



GTC Autumn Coaching - September 2021

Hello everyone,

The coaching team are looking forward to welcoming you back for this term's coaching.

Although, thankfully, there are not as many guidelines, some are still needed to ensure the safety of staff, players and whoever is bringing the players to the club. Please read the guidelines that we have put in place to ensure that everyone has a safe and enjoyable time during their lesson.

Let us know if there is anything you do not understand or that you feel we should maybe do differently.

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

Attending the club

Nobody should leave home to participate in tennis if they have symptoms of COVID-19, are awaiting the results of a test, have a positive test or have been told to self-isolate. This still applies even if you have received one or more doses of the COVID-19 vaccine.

If you live in the same household as someone with COVID-19, you no longer have to stay at home and self-isolate if you are:-

1. Fully vaccinated
2. You are aged under 18 years and six months
3. You have taken part or are currently part of an approved COVID-19 trial
4. You are not able to get vaccinated for medical reasons

However, GTC would encourage you to please:-

1. Not come to the tennis club/gym without negative test results every day you attend for the following 10 days.
2. Do everything to keep yourself and everyone else safe and the club open, even if negative. Please sanitise, and during the next 10 days, please wear a face covering at all times and keep your distance where possible.

Face Coverings and Social Distancing

While no longer required by law, the Government expects and recommends that people wear them in crowded and enclosed settings.

GTC encourages the use of face coverings inside the clubhouse, especially when busy.

Although there are no longer guidelines for social distancing, please be mindful of others.

QR Codes

While again not a legal requirement to collect participants' contact details for NHS Test and Trace, the Government advises displaying an NHS QR code for those who wish to check-in. These are placed at various points around the club, depending on what activity is being undertaken.

Take part safely

As a socially distant sport, the risk of transmission of COVID-19 whilst participating is low. However, the LTA recommend that participants should continue to:

- Follow good hygiene practices to reduce the risk of transmission in sport environments. Also, consider the wishes of other participants (i.e. if they do not wish to shake hands after a match).
- Avoid sharing water bottles or other refreshment containers. Where possible, you should take your own drink in a labelled or highly distinguishable container.

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

The reception is now back in the shop in the clubhouse. We will be keeping the screen up. Payments for coaching and courts can still be paid over the phone. 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 or paying for coaching.

Clubhouse

The clubhouse is now open with access to reception, the shop, indoor courts, the cafe, changing rooms, toilets and the indoor courts.

The entrance to the gym is still via the outside doors near court eight. Parents of children in coaching can use the gym as a guest (guest fee applies). Why not go and take a look?

The bar will still be used as an office for staff and coaching team members who need to be kept safe so they can come to work and the club can function. The comfy settees will be brought into the main cafe area this week, although fingers crossed for an Indian summer, and we can eat and drink outside for a while longer.

The cafe is serving drinks, cakes and snacks during September. During the next month, we will be asking members and visitors what they would like to see when the cafe fully re-opens. If you have any suggestions/ideas, please let us know.

It is your club, and we will be asking you to fill in a few questionnaires over the next month

concerning all aspects of the club. Before we head into more focused questions, we would like you again to answer the below questions [via this anonymous survey](#).

1. What do we do well?
2. What could we do better?

During the lesson

Keep your distance 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). Please continue to tap rackets.

Avoid chasing the ball down onto another court if other players are using it (this is guidance that is always in place).

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.

First aid and emergency equipment are still 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) or whoever is picking you up.

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

We are looking forward to seeing you all. If you have any questions, please ask.