

Craighelen Lawn Tennis and Squash Club



COVID 19 PLAY SAFE GUIDELINES – RETURN TO RESTRICTED PLAY

These guidelines have been developed from the guidelines issued by Tennis Scotland to fit the nuances of our club. They have been produced in line with the Scottish Governments guidance on outdoor exercise and they will become operational subject to the Scottish Government confirming the route map from lockdown on the 28th May 2020.

INTRODUCTION

We know how important it is for people to be active, and the particular role tennis can have in the physical and mental wellbeing of those that play it. By its very nature, tennis is an activity whereby close person to person contact can be avoided.

Based on recent Scottish Government guidance and following the adjustment of lockdown restrictions, we have developed a set of practical guidelines to follow so that tennis can be played in at our club consistent with the new route map moving out of lockdown, where the local environment allows.

These guidelines apply to tennis, and outline adaptations so that tennis activity can be enjoyed in a way that is in line with Scottish Government advice and helps to prevent the spread of COVID-19. They include measures to limit hand to shared surface contact and minimise unnecessary interactions with others.

All members are asked to please practice good hygiene as this is one of the best preventative measures to avoid contracting the virus

VENUE

We have undertaken a risk assessment of our venue and conclude that a safe exercise environment can be provided, provided that the guidelines are always adhered to.

ONLY THE TENNIS COURTS ARE AVAILABLE for play currently. The squash courts, clubhouse including the kitchen, bar, lounge, changing rooms and toilets remain closed and MUST NOT be used. All social spaces and the Gym will remain closed.

Please aim to park 2 metres away from any other car in the car park and maintain the 2 metre distance when walking to the courts.

Access to the courts will be via the side gate. If you are playing on court 1 turn left along the path that runs parallel with the courts. If you are playing on Court 3 walk down the path adjacent to court 3. If you are playing on Court 4 and 5 use the same path. Signs will be in place.

Gates will be left open so that there is no need to touch these surfaces. The gate to the courts will be locked from 9pm until 9am to ensure that there is no unauthorised access and misuse.

PLAYERS

At all times, players should adhere to the Scottish Government's social distancing guidelines (staying at least 2m away from others), and practice public health advice for hygiene.

Given the length of time tennis activity has been suspended, it is advised that anyone returning to court eases themselves back in to play gently.

In line with other clubs we are now opening all the courts. Therefore Courts 2 and 4 are being brought back into use. Please remember to follow the specific guidelines concerning play and being safe.

IMPORTANT: Do not leave your home to play tennis if Scottish 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.

SPECIFIC GUIDELINES FOR TENNIS PLAYERS

The following guidelines are being put in place in order to enable MEMBERS to access facilities within the strict social distancing regulations for the purpose of exercising. This will be in a strictly limited capacity

STAY UPTO DATE

- Scottish Government information around social distancing is available and should be read in full.
- Be aware guidance can change and restrictions may be reintroduced - ensure you have checked the latest version of the guidelines for tennis players in Scotland on the LTA website and with Tennis Scotland.

COURT BOOKINGS

- The courts **must be booked** prior to use using the club spark facility. There will be 15 minutes between bookings to ensure that players do not meet. If you have forgotten your log in, please contact info@craighelen.net.

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). You should also wash your hands in the same way when you return home.

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. Shower at home, and 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 doubles can be played between 2 household groups or 4 players from the same household
- Gym classes will be allowed on court 4 only in accordance with the UK Active COVID-19 framework for the re-opening of gym, leisure centre and wider fitness industry during social distancing, once the Scottish Government allows this.

EQUIPMENT

- It is recommended that you bring alcohol-based hand sanitizer with you, however, the club will provide also provide this for members use
- Take all your own equipment (do not share equipment such as rackets, grips, hats and towels)
- Only take the minimum amount of equipment with you that you need to play
- Please put any bags etc at the back of the court and not at the net posts. Ensure bags are a minimum of 2 metres apart.
- 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

PLAYING

- Social distancing must be strictly observed by all players i.e. a minimum of 2 metres between players who are not from the same household.
- Players are to bring their own tennis balls. If a ball comes onto your court from a neighbouring court please do not touch the ball, simply return it by hitting it with your racket head along the ground. Avoid using your hands to pick up tennis balls that are not yours. Tennis balls may be a common surface which increases the risk of virus transmission.
- You should not touch your face while on court
- Avoid using other equipment such as any chairs or court sweepers.
- Initially play will only be allowed in daylight hours to avoid the need to touch the light meters, which would be a common surface.
- Where possible net winders have been removed to avoid the need to touch these surfaces. If they cannot be removed, they will be made inoperable. Nets will be set to regulation height daily by a member of the committee.
- Players are to use common sense regarding approaching the net particularly if the player on the other side is at the net remember the 2-metre rule. For doubles, players during serves should not approach beyond the service line. Please do not touch the net bands as these would then be considered a common surface.

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

HYGIENE

- If you need to sneeze or cough, do so into a tissue or upper sleeve
- Avoid touching your face
- In addition, we request that all members adhere to the advice from Health Protection Scotland and do not come to the club in the following circumstances:
 - If you have been in contact with, or live in a household with, someone who has contracted the virus, you should self-isolate for 14 days.
 - If you feel unwell or display any of the symptoms associated with the virus. You should self-isolate for 7 days
- Please wash your hands before and after playing tennis.
- Frequent use of alcohol-based sanitiser.
- Keep practicing social distancing

We look forward to seeing you back at Craighelen and we appreciate your patience, flexibility and understanding in these unprecedented times. We all must follow the restrictions detailed above otherwise the courts may have to be closed again, but above all for the safety of ourselves and others.

If there are any further changes to the regulations, we will communicate these to the members

Enjoy being back on the courts but above all stay safe.

Craighelen Lawn Tennis and Squash Club Tennis Committee
15 June 2020