

General guidance for playing tennis and touch tennis at The Avenue during COVID-19

At Avenue LTSFC we will always follow the most recent UK government guidance to help reduce the spread of COVID-19 and we will always follow the guidance developed by the LTA, as the governing body for tennis in the UK.

Playing tennis is good for us, physically and mentally- but we need to act responsibly to keep ourselves and others as safe as possible. We're all in this together!

This general guidance has been developed to reassure and encourage those who may be anxious about returning to tennis and touch tennis, as well as those who are keen to get back on court as soon as possible.

If you are self-isolating or have been advised to shield by the NHS or your GP, whether this is due to age-related or clinical vulnerability, you should continue to do this until advised otherwise.

The 'playing tennis' situation may change with time, so check the club website to make sure you know what you can and can't do, as well as following this general tennis and touch tennis guidance.

The Management Committee expects all members to adhere to this guidance at all times:

- 'you must' means that this is a condition of members being able to play safely and to look after each other's health and wellbeing.
- 'you should consider' means that we recommend that you read the advice and make your own risk assessment.

Before you come to play

You must

- Be sure that you are fit and healthy, with no signs or symptoms that could be considered due to COVID-19 or of any cold or other 'flu like illness.
- Have not been in contact with any known or suspected COVID-19 case within the previous 14 days
- Check the current situation for playing tennis and touch tennis as this may change over time: on social media sites and on our website www.avenueltsfc.co.uk
- Be named on a booking on any court at The Avenue, including for social tennis (mix in) sessions (when these recommence). Your key fob entry will be linked to this information so you will be unable to enter the courts area without a booking
- **[NEW] When playing doubles with people from outside your household ensure you stay 2m apart at all times and agree in advance who will take balls that land in the middle of the court**
- Be fully changed and ready to play when you arrive. The changing rooms should not be used for changing
- **[UPDATED] 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**
- Not travel to the club with people who do not live currently in your own household

You should consider

- Walking or cycling to the club if this is possible
- Bringing your own hand towel and/or sanitiser with you
- Bringing your own full water bottle with you

On arrival at The Avenue to play

You must

- Use your own key fob to enter the courts area, and do not let anyone else in at the same time. This is important as the club needs to monitor carefully how many people are using the courts at all times
- Wash your hands before playing, (for at least 20s) or use the hand sanitiser provided if the toilets are not open
- **Keep 2m distance between you and anyone who is not a member of your household at all times, including when changing ends, and when entering and leaving the courts and the club entry gate**
- Not use the practice wall
- Not go inside the Pro Shop even if staff may be inside

When playing tennis (including touch tennis)

You must

- Follow the current guidance for playing tennis and touch tennis, which will always be in line with LTA advice
- **Keep 2m distance between you and anyone who is not a member of your household at all times, including when coming on and off court**
- Not share or borrow equipment from others who are playing
- Change ends at different sides of the court
- Not shake hands or touch elbows: tap rackets or bow instead
- Avoid touching surfaces and handling balls as much as possible
- Wear a glove when handling net winder, dragging equipment and brushes for clay courts
- Always leave the court before the end of your booked session

You should consider

- Using only your own marked balls when serving
- Wearing a glove for serving

When you leave

You must

- **Wash your hands (for at least 20s) or use the hand sanitiser provided if the toilets are not open**
- Clean and sanitise all surfaces after use in toilets, wash basins etc after you have used them
- **Go home immediately: don't hang around to talk with others as this is a common way that the virus is transmitted, even outdoors**
- Not use the changing rooms for showers

You should consider

- Taking any waste home with you rather than leaving it for someone else to clear up!

PLEASE NOTE: as members of the Avenue LTSFC you have agreed to abide by club rules and bye-laws, and by the rules and regulations of the LTA. It is important that all members follow this guidance in order to keep each other healthy and safe. If members are unhappy about the behaviours of other members during COVID-19, please inform office@avenuetsc.co.uk immediately.