

Sonning Common Tennis Club



Coronavirus (Covid-19) - Playing tennis during Lockdown

Following the latest Government announcements, and subsequent advice we have received from the LTA, we are pleased that our courts are open for use subject to a number of restrictions.

These restrictions, which may appear restrictive and difficult, must be adhered to so that members and their families can keep safe.

If you wish to use the courts we would firstly ask that you read the document issued by the LTA - "Guidance for Tennis Players COVID-19: RETURN TO RESTRICTED PLAY Version 1 – Published 12 May 2020"

Initially we are restricting access so that anyone wishing to play that is under 18 must be accompanied with an adult player in accordance with the Court Limits rules below.

In summary the key points that apply to our club are as follows;

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 and upon return (or use an alcohol gel if washing hands is not possible)

PERSONAL EQUIPMENT

Take hand sanitiser (alcohol gel) with you

Only take the minimum amount of equipment with you that you need to play

Clean and wipe down your equipment, including racquets, ball tins and water bottles before and after use

Do not share food or drink with others

Tennis balls must be clearly marked (e.g. with your initials), one set of balls can be used if from the same household, if playing an opponent not from your household, you will need different balls for each player (see EQUIPMENT & FACILITIES below)

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

Avoid touching court gates, fences, benches, etc. if you can

Any person locking or unlocking the padlock and touching the gate must use a hand sanitiser immediately before and afterwards

Members should only enter the courts if a court is free for use and previous players have left

If you need to wait, then do so away from the courts and clear of the gates

Sonning Common Tennis Club

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COURT LIMITS

Maximum of two people per court (singles play only). Players can be from different households
The only exception to the above is where a group of four players are all from the same household in which case they can play doubles

Coaching sessions will be limited to one to one coaching activity only

MAINTAIN SOCIAL DISTANCING

Stay at least two metres away from other players at all times (including during play, when taking breaks and before and after play)

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

Stay on your side of court and avoid changing ends, or agree to change ends at opposite sides of the net

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

EQUIPMENT & FACILITIES

Use your own clearly marked tennis balls

Avoid using your hands to pick up tennis balls that aren't yours - use your racquet/foot to hit/kick them to your opponent or return them to another court

Benches must not be used other than for placing, keys, bags etc.

Leave what you can outside of the courts and clean anything down afterwards that is placed on the benches

HYGIENE

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

IMPORTANT: Do not leave your home to play tennis if Government advice means you should stay at home because you or someone you live with has or has had symptoms of COVID-19, or you are in the most vulnerable category and have been advised to shield from the coronavirus.

In accordance with our regulations there is no procedure to reserve the courts and players can play for as long as they like, however if both courts are in use, and other members arrive, we would ask members to advise the people waiting as to how long they expect to play so people can decide to wait or return later. If the courts are busy we would ask members to be reasonable about how long they want to play.

I am sure we can all work together to ensure that our club can be used safely, if you have any questions, or any problems at all, or suggestions going forward please do not hesitate to contact the club by email or if urgent by calling me on 01491 680324

Enjoy your tennis and please keep safe

Dave Pinder