

Tennis arrangements at SLTC during Covid-19

FULL GUIDANCE

(Revised 31st May 2020)

(Revised 29th June 2020)

(Revised 18th July 2020)

The following arrangements are in place at SLTC until advised otherwise, to allow for tennis activity to resume safely and minimising the risk of infection/transmission of the Covid-19 virus. These measures are based on LTA guidance, and may be adjusted if the Government or LTA advice changes.

These revisions are based on the LTA guidance published on 31st May entitled 'Return to managed play'.

These revisions are based on the Government guidance published on 23rd June, mainly relating to the revision of social distancing advice and reopening of the bar.

These revisions are based on the LTA guidance published on 13th July entitled 'Return to play and other current Government guidance'.

SLTC is partially open for limited activities only. Everyone is expected to follow this guidance (and it is the parents' responsibility to ensure that their children know and follow the rules).

Whilst tennis can resume for those who wish to play, some areas such as the kitchen remain CLOSED (although catering is now allowed, this provision at the Club will only reopen properly in September). The bar reopened on Sunday 5th July, and separate rules are in place. Some limited Table Tennis activities can resume from 25th July, and separate rules are in place.

Please note it is your responsibility to take all the recommended precautions to avoid catching the virus or passing it on to others, and **if you visit the Club it is at your own risk**. If you have symptoms of the virus (a high temperature, a new continuous cough or loss of smell or taste) or if you have been in close contact with someone who has, you must stay away from the Club until you have completed self-isolation or have been tested and are all clear.

Do not leave your home to play tennis if Government advice means you should stay at home, or you are in the clinically extremely vulnerable category and have been advised to shield from the coronavirus.

If anyone has played at the Club and develops symptoms of Covid-19, please follow the Government's 'test and trace' guidelines, which can be read on the Gov.uk website: <https://www.gov.uk/guidance/nhs-test-and-trace-how-it-works>



PRE-ATTENDANCE SYMPTOM CHECK (new section)

- Anyone coming to the Club (including players, coaches, other members or visitors) should carry out their own self-assessment for any Covid-19 symptoms before leaving home.
- No one should leave home to participate in tennis if they, or someone they live with, has symptoms.
- Should an individual have demonstrated any such symptoms, they must follow NHS and PHE guidance on self-isolation.

GENERAL SAFETY PRECAUTIONS

- Strict social distancing applies at all times whilst at the Club (ie. maintain at least a 1m+ distance)
- Do not congregate (either on court or elsewhere) this includes at the start/end of play and when arriving/leaving the Club through the front gates.
- Juniors under the age of 16 must be supervised by a responsible adult at all times at the Club.

FACILITIES

- All courts are open for use.
- The Clubhouse can be used for accessing balls, toilets, first aid or the floodlight meters. The bar, lounge and hall are in use from Sunday 5th July. With the bar being able to reopen, the numbers allowed to socialise at the Club have been revised. A maximum of 12 people are allowed in the bar lounge at any one time, plus the bar server. If the hall and outside space are also used, the maximum is 24 people (although more can be accommodated for events such as tournaments). However social distancing must be maintained and other rules adhered to at all times. Toilets are still restricted to one person at a time.
- Anyone opening the Clubhouse must ensure that it is locked after use or that someone else is at the Club who will do that when they finish playing, and the front gates must also be closed when you leave if no one else is playing. This can be done safely by wearing gloves (or by using hand sanitiser afterwards). The Club is not manned on a daily basis and there will be times when it is not in use. It is very important for security reasons that the premises is kept secure at all times.

HEALTH, SAFETY & HYGIENE

- Hand washing facilities and soap are available in the cloakrooms.
- First aid is available as usual (in the front lobby).
- Guidance on delivering first aid during the coronavirus pandemic is available on the St. John Ambulance website: <https://www.sja.org.uk/get-advice/first-aid-advice/covid-19-advice-for-first-aiders/>
- Further information for those who may need to act as a 'first responder' role in a sports setting is available on the Government website: <https://www.gov.uk/government/publications/novel-coronavirus-2019-ncov-interim-guidance-for-first-responders/interim-guidance-for-first-responders-and-others-in-close-contact-with-symptomatic-people-with-potential-2019-ncov>



- Hand sanitising gel and wipes are available in the front lobby. An automatic hand sanitising unit is near the front entrance to further encourage good hygiene. You may wish to bring your own hand sanitising gel (or you can use the gel provided on the courts and bar lounge).
- Tissues and a bin are available in the front lobby. If you need to sneeze or cough, do so into a tissue or upper sleeve. Avoid touching your face.
- All common touchpoint surfaces (eg. gate & door handles) are cleaned daily. However everyone should avoid touching any surfaces if possible.
- Hand hygiene is imperative - use alcohol gel to clean your hands after touching a shared surface.

TENNIS ACTIVITY

- Singles and doubles can be played with people from different households, and recreational competitions (including club nights), can take place as long as social distancing guidelines are adhered to.
- These organised larger group tennis activities are allowed, as the Club is following the Covid-19 Secure guidelines, a thorough risk assessment has been carried out and appropriate risk mitigation measures are in place.
- Friendly matches between Clubs can take place outdoors in line with Government guidance.
- Members and guests are allowed to play.
- Additional precautions on court include leaving bags separate from one another, and no hand shaking or elbow bumps. Changing ends on the same side and touching rackets after a game is acceptable – always keeping a safe distance apart.
- Wash your hands with soap and water for at least 20 seconds before leaving home to play tennis and after you return.

MAINTAIN SOCIAL DISTANCING (new separate section)

Other than where players are from the same household:

- Stay at least 1m+ 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).
- For coached sessions, pay careful attention to the instructions of the coach.
- Although many restrictions have now been relaxed, the LTA are still advising attendees to limit their interactions with anyone outside of the group they are attending the venue with (e.g. players on another court or in a different coaching group), and they should continue to maintain social distancing from those that they do not live with or are in a support bubble with.

COURT ACCESS

- To minimise encounters between people, players should not congregate near the front entrance.
- Players should clean their hands with alcohol gel after touching shared surfaces such as gates.



- Court gates can be left open during play but should be closed afterwards if no one else is using the court. **Please shut and latch these gates after playing.**
- 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 that you leave the court by the end of your allotted time so that it is empty for the next players.

EQUIPMENT

- Take hand sanitiser with you (gel is also available on each court).
- Use your own equipment where possible. Equipment such as rackets can be shared, but where this happens ensure thorough cleaning before and after use. Players should not share items such as towels.
- Players should take care when using shared balls. For example avoid touching your face during play, and clean your hands regularly using alcohol gel.
- Balls will continue to be provided by the Club, with tins being left in the ball cupboard in the lobby as previously. **Please collect all balls off the court after playing, and return tins to the ball cupboard.**
- Players can wear gloves when playing if they wish, or when touching net winders / measurers (but this is not a requirement as hand sanitising gel can be used afterwards).
- Benches can be used for tennis bags and also for sitting on.
- Clean and wipe down your equipment, including rackets and water bottles before and after use.
- Bring a full water bottle, and 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.

COURT BOOKINGS

- All players should continue booking courts using the online system described below. Court bookings have now been added for all the 'regular' sessions until the end of September.
- The booking system applies from Monday to Sunday.
- All members need to be registered with the LTA and create their own ClubSpark account in order to access the new booking system.
- Click on the website address below, you will be linked to our venue and will be taken through the registration process.
<https://clubspark.lta.org.uk/SandersteadLawnTennisSocialClub>
- Parents can book for their children who are members, using the email address that is linked to the Club and their ClubSpark account.
- Courts can also be booked using the ClubSpark Booker App.
- Bookings can be made 14 days in advance, and are open at 6am each day.
- Courts are available daily from 9am (with floodlights until 9pm - if required).
- The booking system is set to 30 minute intervals, in order to stagger arrival and departure times.
- Any previous limitations on playing time have now been lifted.



- Depending on the type of membership, any restrictions still apply. For example full senior members & juniors can book for any day of the week, mid-week members are still restricted to Monday – Friday only.
- Courts are available on a first come, first served basis.
- If a court is no longer required, bookings must be cancelled at the earliest opportunity so others can see that there are courts available.
- No payment is required for court bookings.
- If you have any problems accessing the court booking system, please contact Carrie Askew on sanderstead.general@gmail.com.

TRAVELLING TO AND FROM THE CLUB

- If using public transport, a face covering must be worn.
- Arrive changed and ready to play. The shower is out of use at this time.

COACHING

- Coached sessions for children are now possible for group sizes of no more than 15, plus coach(es), in accordance with the Department for Education's guidance for providers of out-of-school settings. Coached sessions for adults remain possible for group sizes of up to 6, including coach(es).
- Individual coaching sessions can still be booked on request.
- Please contact Chris Watson directly for further information (07951-734 167) or refer to the MDL website (<http://mdlcoaching.com/>).
- Coaches are following guidance provided by the LTA, and all players are expected to adhere to these. Further details are available directly from the coaches.

SPECTATORS

- Where attendance of a parent/guardian (non-participant) is required, it is permitted, but should be off court and limited to one per player where possible.
- Supporters, parents, and other spectators should remain socially distanced whilst attending events. Spectator group limits will be in line with wider government guidance.

COMMUNICATION

- Regular communication is provided to members by email, and players are expected to check and read these carefully (please ensure that the Club has an up to date email address).
- A copy of this full guidance is on display at the Club and on our website <https://sandersteadltc.co.uk/>. This is updated as and when needed.
- A variety of posters are also on display at the Club, which are updated when changes are made.
- Anyone making use of the Club's facilities should be aware that undertaking any activity, including tennis, has the potential for increased risk of transmission of Covid-19, and attendees are advised to read the Government guidance on staying safe outside your home which is available on <https://www.gov.uk/government/publications/staying-safe-outside-your-home/staying-safe-outside-your-home>



**PLEASE BE RESPONSIBLE AND RESPECTFUL OF OTHERS WHILST AT THE CLUB,
AND ENJOY YOUR TENNIS!**

SLTC Management Committee

18th May 2020

(Revised on 31st May 2020, with changes highlighted in yellow text and some previous restrictions removed)

(Revised on 29th June 2020, with changes highlighted in blue text and some previous restrictions removed).

(Revised on 18th July 2020, with changes highlighted in green text and some previous restrictions removed. These guidelines should be read in conjunction with the 'Bar Rules').