

## GTC – Autumn Coaching September 2020

Hello everyone,

For those that have joined us during the summer, please refresh your minds to the following guidelines. For those that are just returning or coming to GTC for the first time, please also read the guidelines that we have put in place to ensure that everyone has a safe and enjoyable time during their lesson.

We have been continuously studying all the guidance/documents given by the Government, the LTA and Sport England, which has been continuously evolving. We are confident that we can provide coaching within all the guidelines.

I want to reinforce the most important guidance from these documents and introduce some extra GTC specific procedures. Please let me know if there is anything you do not understand or that you feel we should maybe do differently.

Although, when written down, it sounds a lot, most will be measures that you have become used to doing over the past months. We want to have everything in place so that players can concentrate on enjoying their tennis.

Please make sure that you (and/or your child) have read and understood all the guidelines and measures that are in place. The coaches will help reinforce it during the lessons.

### Before leaving home and after you return

No-one should leave home to participate in tennis if they, or someone they live with, has symptoms of COVID-19, are awaiting the results of a test, or have been told to self-isolate.

If you have recently returned from a country on the quarantine list, please comply with government guidelines and do not attend the club until your quarantine period has finished.

Wash your hands with soap and water for at least twenty seconds before leaving home to go to the court.

### Travelling to and from coaching and parents during the session

Arrive as close as possible to when you need to be there. Please stay in the car until the time of the lesson.

If with younger children, please take them to the court to help keep them socially distanced. Two metres is still the club's recommendation unless you are wearing a face covering.

### Equipment

**Please make sure your child has a small bottle of sanitiser with them** - they will be asked to sanitise at the start of the lessons and the end. Only bring the minimum amount of equipment - racket/drink/hat/sanitiser.

### Reception

Is now in the office and we are using the window as a shield, please access from the outside. All payments can be processed this way. If possible, please pay before by calling the club on 01476 591391. Please do not crowd together at the reception window or the entrance to the clubhouse when ordering drinks, booking courts, paying for coaching.

## **Clubhouse**

The clubhouse remains closed except for access to the toilets, the indoor courts or to order drinks and snacks. The cafe is only serving drinks and snacks during September. The changing rooms, showers and balcony are also closed. If you would like to chat with other parents while the lesson is taking place, you could purchase takeaway drinks/snacks from the cafe and enjoy the outdoor covered seating areas. You could walk around, sit at the picnic benches or on the grass (observing social distancing), or maybe book a court and play some tennis!

## **During the lesson**

Stay at least two metres away from other players and the coach (including during play).

Always return to your hoop/cone when your coach tells you to.

Do not make physical contact with other players (such as shaking hands or high fives).

Avoid chasing the ball down onto another court if other players are using it.

Try not to touch the gate/doors/fence/net posts.

If you need to sneeze or cough, please do so into a tissue (take tissue home with you) or upper sleeve.

Avoid touching your face.

If any player needs to use the toilet, they will be allowed. They need to go to the reception window where they will be let in and asked to sanitise their hands on entry. Then wash their hands as usual after and then sanitise when they return to their group.

First aid and emergency equipment will be available in the clubhouse if needed.

## **At the end of the lesson**

Return to your hoop and sanitise your hands. Collect all your belongings.

Return straight to your parent's/parents' car - keeping two metres apart - leaving by the gate you arrived.

For our younger children - parents please come near enough for the coach to see you for handover.

## **Other important information**

During this COVID-19 time, the coaches will be allowed to have their phone on the court - just in case they need assistance (as no helpers are allowed) from reception/office team. The only instance they will use it will be if a player needs first aid or is struggling to work within the guidelines as we will have to ask them to sit out or be taken to their parents.

If players are interested in buying a racket, the club shop is open. Players may need the next size up if changing ball colour or have grown over lockdown.

We are looking forward to seeing you all. Any questions please just ask.