

Coronavirus Updates

The Avenue - CORONAVIRUS UPDATE (Thursday 13th August)

Please see below for all up to date information regarding The Avenue & the Coronavirus

We will endeavour to keep all our members updated on any decisions that may affect the Club. Please follow our social media accounts, Facebook, Twitter and Instagram page.

The prime member communication method will be via email.

Please continue to follow the advice from the Government and Public Health England.

UPDATED:

13th August 2020

FACILITIES

Tennis Courts	Open	Please read Bulletins 6, 7, 8 & 12 for restrictions on play
Squash Courts	Open	With restrictions - See Bulletin 14
Gym	Open	With restrictions - See Bulletin 13
Clubhouse	Closed	in line with Government advice
Toilets & changing rooms	Open	Toilets open/ No changing facilities
Kitchen	Closed	in line with Government advice
Function room	Closed	in line with Government advice
Lounge	Open	in line with Government advice (during bar opening hours only)
Bar: limited hours with pre-booking only	Open	in line with Government advice Open Mon-Fri Eve 6-9pm
Office	Closed	Working remotely - contact by email/phone 02392 482750/ email office@avenuetsc.co.uk

ACTIVITIES

Tennis coaching	1-1 & Group Coaching	https://www.theavenuetennis.com
Tennis Mix-ins	Restricted	in line with Government advice - See Bulletin 12
Tennis: club tournaments	Open/running	in line with Government advice
Squash coaching	Suspended	in line with Government advice
Fitness classes	Suspended	in line with Government advice

**** = Hygiene and distancing precautions apply to all these open facilities and activities**

MATCHES

League matches (LTA- H1OW)	Suspended	in line with Government advice
League matches (LTA- P&D)	Suspended	in line with Government advice
League matches (Squash-Hampshire)	Suspended	in line with Government advice

COMMUNICATION WITH MEMBERS

Prime communication method will be by Newsletter email

LINKS

Government guidance

<https://www.gov.uk/coronavirus>

LTA - British Tennis

<https://www.lta.org.uk/globalassets/news/2020/lta-guidance-for-tennis-players---covid-19.pdf>

England Squash

<https://www.englishsquash.com/news/england-squash-coronavirus-statement>

The Avenue Coronavirus Bulletins 1-14 Please See below

[Latest Bulletin \(Thursday 13th August\)](#)

Covid-19 Bulletin 14 - for members, staff and users of The Avenue LTS&FC

Everything is now in place for a restricted form of squash to be played at the club. You may play on your own, with a member of your 'bubble' or 'sides' as described on the England Squash website. Please see here for ways to play [https://www.avenueltsfc.co.uk/images/Back to Squash - Ways to play.pdf-1.pdf](https://www.avenueltsfc.co.uk/images/Back%20to%20Squash%20-%20Ways%20to%20play.pdf-1.pdf)

The courts will be open 5.30 to 9.30pm Monday to Friday inclusive, starting from Monday 17th August. To begin our return to squash the courts will also be open from 11am until 2pm this Saturday 15th August when Binky Hallett will be doing a three hour monitoring session to welcome you back to the club.

England Squash requirements mean that monitoring of play must happen at all times for play to take place. Bar staff will be doing spot checks at regular intervals during their shift so please don't be surprised if you see them looking over the courts, this is to keep all club users safe and well.

Our initial opening times are a trial, if the trial period is successful and we are to be able open the courts at any other times, squash members will need to sign up to a rota and agree to do monitoring sessions.

Court booking is now live! please ensure that you read the guidance below before you book a court, the guidance is to be adhered to at all times, you are also required to confirm when booking a court that you have read the guidance and agree to abide by the conditions of play.

As your Management Committee, we will at all times follow current Government and England Squash guidance on sport and leisure activities. This means that, if Government or England Squash advice changes, it is possible that our arrangements may change also.

This may not be squash as we know it, but it is a start and getting back on court will be brilliant. See some of you on Saturday.

Thanks to all members for their patience in these unusual times.

The management committee

13.08.2020

The Avenue Back to Squash COVID 19 Playing Path

Before your visit:

1. Book court online and add any other players name to the booking. Courts are booked for one hour; lights turn off after 45 minutes to allow time for sanitisation and exit.
2. Read Responsible Member Declaration and watch video demonstration to be found on the clubs social media channels & website.
3. No non-playing visitors or members.
4. Play that is allowed: singles, your bubble members, partner sides.
5. Bring own first aid kit for any injuries and report any sustained at the club to the office. Club first aid kit may only be used by a trained first aider such (Office, Bar staff, Coaches, Gym instructors)
5. Please 'report any accidents & significant injuries' to the office.
6. Government and ES guidance for your information <https://www.gov.uk/coronavirus>
<https://www.englandsquash.com/back-to-squash>
7. Change into squash gear and bring: a new boxed squash ball, spare t-shirt, sweat bands, filled water bottle, squash grips, small towel and all your other own equipment.
8. Check that you are fit and well. And that you have no Covid 19 symptoms ie: temperature, cough, lack of taste or smell. If you do, do not visit the club.

When you arrive

9. Arrive no sooner than 5 minutes before booking. Changed and ready to play.
10. Adhere to parking instructions.
11. Enter using fob by the front door.
12. Wash hands using disabled toilet sink and sanitise your hands using the hand sanitiser attached to the wall next to the court you will be using.
13. Use disinfectant spray and paper towels provided to clean touch points (ie: door handles) and wipe up any sweat spots on the floor.
14. Maintain 2 metre distancing within club house at all times.
15. Use disabled toilet. (Ladies & Gents changing rooms and toilets are out of bounds)

On court

16. Take all your equipment onto the court and place out of the way of play.
17. Do not touch court walls or floor.
18. Maximum of two players on court.
19. Only one player to handle ball if playing 'sides'.
20. Mop up any sweat pools on floor with paper towel and spray disinfectant only.

Leaving the squash court and club

21. Disinfect touch points after using court. Using disinfectant spray and paper towels provided.
22. Leave court door open for ventilation.
23. Do not shower.
24. Take all your equipment with you.
25. Wash hands and use sanitiser.
2. Leave the club house promptly via rear fire exit door. Following one-way arrows.
27. Maintain social distancing at all times on leaving the club.

Responsible Member Declaration

By booking a squash court you are signing up to adhere to this club guidance. You are agreeing to the terms/ protocols described and are encouraged to highlight instances of other members not adhering to them by either politely pointing it out to them or emailing the office with the date and time of the infringement. The consequences of failing to adhere to the club guidelines for play will be.

1. In the first instance, an informal warning
2. Second instance, a formal warning (letter or email)
3. Third instance, a temporary disabling of your fob and access to the club

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Court booking instructions

There has been small change to the court booking system, your online booking id and password remains the same.

1. log in in the usual way
2. select your preferred day and time
3. tick the box to confirm that you agree to adhere to the terms and conditions of booking
4. add your opponent if you are playing with one (you must do this to both gain entry to the club)
5. you will both receive a confirmation email of your booking
6. your opponent will still need to fob the lights on
7. if you are playing solo! you will need to fob the lights on yourself, you will be charged a £3 guest fee, please contact the office who will arrange a refund of the guest fee
8. due to the limited number of courts available there is only one booking per member per day

Covid-19 secure declaration https://www.avenueltsco.uk/images/CovidSecureDeclaration_-_Website.Bookit.pdf

Covid-19 Bulletin 13 - for members, staff and users of The Avenue LTS&FC

Good news! The gym will be opening tomorrow on a pre-bookable basis only with 2 Slots available per hour.

We still have some testing to do on the door access in the morning so for tomorrow only we anticipate that the gym will open at 12 midday with access to the online booking from 11.30am. Please do not try to log in and book a session before that time.

Thereafter the gym will be operating under the following reduced opening hours:

Tuesday 08.00am - 21.00pm

Wednesday 08.00am -21.00pm

Friday 08.00am - 21.00pm

Saturday 08.00am - 20.00pm

Your booking gives you a 45-minute workout session followed by a 10-minute window to clean the equipment you have used. You must then leave the gym via the rear fire door 5 minutes before the end of your booked session to avoid meeting the next members arriving whilst you are leaving.

Gym Guidelines for use

1. Do not come to the gym or book a space if you have Covid19 symptoms or have been in contact with someone who has symptoms <https://www.nhs.uk/conditions/coronavirus-covid-19/symptoms/>
2. Your booking gives you access to the front door & gym door **5 minutes** before your booked session
3. Arrive changed and ready to workout, there are no changing facilities or showers
4. Follow the one-way entrance and exit points, observing the 2-metre social distancing rule at all times
5. Wash your hands thoroughly on arrival (disabled toilet only) and use the sanitiser outside of the gym door before entering the gym
6. Bring your own full water bottles, there is no access to water dispenser
7. On arrival all windows are to be fully opened during the course of your gym session (wipe handles after opening & closing with sanitiser spray & blue paper towel)
8. No 'gym towels' allowed, please use the blue paper towel provided
9. Booking slots are for one hour, this is a 45-minute workout time, allowing for 10 minutes to clean at the end of your session, users must leave the gym 5 minutes before the end of their one-hour session

10. The gym has been divided into 3 zones, Cardio, Weights & Toning machines, each member has a 15-minute period in each zone.
11. Keep to the zonal areas, only one member in a zone at a time, **do not** cross into a zone another member is using
12. Please clean the equipment before and after use with the sanitiser spray and blue roll provided in each zone and use the hand sanitiser provided between equipment and when moving into another zone
13. Please wash your hands when leaving the club using the hand basins located under the balcony.
14. Gym use is restricted to 2 members from different households or the same household per hour
15. To book 3 members from the same household (please contact the office)

How to book a gym session

1. Go to the Avenue website www.avenueltsco.co.uk and select the 'Online bookings tab'
2. Log in to your membership account, with your usual Avenue User ID and Password (please contact the office if you need a reminder of your User ID or your password resetting).
3. Select Facility, then select gym.
4. Select start time, in either Zone 1 or Zone 2, there are 2 bookable zones per hour.
5. Tick the box that you agree to the terms and conditions of your booking, confirm your booking.
6. Your booking will be shown in red and is also viewable in 'My Bookings' in the top blue menu
7. You are able to book up to 7 days in advance.
8. To cancel a booking, log in in the normal way, select 'My Bookings' select the time slot you wish to cancel and confirm cancellation of booking.
9. You will receive a confirmation email for gym bookings and cancellations.

10.08.2020

Covid-19 Bulletin 12 - for members, staff and users of The Avenue LTS&FC

We would love to be able to tell you all that the virus is retreating: that we are winning the battle and that life will be back to normal soon. Sadly, though, it is clear that this coronavirus pandemic is far from over: from Melbourne to Manchester communities are now back in lockdown and we can only hope that a second wave of infection can be avoided.

We will therefore all need to continue to be very careful for some time to come, although we are fortunate indeed to be able to play tennis at the moment when so many other sports remain grounded.

As your Management Committee we have your interests at heart at all times and we want to do everything we can to keep you all fit and healthy during these difficult times. We have already put in place a number of changes and new procedures which are aimed at helping to reduce any risk of infection for you, our members. At all times we have kept in step with government policy and guidance, and guidance from our sports' governing bodies, in particular the LTA and England Squash. These changes have been explained in previous newsletters, and there are notices and reminders in place to help you remember them throughout the club's premises.

There are a number of very important things that we need to remind you about, as we have observed that not all members are following these procedures:

1. **'Fobbing in'** when you arrive at the club.

Each individual member must register their presence by using their own fob to enter the gate. This is the case even if you arrive at the same time as others. This is because, if there were to be an outbreak of COVID-19 associated with the Avenue, we may need to provide the Test & Trace service with the names of members who had accessed the club over a certain period of time.

If your name is not on a court booking, then you will not be able to access the club. It's up to you to organise this when you make arrangements to play.

So please remember: book ahead and use your fob to enter the gate at all times!

2. Washing your hands before and after playing or using other facilities

You can catch the virus either by breathing in air that contains virus from an infected person nearby, or by touching surfaces that an infected person has recently touched. Washing your hands before and after playing tennis is the best preventive measure you can take. We've made this even easier by installing two outdoor sinks, with soap, sanitiser and paper towels, for you to use.

So please remember: wash your hands more frequently and always before and after playing!

3. 'Mix in' tennis

We interpret current government guidance as not permitting the traditional Avenue-style mix-in for tennis players. Essentially, this means that you cannot just turn up and play on those mornings, afternoons and evenings as you were used to before the pandemic. This is because all courts have to be booked and you can only enter the club if your name appears on a court booking. The reasons for this are given above. However, we have recently agreed that a **restricted** form of mix-in can be permitted within government guidance:

- Players must notify the organiser, through the relevant WhatsApp group, in advance to ensure their name appears on a court booking.
- Players must stay on the court to which they are booked (or allocated on arrival) apart from one rotation per 2 courts and per session.
- Two players (only) from each court may move to the adjoining court, which ensures players are not mixing with more than 5 others, in accordance with current government advice.
- Mix-in sessions will be supervised by a Tennis Committee member (or nominated delegate) who will be accountable for ensuring that social distancing guidelines are adhered to and players follow the club's Covid-secure guidance.

Please contact the office for details of the Whatsapp group administrators for the various 6 Mix social tennis groups.

So please remember: follow the '6 Mix' rules below 'for healthy social tennis!'

4. Outdoor gatherings

It remains the case that you cannot 'gather' outdoors in groups of more than 6 (unless you are from one or two households of course). It is very important that all members observe this, for their own safety and that of each other. Some people can either be without symptoms or have not yet developed them: but they still shed the virus and are a risk to others. The more social interactions you have, even for short periods of time, the higher your chance of catching COVID-19 or giving it to someone else. All members should realise that to ignore this advice may also place the club's reputation at risk, if an outbreak were to occur as a result.

So please remember: don't hang around in groups of more than 6 before and after playing: and if you are with others from outside your household, keep to the recommended distance (2m)!

5. Squash & Gym update

The booking system is not yet live for Squash & Gym bookings, so unfortunately, we have had to push back the reopening date of the gym to next Tuesday 11th August.

Your Avenue back to Squash Player Pathway will start on Saturday 15th August when the courts will be open for booking between 11am-2pm on a first come first served basis. Binky Hallett the Club Chairman will be on hand to monitor the bookings on that day. Details on when the booking system will open for bookings will follow but it will not be the usual 7 day in advance period for that date.

Going forward we are planning on the courts being open Monday to Friday 5.30-9.30pm during bar opening hours so that we can monitor the bookings according to England Squash guidelines. This will be for a trial period; following the trial period we will need to establish a member's monitoring rota to increase availability of the squash courts. Details of which will follow.

6. Bar Update

Once again, we're happy to report that the bar trials continue to be well supported, and the table booking system has worked well, so we are now confident that we can open up the bar facility Monday to Friday evenings between 6pm and 9pm to ALL club members, commencing Monday 10th Aug'20.

As a reminder, you must book a table, operated on a first come/first served basis, by contacting the office **no later than 11am** on the day of the required booking so that the bar can be notified and your FOB can be enabled to allow you access to the club.

Although members with booked tennis courts (And squash & gym bookings when they open) will have access to the club on those evenings, unless they have booked a table via the office, access to the bar will not be guaranteed. However, if there are any available tables, they will be able to enjoy the bar facility.

We look forward to welcoming you all back for a beer, glass of wine, or perhaps a house special G&T very soon, cheers!

The Management Committee

August 3rd 2020

RULES FOR 'MIX-IN' TENNIS DURING COVID-19 ('6 Mix' tennis)

We interpret current government guidance as not permitting the traditional Avenue-style mix-in for tennis players. Essentially, this means that you cannot just turn up and play on those mornings, afternoons and evenings as you were used to before the pandemic. This is because all courts have to be booked and you can only enter the club if your name appears on a court booking. This is in line with LTA guidance and is because, if there were to be an outbreak of COVID-19 associated with the club we may be asked for the details of all those on the premises over a certain period of time.

We have recently agreed that a **restricted** form of mix-in can be permitted within government guidance, on Tuesday and Thursday evenings, Thursday mornings and Saturday and Sunday afternoons in the first instance. The rules for '6 Mix' tennis are as follows:

- Players must notify the organiser, through the relevant Whatsapp group, in advance to ensure their name appears on a court booking.
- Players must stay on the court to which they are booked (or allocated on arrival) apart from one rotation per 2 courts and per session.
- Two players (only) from each court may move to the adjoining court, which ensures players are not mixing with more than 5 others, in accordance with current government advice.
- Mix-in sessions will be supervised by a Tennis Committee member (or nominated delegate) who will be accountable for ensuring that social distancing guidelines are adhered to and players follow the club's Covid-secure guidance.

Please remember: we are asking you to follow this guidance so that we can look after our members by reducing the risk of transmitting the disease between you.

Please contact the office for details of the Whatsapp administrators for the various 6 Mix social tennis sessions.

Covid-19 Bulletin 11 - for members, staff and users of The Avenue LTS&FC

Update on squash & gym reopening

We understand that many of you are very keen to get back to playing squash and using the gym, and whilst we won't be ready to reopen tomorrow Saturday 25th July, we are working hard on the measures we need to have in place to reopen the squash courts and gym safely whilst following Government, England Squash & UK Active guidelines for the re-opening of indoor sports facilities.

We do have a provisional opening date of August 4th but will keep you updated with a confirmed opening date.

It is a good time to let you know that we do not currently have a squash coach, Peter has moved to Hong Kong to coach and Zoe has moved to Australia to coach, the squash committee will be looking to appoint another coach as soon as possible.

The Management Committee will at all times follow current government and England Squash guidance on sport and leisure activities. This means that, if government advice changes, it is possible that our arrangements may change also.

Please keep a close eye on our website (www.avenueltsco.co.uk) and social media sites over the coming week for more details.

The squash & gym committees

Covid-19 Bulletin 10 - for members, staff and users of The Avenue LTS&FC

Squash & Gym Reopening

The management committee met this week, and are currently putting measures in place to ensure the safe re-opening of the squash courts and gym facilities so that we can reintroduce indoor activities carefully and responsibly, to keep members and staff safe and healthy, and so that our club contributes to a successful easing of lockdown measures.

We understand that many of you are very keen to get back to playing squash and using the gym, and whilst we are allowed to open from Saturday 25th July, we don't yet have a firm date to reopen the squash courts and gym to members.

As with the reopening of the tennis courts in May the advice is not to rush to reopen, but to take our time to ensure that all the appropriate measures are in place. The reopening of squash will be phased, in line with England Squash advice.

The gym will open with limitations on the number of members at any given time and the need to pre-book your time slot, unfortunately classes will remain off limits for the time being.

As your Management Committee, we will at all times follow current government and England Squash guidance on sport and leisure activities. This means that, if government advice changes, it is possible that our arrangements may change also.

Please keep a close eye on our website (www.avenueltsc.co.uk) and social media sites over the coming week for more details.

The Management Committee

July 17th 2020

Covid-19 Bulletin 9 - for members, staff and users of The Avenue LTS&FC

It's great news that we have been given the go ahead to open the gym, squash courts again: but it is also important that we reintroduce indoor activities carefully and responsibly, so that we keep members and staff safe and healthy, and so that our club contributes to a successful easing of lockdown measures.

As your Management Committee, we will at all times follow current government and England Squash guidance on sport and leisure activities. This means that, if government advice changes, it is possible that our arrangements may change also.

Please keep a close eye on our website (www.avenueltsc.co.uk) and social media sites over the coming weeks.

July 10th 2020

Covid-19 Bulletin 8 - for members, staff and users of The Avenue LTS&FC

Mix in tennis at The Avenue during COVID-19

The Management Committee would like all members to note that **Government and LTA guidance currently does not permit the traditional model of 'mix in' tennis to be played safely.**

The Management Committee is doing everything it can to keep all members and staff safe and to comply fully with relevant guidance. The club is fully visible to members of the public and **any non-compliance may jeopardise opportunities for everyone to carry on playing.**

We realise that both traditional 'mix-in' and arranged group play (e.g. formal or informal squad practices and larger groups of members who wish to play together) have always been a hallmark of tennis at The Avenue and we are making plans for it to return as soon as government advice permits this. In the meantime, the Management Committee would like to emphasise the following points:

- Each booked court must have only four different names attached to it
- These four players are the **only** players who can pass through the club entry system and play on that court
- Players **cannot mix across courts** during a booked session

We would encourage all members to join the relevant WhatsApp and email groups to arrange to play in groups of four until such time as mix in can be re-introduced.

Members who would like help in getting opportunities to play in arranged social groups can contact Nick Castle, who has kindly agreed to help to coordinate this. Nick can be contacted on 07766 825859.

The Management Committee
June 22nd 2020

Covid-19 Bulletin 7 - for members, staff and users of The Avenue LTS&FC

Following yesterday's update from the LTA, both singles play and doubles play is now permitted at The Avenue with people from outside of your household, as long as you remain 2 metres apart – meaning that four people from different households can now play doubles.

A reminder that in order to gain access through the gate, you must add all of the players to your court booking in the 'first 30 minute slot' and every member on the booking is expected to fob through the gate.

Don't forget to **wash your hands** when you arrive at the club and on leaving.

If you choose to share balls, take extra care to ensure you do not touch your face during play and to wash your hands immediately after you have finished playing.

It is looking likely that the group coaching programme will commence in July but we will let you know soon.

A full copy of our playing tennis and touch tennis Covid19 guidance can be downloaded on the link below:

<https://www.avenueltsc.co.uk/images/General Covid tennis final 01.06.2020.pdf>

Court booking guidance can be downloaded on the link below:

<https://www.avenueltsc.co.uk/images/Guidance for booking courts 01.06.2020 web copy .pdf>

Covid-19 Bulletin 6 - for members, staff and users of The Avenue LTS&FC

It's great news that we can play some tennis again at last: but it is also important that we reintroduce tennis carefully and responsibly, so that we keep members and staff safe and healthy, and so that our club contributes to a successful easing of lockdown measures. As your Management Committee, we will at all times follow current government and LTA guidance on sport and leisure activities. This means that, if government advice changes, it is possible that our arrangements may change also. Please keep a close eye on our website (www.avenueltsc.co.uk) and social media sites over the coming weeks and months.

Some members may have been disappointed that we weren't open for tennis at 0800 on Wednesday 13 May, the first day when it would have been permissible. But LTA advice is that venues should take time, rather than rush to reopen. We have had a lot to do, and we have in fact been making plans for some time, in the face of considerable uncertainty. You will find that some important changes have been made: this bulletin explains these and also provides you with further guidance on tennis at the Avenue during COVID-19.

Provided that these changes can be completed in time we are planning that the club reopens, for all members whose subscriptions are currently active, at 0800 on Monday 18 May, for tennis only. The bar, gym and squash courts remain closed for the time being in line with government guidance but access to toilets and handwashing will be permitted through the outside doors only. The rest of the clubhouse is closed until further notice.

What can we do?

Outdoor tennis is now permitted with the following restrictions:

- Doubles play is permitted only for those within the same household (i.e. living together currently under the same roof)

- Otherwise, all play must be singles with 2m social distancing maintained at all times (this includes touch tennis)
- Only 1:1 coaching is permitted
- It is now essential for all courts to be pre-booked; fob entry to the club will be only permissible for those whose names are entered on the booking.

Tell me more about this new booking system

This was something we had anticipated and the court booking system has now been changed. *Detailed instructions will be emailed to members and posted on the website as soon as the testing of the new booking system is completed.* The key changes are:

- All 17 courts are bookable
- The booking kiosk is no longer accessible so all courts must be booked by internet in advance, or through the office via phone or email, with reasonable notice
- Courts can only be booked for periods of 30, 60, 90 or 120 minutes
- All names must be listed on the booking in order that all players can pass through the fob entry gate
- *For those members who subscriptions are currently active you may email or call the office tomorrow Saturday 16th May between 8.30-12.30 to book a court for Monday (subject to availability)*

What else has changed?

Detailed guidance has been developed to help us all keep the virus at bay, whilst enjoying some healthy exercise! It is essential that all tennis players read this guidance, which allows us all to comply fully with government and LTA guidance. We all need to act responsibly: otherwise we are putting our own, and others', health at risk. The key features of the guidance will be displayed prominently around the club, and are:

- Don't come and play if you feel unwell, have COVID-19 like symptoms, are self-isolating or shielding
- Wash your hands thoroughly at the club before and after playing
- Maintain 2m social distance at all times before, during and after play (unless you are in the same household)
- You can't shower or change at the club- come prepared to play, with all your own equipment and a full water bottle
- Bring your own clearly marked balls and a glove
- Don't use the practice wall
- Don't go inside the Pro Shop: if you have a racket to collect make arrangements to do so without needing to go inside
- All payments must now be electronic
- Leave your booked court 10 minutes before the end to allow time for the next players to arrive on court safely
- Don't hang around at the club after you've played

The guidance is also available to view on this link.

<https://www.avenuetsc.co.uk/images/General Covid guidance for tennis touchtennis final 002.pdf>

Won't there be huge pressure on courts?

During the summer months we don't anticipate this will be a problem, especially as there are no matches being played this summer and no group coaching sessions at present. The Seniors tournament has been cancelled and it is likely that County Week will also be cancelled. The Management Committee will be monitoring the situation closely.

What about lights?

At the moment this isn't an issue. After the next phase of development for the court booking system you will be able to book and pay for lights by internet, along with the booking.

What about mix-in?

Current government advice, for both outdoor exercise and general behaviours during the current phase of the COVID-19 response, is not compatible with mix-in as we know it at the Avenue. As soon as there is further

easing of lockdown measures that would permit mix-in, we will reintroduce all previous sessions. Mix-in has always been a really key feature of tennis at the Avenue and we are committed to it continuing, once we can do so safely.

What about coaching?

Current national guidance only permits 1:1 coaching, and players will need to adhere strictly to the club guidance throughout all lessons. Lessons will now be for 50 minutes duration to allow coaches and players sufficient time to follow all the correct hygiene and distancing measures. Group lessons are currently not permitted. No spectators will be permitted to enter: only those playing tennis whose names are attached to a court booking. <https://www.theavenuetennis.com/>

Lessons can now be booked directly with Ashley (play@theavenuetennis.com) and James (jamesgreen.tennis619@gmail.com).

And finally...

As a Management Committee we would like to thank all our members for being so patient and supportive of the club during this difficult and unprecedented time. Our main concern is to keep you all safe, and healthy- and to get the club back to normal as soon as this can be achieved.

Membership numbers have held up remarkably well, but are down about 15% overall at present. We will need to have a new membership drive once the situation stabilises, but at the moment we have decided to promote two new schemes to attract temporary (summer 2020 only) membership:

- A squash-to-tennis upgrade scheme (until 31 August 2020) for intrepid squash players who wish to join the ranks of tennis players
- Temporary membership for young people who have been required to return to their parental home due to university closure or COVID-19 related changes to their work

If you would like more information on either of these schemes please contact the office.

Covid-19 Bulletin 5- for members, staff and users of The Avenue LTS&FC

Following the government announcement on stricter measures to control the CoVid 19 pandemic, the Management Committee has decided that the club will now be **completely closed until further notice**. We will review this situation in 3 weeks' time, or at any other time when measures in response to the pandemic are changed.

We would like to thank all members of staff and our wonderful team of coaches and instructors, who have all worked so hard over the last few weeks to try and keep some form of sport and exercise going at The Avenue. We are looking forward to seeing everyone again when the social distancing measures are relaxed.

Some things will be continuing, although in not quite the same way as before:

- The office staff: will continue to work, from home. Justine & Sarah will continue to provide administrative support for the club and will be using this enforced 'inactive' period to put better systems in place for us all, once we can return to play.
- The grounds staff: this would normally be a very busy time for our groundsmen. A reduced grounds maintenance programme will continue for the time being, provided Graham and his team feel fit and able to do so, and can maintain safe distances from each other at all times whilst at (and travelling to) work.

Please keep an eye on the website, as this will help you to stay informed about the club during this really difficult period. We are a membership club, and this is a great strength: at a time like this, we need our members to help the club to survive. If you haven't renewed your subscription yet, please consider doing so to

help us keep the club going. If you would like to discuss this with the office, please get in touch with Justine or Sarah through the usual routes.

To help to keep you active, Ashley and the tennis coaching team will be posting a number of videos online for you to practise at home. You can follow these through the links below:

Instagram

www.instagram.com/the_tennis_mentor

Facebook

www.facebook.com/theavenuetennis

Website

www.theavenuetennis.com/news

We hope all of our members can stay as fit and healthy as possible, and we look forward to plenty of sport, exercise and socialising once these unprecedented social measures have been lifted.

The Avenue Management Committee

25th March 2020

Covid-19 Bulletin 4 - for members, staff and users of The Avenue LTS&FC (Saturday 21st March)

We are sorry to have to publish another bulletin so soon after the last one, but we need to update you on changes announced on Friday by the Government which will have an impact on the Avenue and its users.

The bar

Unfortunately, in line with Government advice, **the bar was closed at the end of Friday evening** (20th March). The closure of the bar, which has been a great place to meet, drink and chat, will be a sad loss to many members and we look forward to it re-opening once the pandemic comes under control. We would like to thank all our bar staff, and Kim, our unflappable bar manager, for all their dedication and hard work, and hope to see them all again later in the year.

Squash, racketball and table tennis

It is also clear from the Government announcements that indoor sport must be discontinued, which means that we will need to cease all squash, racketball and table tennis play.

We plan to implement this at the beginning of next week as we have to adjust access arrangements (key fob operations) through our external provider.

We understand that this will be a severe disappointment to all members playing these sports, but we will restore access as soon as we are permitted to do so.

Tennis

We will continue **to offer tennis for as long as we are allowed to do so**: to date messages from the Government have again stressed the importance of outdoor exercise to help us all manage the other constraints on our lives.

Member arranged play

If you wish to play tennis please ensure that you follow the general public health precautions, i.e. wash your hands thoroughly both before and after playing tennis and maintain a distance of 2 metres between you and other players at all times.

Of course, it's up to members to assess the risks to themselves and to others when making decisions about whether or not to play tennis.

The clubhouse

Member entry to the club house will, from next week, be restricted to between the hours of 0800 and 2000 to allow **access to the toilets and changing rooms and to the kiosk for floodlight booking**, only . Please be assured that the toilets and changing rooms will continue to be cleaned and sanitised on a daily basis.

All internal doors in the clubhouse will be locked and use of any squash courts will not be permitted.

Group coaching

The group coaching programme has been suspended, but 1:1, 1:2 and family lessons are still available. If you would like to take up this opportunity, now is the time to do so - supporting Ashley and his team as well as the club

The Office

In order to limit the potential exposure to coronavirus our Office staff will mainly be working from home as from next week. You may spot Justine or Sarah in the office from time to time as they will need to pick up post and carryout other essential tasks but please do not go in. You will still be able to contact Justine and Sarah by phone or email, as previously.

And finally

Thank you for your forbearance, it's a difficult time for everyone which we hope will not last too long. We will provide updates whenever the situation changes, but you can check on the new "Coronavirus" page on our website to see what facilities and activities are open or closed.

March 21st 2020

On behalf of the Management Committee

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Covid-19 Bulletin 3 - for members, staff and users of The Avenue LTS&FC (Friday 20th March)

The Management Committee is doing its utmost to keep some of our facilities open to allow members who are fit and healthy, and not in the most vulnerable groups for coronavirus, to continue to exercise.

To stay healthy, it's essential that everyone observes the principles of social distancing, which have been further clarified in the most recent government advice, which you can find here:

<https://www.gov.uk/government/publications/covid-19-guidance-on-social-distancing-and-for-vulnerable-people/guidance-on-social-distancing-for-everyone-in-the-uk-and-protecting-older-people-and-vulnerable-adults>

If you develop symptoms of COVID-19 (high temperature and/or new and continuous cough), you must self-isolate at home for 7 days, or for 14 days if you live in the same house as someone with symptoms. You can find the latest government guidance here:

<https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance>

This guidance is very clear and contains some excellent resources to help people understand what to do.

The situation continues to evolve very fast, and our situation at The Avenue may change, so please read these bulletins carefully.

What is the current advice on exercise if I am socially distancing?

The Chief Medical Officer for England has recently advised that exercise and fresh air are important: we all need to stay as physically and mentally healthy as possible at this time: but we must also continue to practise

social distancing. At the moment, we are being encouraged to walk, run and cycle outside- so long as we keep 2m away from each other.

And, fortunately, Tennis has been cited as an example of a sport that we can continue to play- provided we wash our hands well before and afterwards, and we avoid direct contact such as hand shaking. And, as much as possible we must keep the magic 2metres apart from each other.

For the time being we will continue the coaching programme but group classes will be kept small (maximum of 4 people per court) and social distancing will be maintained. Please ensure you wash your hands both before and after playing: it would be sensible to bring a clean personal towel with you each time you play.

Should I play tennis if I am in one of the vulnerable groups for coronavirus infection?

No. It is clear that some people are at risk of a more severe form of coronavirus infection than others. This applies to everyone over 70, and other age groups who may fall into the detailed list that you can find in the government guidance on staying at home.

If you fall into one of these groups, you can 'pause' your membership subscription for a 3 month period. Bulletin 2 explains how to do this. We would like to encourage as many people as possible to maintain their subscription, if they can, to help keep the club in business.

I've heard that coronavirus can last for a while on hard surfaces. Could it stick to tennis balls and is this a risk?

No one actually knows the answer to this one, hence it will be up to members to decide whether they wish to carry on playing whilst the virus is actively circulating. Corona viruses in general are known to be able to survive on hard and polished surfaces for several hours, from research done related to the previous SARS-1 and MERS epidemics over the past 20 years. There is one study that has looked at the Covid19 virus which would seem to bear that out. Hence so much emphasis on hygiene- keeping hands and surfaces clean at all times.

What does this mean for tennis balls? Not many people at club level get so sweaty that their hands sweat- but some people are certainly sweatier than others. Because it's an unquantifiable and unpredictable risk, members could consider wearing gloves when handling balls (either disposable or cotton ones that can be washed after each game). The most important way to reduce the risk of acquiring the virus is to make sure you wash your hands regularly and thoroughly, including both before and after playing tennis. Whilst alcohol hand gel may be convenient, washing your hands properly with soap and water for a full 20 seconds is actually more effective against this virus.

What is the current LTA advice?

At the moment, the LTA website states that, whilst it has suspended its organised activity, the Government has currently indicated that recreational exercise that takes place at a safe distance from others and in safe exercise environments is something that can continue at least until further notice.

The Department of Culture, Media and Sport has supported this stance and advised that tennis is in fact one of the best examples of social distancing in practice, and so should be encouraged as long as the guidance on this is followed carefully.

The LTA is working closely with the Government and Sport England to assess fully the implications of CoVid 19 for British tennis and will undoubtedly produce further guidance. Watch this space- we will keep you fully updated.

What does this mean for league matches?

Currently all Hampshire league matches for both tennis and squash have been suspended until further notice. Portsmouth & District LTA have today announced the suspension of all tennis league matches. Team squads may still wish to practise together, though, following social distancing and hand hygiene guidance.

What does this mean for the summer club tournament and the Bank Holiday charity tournaments?

The planned April Avenue charity tournament has been cancelled. Decisions about other club tennis events will be reviewed at a later date.

What does this mean for Wimbledon and Eastbourne?

Major grass court events beyond 8 June have not yet been cancelled: but this may change as the pandemic continues to evolve. No decisions have yet been made about the Seniors Tournament and County Week- we will update you on this.

Should I continue to play squash or racketball?

England Squash currently advises that community squash may be played if social distancing is practised together with good hygiene i.e. hand washing and avoiding touching the face. Currently, squash remains open at The Avenue but this decision remains under close review.

Will the bar remain open?

The bar remains open for the time being, whilst government advice can be followed. This decision will be reviewed early next week, or earlier if guidance changes.

CoVid19 Bulletin 2 – Impact on Subscriptions (Wednesday March 18th)

Dear all,

Many Members will be facing an uncertain time during the coronavirus epidemic, especially the self-employed, those that care for sick or elderly relatives, the over-70's and those that actually go down with the virus.

As a non-profit making private members club, we all have an interest in its continued viability and success. Many of the running costs (e.g. grass preparation for the new season, the manning of the office and fixed overheads such as insurance, licences and utility costs) simply continue unchanged even though parts of the club must be shut down.

We are fortunate in having reasonable reserves to see us through this difficult period but there is an increasing pressure to offer a suspension of membership. We are hoping that some members who find it possible to do so will be able to support the Club through this period by electing to continue their membership.

However, the Management Committee does understand that this would be difficult for many individuals and we are therefore providing the opportunity to suspend membership for a period of up to 3 months.

Details of the process to follow can be found below.

We are committed to keeping open as many parts of the Club as we can for as long as possible.

Suspension of membership at The Avenue

As a special measure during the Coronavirus epidemic, we are offering Members the option to suspend their membership for a period of up to 3 months from 1st April. The way this will work is as follows:

1. Members wishing to activate a suspension should email the Club on office@avenuetsc.co.uk stating the date they wish to suspend from (e.g. 1st April) and whether they wish the suspension to be for 1, 2 or 3 months.
2. Suspension cannot be backdated and, to ease the administrative burden, must be effective from the 1st of a complete month. So, if you miss the 1st April deadline, it will operate from 1st May, 1st June, etc.
3. On receipt of a request, the Office will:
 - suspend your club access fob from the 1st of the applicable month,
 - suspend taking a direct debit from your account for that month

- confirm this has been done by return email.
4. Members that pay annually will follow the same process, except that at the end of the suspension period when the fob is re-activated, the Office will calculate the amount owing to you. You can then choose to have this amount offset against your annual subscription at the next renewal date or you can ask for it to be refunded immediately by bank transfer.

Members are urged not to simply cancel their direct debit instruction at their bank; the Club will ensure that payment is not taken during the suspension period.

The Management Committee will review the position again towards the middle of June and consider if further relief of subscriptions would be necessary from 1st July.

The Management Committee
18th March 2020

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CoVid19 Bulletin 1 – for members, staff and users of The Avenue LTS&FC (Monday 17th March)

The current situation with coronavirus (CoVid19) is evolving fast, and things are changing rapidly. As your Management Committee, we want to keep you updated on how this may affect your continuing enjoyment of our sports, fitness and social activities. This advice may change as the situation evolves- so please make sure you are familiar with the most recent bulletin.

The current NHS advice is as follows:

1. Stay at home (self-isolate)

If you have a fever OR a new continuous (lasting at least 4 hrs) cough

AND you feel too unwell to carry out your normal daily activities

THEN you should stay at home and self-isolate¹ within your own home. If you have symptoms you should stay at home and self-isolate for 7 days. But if you live with others, they should stay at home for 14 days from the day the first person got symptoms.

PLEASE FOLLOW THE DETAILED GUIDANCE ON

<https://www.nhs.uk/conditions/coronavirus-covid-19>

PLEASE DO NOT VISIT THE CLUB IF YOU ARE SELF-ISOLATING.

In addition, if you (or a member of your family?) have recently returned from a country with enhanced coronavirus restrictions in place e.g. Italy, Spain or France, please consider self-isolating for 7 days.

2. Social distancing

This refers to measures we all now need to take to reduce social interaction and to reduce the risk of transmission of the virus to others. This is called 'social distancing'². Some people, for example, those who are over 70 years old, who are pregnant or who, at any age, have a weakened immune system or a long term health condition (in general this means any condition where you receive a free flu vaccine each winter) are likely to be at increased risk of a more severe illness from coronavirus, and need to be much more careful in practising social distancing and should stop non-essential contact with others.

¹ <https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection>

² <https://www.gov.uk/government/publications/covid-19-guidance-on-social-distancing-and-for-vulnerable-people/guidance-on-social-distancing-for-everyone-in-the-uk-and-protecting-older-people-and-vulnerable-adults>

In the context of The Avenue social distancing would apply to any situation where you might be at risk of catching the illness from another member from being too close together. You should consider avoiding all situations where you are likely to be less than 2m from others: public transport, the bar, the gym, indoor fitness classes in particular.

What does this mean for tennis players?

The latest advice on social distancing does not necessarily prevent people who are currently well from being outside provided they stay at least 2m away from others: indeed, fresh air, sunlight and exercise is good for our physical and our mental health.

Our advice at the moment is that tennis should continue, but that no-one should feel under any pressure to play matches (club tournament, league etc) if they do not want to. In other words, each member should make an individual risk assessment both for themselves, and for others with whom they are playing. When changing ends and at the end of matches, please keep your distance from each other and avoid handshakes etc. Just be sensible!

Separate advice will be issued by Ashley regarding the coaching programme, but currently we are recommending that this can continue, with some sensible and practical modifications, and at the coaches' and players discretion.

Andy and Natalie, as club captains, will keep team captains informed as this is a rapidly evolving situation. At the moment, we have been advised that matches can continue if all players are well and wish to do so. League matches during summer 2020 may be continuing on a friendly basis but without match teas. The club winter tournament is continuing, but no member should feel under any pressure to play matches if they do not wish to.

What does this mean for squash and racketball players?

It will be difficult for social distancing to be maintained during games of squash- but this is a decision for squash members to make themselves, with careful assessment of risks to themselves and their opponent. Some players like to practise on their own, and there seems no reason to advise this should stop. All Hampshire squash matches have been cancelled, as has the Avenue closed tournament: players need to consider whether they wish to play mini-league games or not. No member should feel under any pressure to play. Coaching may continue, with some sensible and practical modifications, at the coaches' and players discretion.

What does this mean for gym users?

It would not be possible to maintain a 2m distance from any other gym user, and we also have concerns about the national shortage of sanitiser for decontaminating exercise machines. For these reasons, we regret to announce that **the gym will close to members from 1700 on Wed 18 March until further notice.**

What does this mean for fitness class users?

It would not be possible to maintain a 2m distance from any other participant unless class sizes were very small, and we also have concerns about the national shortage of sanitiser for decontaminating equipment. For these reasons, we regret to announce that **fitness classes will cease from 1700 on Wed 18 March until further notice.**

What does this mean for social functions?

We regret that **all social functions will be cancelled as from 1700 on Wed 18 March until further notice.**

What does this mean for the bar?

At the moment, the guidance on social distancing refers to avoiding 'gatherings in smaller public spaces such as pubs, bars and clubs'. For club members who are well, and who are not at increased risk of a more severe illness, we are aiming for the time being to keep the bar open with some sensible modifications to reduce the

risk of transmission, and subject to bar staff being willing to do so. Please be sensible and follow the advice you will be given on entering the bar: only internal access will be permitted, in order to maximise good hygiene practice.

The Avenue Management Committee

March 17th, 2020

Bulletin 1