



# GUIDANCE FOR PLAYERS

## COVID-19: RETURN TO RESTRICTED PLAY

### **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**

- Courts must be booked in advance online via the tennis club website <https://clubspark.lta.org.uk/LydneyTennisClub/Booking/>
- Court bookings will be in 50 or 80 minute slots to leave a 10 minute buffer between sessions
- You should arrive 5 minutes after the start of your slot, and leave 5 minutes before the end
- Ensure you stick to the times you have booked to allow time for you to leave before the next players arrive

### **EQUIPMENT**

- Take hand sanitizer with you
- Take all your own equipment (do not share equipment)
- Only take the minimum amount of equipment with you that you need
- 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
- Bring your own tennis balls that are clearly marked (e.g. with your initials)
- 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
- Arrive as close as possible to when you need to be there
- Avoid touching court gates, fences, benches, etc. if you can
- 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. Do not use the changing area
- Do not congregate after playing. No extra-curricular or social activity should take place

## **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

## **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
- Avoid using other equipment such as courtside benches or net handles where possible
- The clubhouse and toilet facilities are closed, and so the floodlights cannot be used

## **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.**