> <li>Alcohol only with main meal</li> <li>19:00 Last Entry</li> <li>20:00 Closed</li> </ul> | <ul style="list-style-type: none"> <li>No alcohol</li> <li>17:00 Last Entry</li> <li>18:00 Closed</li> </ul> | <ul style="list-style-type: none"> <li>Closed</li> </ul> |
|           | OUTDOORS*   | <ul style="list-style-type: none"> <li>Licensing times apply</li> </ul> | <ul style="list-style-type: none"> <li>21:30 Last Entry 22:30 Closed</li> </ul>          | <ul style="list-style-type: none"> <li>21:30 Last Entry</li> <li>22:30 Closed</li> </ul>                                      | <ul style="list-style-type: none"> <li>No alcohol</li> <li>7:00 Last Entry</li> <li>18:00 Closed</li> </ul>  | <ul style="list-style-type: none"> <li>Closed</li> </ul> |
| TAKEAWAYS | <ul style="list-style-type: none"> <li>Permitted</li> </ul> | <ul style="list-style-type: none"> <li>Permitted</li> </ul>             | <ul style="list-style-type: none"> <li>Permitted</li> </ul>                              | <ul style="list-style-type: none"> <li>Permitted</li> </ul>   | <ul style="list-style-type: none"> <li>Permitted</li> </ul>  |  |

\* Eating & drinking while seated at tables required at all levels

| SUMMARY         | OTHER ACTIVITY   |  |  |  |  |   |
|-----------------|--|--|--|--|--|---|
|                 | TYPE OF ACTIVITY   | LEVEL 0  | LEVEL 1  | LEVEL 2  | LEVEL 3  | LEVEL 4   |
| COACH EDUCATION | <ul style="list-style-type: none"> <li>Permitted</li> <li>Max of 12 learners per court (excl. Tutor)</li> <li>Repeat hygiene protocols at beginning and end of every unit of learning</li> <li>No socialising during breaks</li> </ul> | <ul style="list-style-type: none"> <li>Permitted</li> <li>Max of 12 learners per court (excl. Tutor)</li> <li>Repeat hygiene protocols at beginning and end of every unit of learning</li> <li>No socialising during breaks</li> </ul> | <ul style="list-style-type: none"> <li>Permitted</li> <li>Max of 12 learners per court (excl. Tutor)</li> <li>Repeat hygiene protocols at beginning and end of every unit of learning</li> <li>No socialising during breaks</li> </ul> | <ul style="list-style-type: none"> <li>Permitted</li> <li>Max of 12 learners per court (excl. Tutor)</li> <li>Repeat hygiene protocols at beginning and end of every unit of learning</li> <li>No socialising during breaks</li> </ul> | <ul style="list-style-type: none"> <li>Permitted</li> <li>Max of 12 learners per court (excl. Tutor)</li> <li>Repeat hygiene protocols at beginning and end of every unit of learning</li> <li>No socialising during breaks</li> </ul> | <ul style="list-style-type: none"> <li>Not permitted</li> <li>Indoor courts closed</li> </ul> |

# ADDITIONAL GUIDANCE NOTES

## DEFINITIONS

For the purposes of this guidance

- **‘Organised sporting or physical activity’** refers to activities which are undertaken in a structured and managed way following specific rules and guidance of relevant SGBs, local authorities or businesses who in turn have fully applied related Scottish Government and sportscotland guidance. All organised activity should be overseen by a Covid Officer with documented risk assessments undertaken and mitigating actions put in place to ensure the health, safety and welfare of participants, coaches and officials
- **‘Competition’** refers to where participants or teams compete against different opponents as part of an organised league or competition
- **Adult ‘group’ sport or activity** refers to adults, from more than 2 households / 6 members of those households who take part in organised sport or physical activity. (Except level 4, max 2 people from 2 households).

## SOCIAL PLAY **[NEW]**

- At level 3, doubles play for adults is possible where partners are not from the same household or extended household, but these players must ensure they maintain physical distancing at all times where they are not from the same household or extended household.
- At level 4, doubles play is only possible where participants are from the same household or extended household for adults or children aged 12 and above, as only 2 people from 2 households are permitted to meet outside and play tennis together. Children aged 11 do not count towards the total number of people permitted to gather outdoors.

## GROUP ACTIVITY LIMITS

- Across all levels: Where group activity is permitted, the number of participants allowed to take part in organised tennis activity should be as outlined in the [Tennis Scotland/LTA sport specific guidance](#) covering coaching limits and court ratios, and follow Scottish Government [guidance on the opening of sport and leisure facilities](#)

## COACHING

- The local protection level in place for sport and physical activity dictates what activity can be coached, indoors and outdoors, as outlined above
- Coaches can take multiple indoor sessions per day
- Alongside the [Tennis Scotland/LTA sport specific guidance](#), the Scottish Government’s [Getting Coaches Ready for Sport](#) provides a 4-stage approach/checklist to further support coaches to plan and deliver safe sessions.

## PERFORMANCE SPORT

- Tennis has [Resumption of Performance Sport](#) guidance in place and approved by Scottish Government / sportscotland, and so is permitted at all Levels irrespective of the restrictions in place for recreational activity

## TOILETS, CHANGING & SHOWER ROOMS

- **[UPDATED]** For Levels 0-3, use of changing rooms and showering facilities should be avoided where possible although may be made available for participants who require support such as those with a disability. At Level 4, changing rooms should be closed. Facilities should be used specific guidance relating to use of ‘Changing and Showers’ is

available at [Getting Your Facilities Fit for Sport. This is applicable at all levels where facilities remain open.](#)

- Venues may open public toilets across all levels if they follow the guidelines outlined on the Scottish Government website [Opening Public Toilets Guidelines](#).
- **[UPDATED]** Where indoor facilities need to close in Level 4, access to toilets and to floodlights is permitted, but in both cases must be risk assessed and appropriate mitigating actions put in place to minimise risk.

## HOSPITALITY & RETAIL

- Clubhouses and sports facilities which provide catering and bar services, can operate providing they adhere to Scottish Government guidance appropriate to the protection level in which they are operating. Further information is available at [Coronavirus \(COVID-19\): tourism and hospitality sector guidance](#)
- Retail units operated by sports facility operators may reopen provided all specific Scottish Government guidance for retailers appropriate to the protection level in which they are operating is in place and adhered to. Further information from the Scottish Government is available at [Retail Sector Guidance](#)

## WORKFORCE

- Sports facility operators must ensure that Scottish Government guidance on [workforce planning in sport & leisure facilities](#) is followed for contractors and staff and ensure existing health and safety advice is maintained and aligned. This should be detailed in the risk assessment
- Consider whether meetings and training must be completed in person or whether alternative approaches can be used. If it is essential that meetings and training takes place in person, [Scottish Government guidance for general workplaces](#) must be followed and a risk assessment should be completed

## TRAVEL

- Players can travel freely for organised sport and physical activity or informal exercise within their own Local Authority area
- Level 4 guidance
  - Players (all ages) should not drive/be driven in or out of Level 4 areas for the purposes of organised sport. An exemption to this is travel locally (within around 5 miles of your local authority area) to reach a place to take informal exercise outdoors, which is permitted although travel should be kept to a minimum
- Level 0-3 guidance
  - Players 18 years of age or over (adults) should only travel locally into or out of a Level 3 area to take part in sport or physical activity outdoors and for essential individual indoor exercise. 'Locally' means travel within around 5 miles of your local authority area and 'essential' in this case may for instance be where someone is a member at a tennis venue in a neighbouring Local Authority area and is unable to access another local facility in the same area
  - Players aged 18 years or over (adults) who live in a Level 0, 1 or 2 area should, where possible, minimise unnecessary travel between areas in different levels and not travel to a Level 3 or 4 area to take part in sport or physical activity other than to reach a place to take exercise outdoors
  - Players under 18 years of age can travel to and from Level 0, 1, 2 and 3 areas (but not Level 4) to take part in organised sport and physical activity. However it is still strongly recommended that training and competition take place locally where possible.
- Operators should risk assess all activity and it is strongly recommended that where at all possible training and competition should take place locally

- Scottish Government travel guidance provides specific exemptions for travel into and out of Level 3 and Level 4 local authority areas. This includes 'travel for work, or to provide voluntary or charitable services, but only where that cannot be done from your home'.
  - Where paid/voluntary tennis coaches or officials use the above exemption, mitigating actions should be put in place to reduce risk to the coach, official and participants. This should be documented in the operator or deliverer risk assessment