



TERMS OF USE DURING THE COVID-19 PANDEMIC

Guidelines for Returning to Play Tennis

at

ALMSCLIFFE TENNIS & BOWLING CLUB

Until further notice:

- **BEFORE PLAY**
 - 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)
 - Avoid using public transport
 - Please do not arrive early but as close as possible to when you need to be there
 - Arrive changed and ready to play
- **COURT BOOKINGS**
 - Courts **must be booked online** to enable us to keep a record for contact tracing <https://clubspark.lta.org.uk/AlmscliffeTennisandBowlingClub>
 - Please ensure that you are a paid-up registered 2020 member to book courts. You can renew online <https://clubspark.lta.org.uk/AlmscliffeTennisandBowlingClub/Membership/Join>
 - We will trial limiting adult members to 3 booking per 7 days, a booking comprises a maximum of 6 x 15-minute **consecutive** slots (1.5 hours) to be booked no more than 7 days in advance whilst we assess demand. We will review and increase this as appropriate. Main contacts on Family 2 memberships will be able to make 6 bookings per 7-day period
 - Court booking times are staggered on each court with a 15-minute buffer between bookings
 - In line with Safeguarding advice, **Juniors are not able to book courts** and **unaccompanied juniors are not permitted on court. There should be no more than 1 supervising adult off-court and if there are non-playing siblings off-court, they must be closely supervised by a non-playing adult, who ensures social distancing guidelines are followed**
- **THE CLUBHOUSE**
 - Will remain closed **with no access to toilet facilities, water or first aid kit**
- **COME PREPARED**
 - Bring:
 - **hand sanitizer and/or anti-bacterial wipes/glove with you**
 - basic first aid equipment
 - Take all your own equipment (do not share equipment such as racquets, grips, hats and towels)
 - Only take the minimum amount of equipment with you that you need to play
 - 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)** - at no point should a player handle an opponent's tennis ball

- Ensure you take all your belongings with you at the end of the session and do not leave anything on court
- **COURT ACCESS**
 - Take the necessary hygiene precautions opening and closing the main club gate: use a gloved hand, or wipe the latch with an anti-bacterial wipe and/or use hand sanitizer after opening
 - The 2 nearside pedestrian court gates will be locked with a combination lock: **you will be provided with the appropriate code on your booking confirmation.** The codes will change from time to time so **always check your booking confirmation!**
 - Wipe the lock before and after use with an anti-bacterial wipe or use a gloved hand and avoid touching your face with that glove or use hand sanitizer before and after touching the lock. Lock the gate with the same procedure at the end of your allotted time and please spin the numbers
 - The far-side pedestrian gates will be locked and remain locked: if you hit a ball out of court to the field, collect at the end of play to avoid unnecessary contact with the gates
 - **Do not take children's toys, tricycles, scooters, footballs etc onto court**
- **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
 - Coached sessions should be limited to one to one coaching activity only
 - Avoid using your hands to pick up tennis balls that are not yours - use your racquet/foot to hit/kick them to your opponent or return them to another court
- **MAINTAIN SOCIAL DISTANCING**
 - Always stay at least two metres away from other players (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
- **HYGIENE**
 - Avoid touching your face and sanitise your hands promptly if you have touched your eyes, nose or mouth
 - If you need to sneeze or cough, do so into a tissue or upper sleeve
- **AFTER PLAYING**
 - Leave the court as soon as reasonably practical and certainly no later than the end of your playing session. The court area should be empty when the players arrive for the next slot so that any cross-over is avoided.
 - Do not congregate after play and observe the 2-metre social distancing during the changeover of booked slots if other players are nearby
 - Please ensure that you do not leave any belongings behind and **remove all rubbish**
 - **If you develop any COVID-19 symptoms within 48 hours after your game, please notify the members you have played with as well as atbcmembers@gmail.com**