

28 March 2021

Dear Members

We are keen to provide an opportunity for you to resume playing tennis as soon as it is safe and appropriate to do so. By its very nature, tennis is an activity whereby close person to person contact can be avoided, with the Government saying tennis is a good example of an activity that can be undertaken in a way compliant with social distancing restrictions.

Based on discussions with Government and following the adjustment of lockdown restrictions, the LTA has developed a set of practical guidelines for venues to follow so that tennis can be played in England during lockdown, where the local environment allows.

These guidelines outline adaptations so that tennis activity can be enjoyed in a way that is in line with 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.

Tennis venues across the country are all different and operate in different local contexts. Making an assessment of whether a safe exercise environment can be provided depends on a range of factors, which apply differently at each venue.

It is our responsibility to make that assessment for our environment here at Newick.

At all times, players should adhere to the 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.

We hope you enjoy getting back on court!

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.

Safety Guidelines for Newick Lawn Tennis Club

Section I: before & after play

1. Stay up to date

- Government information around social distancing is available on [gov.uk](https://www.gov.uk) 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 LTA's guidelines for tennis players on the LTA website

2. Before leaving home

- 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)

3. Court bookings

- **Ensure you have booked a court in advance. You must not just turn up to see if a court is free!**
- **Text or WhatsApp Jenny on 07801 437755, email jennysmerdon@gmail.com**
- Courts bookings are usually for an hour starting at 8am. Play will end at 9pm

4. Equipment

- Take hand sanitizer with you
- Take all your own equipment (do not share rackets, hats or towels)
- Only take the minimum amount of equipment with you needed for 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
- Tennis balls can be shared
- Ensure you take all your belongings with you at the end of the session and do not leave anything on court

5. Travelling to & from the courts

- If possible either walk or cycle to the courts unless you live outside the village.
- Arrive as close as possible to when you need to be there
- Avoid touching court gates, fences, benches, etc.
- Please leave the nets in the position you find them, the winders have been removed temporarily
- The gates will be tied back and should remain open. A committee member will unlock and lock them each day
- 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
- Arrive changed and ready to play

- The clubhouse will remain locked and out of use except during coaching or club sessions when the toilets can be accessed and for using the flood lighting
- Should you need a first aid kit, one will be left on the table outside the club house
- Do not congregate after playing, please leave the club straightaway

Section 2: during play

1. Court limits
 - Players can now be from different households.
2. Maintain social distancing
 - Stay at least two metres away from other players at all times (including during play), Do not make physical contact with other players (such as shaking hands or high five)
 - Stay on your side of the court and agree to change ends at opposite sides of the net
3. Hygiene
 - If you need to sneeze or cough, do so into a tissue or upper sleeve. Avoid touching your face
 - Wash hands immediately when you get home

A copy of the risk assessment can be found on the noticeboard

Please read this before you play