

# Sonning Common Tennis Club



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## Coronavirus (Covid-19) - Tennis Court noticeboard - LTA advice

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### **AGE RESTRICTION**

Initially we are restricting access so that anyone wishing to play that is under 18 must be accompanied by an adult.

### **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

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

### **TENNIS ACTIVITY**

Both singles play and doubles play is now permitted with people from outside of your household, as long as you remain 2 metres apart as far as possible –meaning that four people from different households can now play doubles

Coached sessions should be limited to groups of no more than 4 people, including the coach

### **MAINTAIN SOCIAL DISTANCING**

**Other than where players are from the same household:**

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)

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

For doubles, consider agreeing in advance which player will take the shot if a ball travels to the centre of the court

For coached sessions, pay careful attention to the instructions of the coach

## **HYGIENE**

Hand hygiene is imperative - use alcohol gel to clean your hands after touching a shared surface

If you need to sneeze or cough, do so into a tissue or upper sleeve

Avoid touching your face

## **EQUIPMENT & FACILITIES**

Players do not now need to use their own clearly 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

## **SUPERVISION**

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 maximum group size of four per court, social distancing must be strictly observed while watching the sessions and the use of benches is not allowed.

**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 using our email address [info@sonningcommontennisclub.org](mailto:info@sonningcommontennisclub.org) or if urgent by calling me on 01491 680324

Enjoy your tennis and please keep safe

Dave Pinder