



## Use of The Avenue LTSFC facilities during the COVID-19 pandemic from 2 December 2020

The Avenue LTSFC ("the club")'s COVID-19 secure rules apply in all situations. The key elements are:



**HANDS**

Wash your hands thoroughly for 20 seconds after entering the club and when leaving, as a minimum. Use sanitisers after touching common use surfaces or equipment.



**FACE**

Face coverings should be worn when moving around the club indoors. They do not have to be worn when you are playing squash, exercising in the Gym or in Fitness classes or when seated at a table in the bar.



**SPACE**

There should be a 2 metre separation distance between anyone using the club facilities, unless exemptions have been agreed e.g. when seated in the bar

**Tennis and squash courts, gym sessions, fitness classes and bar tables must be pre-booked to gain entry to the club. All names of those using the facilities need to be provided to allow access and to support NHS Test and Trace**

**If possible, you should walk or cycle to the club and you should not share car transport with someone outside your household or support bubble.**

**If you live in an area that has been placed in a higher tier of restrictions than the club, those higher restrictions will continue to apply to you during the time that this difference is in place.**

**If you live in an area that has been placed in a lower tier of restrictions than the club, the restrictions that are applicable to the club's location will apply to you.**

## TENNIS for Avenue members

	If you live in a Tier 1 area	If you live in a Tier 2 area	If you live in a Tier 3 area
TRAVEL TO CLUB	<ul style="list-style-type: none"> <li>▪ Walk or cycle if possible</li> <li>▪ If the club is placed within tier 2, tier 2 area restrictions will apply</li> <li>▪ If the club is placed within tier 3, tier 3 area restrictions will apply</li> </ul>	<ul style="list-style-type: none"> <li>▪ Walk or cycle if possible</li> <li>▪ Aim to reduce the number of journeys you make</li> <li>▪ If the club is placed in tier 1, your tier 2 restrictions will continue to be applicable</li> <li>▪ If the club is placed within tier 3, tier 3 area restrictions will apply</li> </ul>	<ul style="list-style-type: none"> <li>▪ Walk or cycle if possible</li> <li>▪ If the club is placed in tier 1 or 2, your tier 3 restrictions will continue to be applicable:                             <ul style="list-style-type: none"> <li>○ Avoid travel in or out of your area other than for work or education purposes</li> </ul> </li> <li>▪ Play at The Avenue would only be possible between players living in, your tier 3 area</li> <li>▪ These travel restrictions do not apply to &lt;18s and /or disabled people (and parents/guardians) who are taking part in organised tennis activities</li> </ul>
SOCIAL PLAY	<ul style="list-style-type: none"> <li>▪ Singles and doubles play permitted</li> <li>▪ Rule of 6* applies</li> <li>▪ Outdoor and indoor</li> </ul>	<ul style="list-style-type: none"> <li>▪ Singles and doubles play permitted</li> <li>▪ Rule of 6* applies</li> <li>▪ Outdoor only</li> <li>▪ Indoor tennis only possible as:                             <ul style="list-style-type: none"> <li>○ Singles (different households or support bubbles)</li> <li>○ Doubles (same households or support bubbles, disabled people and supervised &lt;18 tennis)</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>▪ Singles and doubles play permitted</li> <li>▪ Rule of 6* applies</li> <li>▪ Only between players living in, and at venues located in, your tier 3 area</li> <li>▪ Outdoor only</li> <li>▪ Indoor tennis only possible as:                             <ul style="list-style-type: none"> <li>○ Singles (same household or support bubbles)</li> </ul> </li> <li>▪ Doubles (same households or support bubbles, disabled people and supervised &lt;18 tennis)</li> </ul>
MATCHES	<ul style="list-style-type: none"> <li>▪ Singles and doubles competitive play permitted (for adults and &lt;18s) between players travelling to/from venues in tiers 1 and 2 only</li> </ul>	<ul style="list-style-type: none"> <li>▪ Singles and doubles competitive play indoor and outdoor permitted (for adults, &lt;18s and disability tennis) between players travelling to/from venues in tiers 1 and 2 only</li> </ul>	<ul style="list-style-type: none"> <li>▪ Not permitted for adults (participation in matches would only be possible between players living in, and at venues located in, the same tier 3 area)</li> </ul>

	<ul style="list-style-type: none"> <li>Outdoor and indoor venues</li> <li>No socialising before or after matches</li> <li>Travel to matches in separate cars unless team members are from the same household or support bubble</li> </ul>	<ul style="list-style-type: none"> <li>Outdoor venues only for adult competitive play</li> <li>No socialising before or after matches</li> <li>Travel to matches in separate cars unless team members are from the same household or support bubble</li> </ul>	<ul style="list-style-type: none"> <li>Singles and doubles competitive play indoor and outdoor permitted for &lt;18s and disability tennis only</li> <li>No socialising before or after matches</li> <li>Travel to matches in separate cars unless team members are from the same household or support bubble</li> </ul>
1:1 COACHING <sup>^</sup>	<ul style="list-style-type: none"> <li>Permitted</li> <li>Indoor and outdoor venues</li> </ul>	<ul style="list-style-type: none"> <li>Permitted</li> <li>Indoor and outdoor venues</li> </ul>	<ul style="list-style-type: none"> <li>Only permitted if coach, player and venue are within same tier 3 area</li> <li>Outdoor only</li> </ul>
GROUP COACHING <sup>^</sup>	<ul style="list-style-type: none"> <li>Permitted (adults and &lt;18s)</li> <li>Outdoor and indoor venues</li> <li>Maximum group size of 15 for &lt;18s</li> <li>No socialising before or after activity</li> </ul>	<ul style="list-style-type: none"> <li>Outdoor only (adults)</li> <li>Outdoor and indoor for &lt;18s and disability tennis</li> <li>Maximum group size of 15 for &lt;18s</li> <li>No socialising before or after activity</li> </ul>	<ul style="list-style-type: none"> <li>Only permitted for players who live within same tier 3 area as the venue</li> <li>Outdoor only (adults)</li> <li>Outdoor and indoor for &lt;18s and disability tennis</li> <li>Maximum group size of 15 for &lt;18s</li> <li>No socialising before or after activity</li> </ul>
SPECTATING & SUPERVISION	<ul style="list-style-type: none"> <li>Supervision minimised to 1 parent/guardian per player</li> <li>Rule of 6 applies for spectating</li> </ul>	<ul style="list-style-type: none"> <li>Supervision minimised to 1 parent/guardian per player</li> <li>Rule of 6 applies for spectating</li> </ul>	<ul style="list-style-type: none"> <li>Only permitted if coach, player and venue are within same tier 3 area</li> <li>Supervision minimised to 1 parent/guardian per player</li> <li>No spectating permitted</li> </ul>
SOCIAL DISTANCING	Social distancing to be maintained before, during and after play for all activity across all tiers		

\*Rule of 6: group size is limited to a maximum of 6 people, all of whom can be from different households/support bubbles

<sup>^</sup><https://www.theavenuetennis.com>

## SQUASH

	If you live in a Tier 1 area	If you live in a Tier 2 area	If you live in a Tier 3 area
TRAVEL TO CLUB	<ul style="list-style-type: none"> <li>▪ Walk or cycle if possible</li> <li>▪ If the club is placed within tier 2, tier 2 area restrictions will apply</li> <li>▪ If the club is placed within tier 3, tier 3 area restrictions will apply</li> </ul>	<ul style="list-style-type: none"> <li>▪ Walk or cycle if possible</li> <li>▪ Aim to reduce the number of journeys you make</li> <li>▪ If the club is placed in tier 1, your tier 2 restrictions will continue to be applicable</li> <li>▪ If the club is placed within tier 3, tier 3 area restrictions will apply</li> </ul>	<ul style="list-style-type: none"> <li>▪ Walk or cycle if possible</li> <li>▪ If/when the club is placed in tier 1 or 2, your tier 3 restrictions will continue to be applicable:                             <ul style="list-style-type: none"> <li>○ Avoid travel in or out of your area other than for work or education purposes</li> </ul> </li> <li>▪ Play at The Avenue would only be possible if the club were placed in that same tier 3 area</li> <li>▪ Exemption on travel ban for &lt;18 play</li> </ul>
WHAT IS A SQUASH BUBBLE and how do you play <b>modified</b> ('sides') squash within a squash bubble?	<ul style="list-style-type: none"> <li>▪ If you have already formed an Avenue squash bubble <u>you should stick to this if possible</u></li> <li>▪ You should not switch bubbles without informing the office and without taking a 7 day break</li> <li>▪ You can only be part of one squash bubble at a time</li> <li>▪ Maximum 6 players: only 2 players on court at any one time, warm-up using 'sides' play</li> <li>▪ Player 1 serves/touches ball for first 6 points, then this switches to player 2</li> <li>▪ At halfway point and between games, pause to sanitise yourselves and ball</li> <li>▪ Sudden death at 10-all</li> <li>▪ Avoid shouting or raising your voice during play</li> <li>▪ You are strongly recommended to wear protective eye wear</li> </ul>		
SOCIAL PLAY	<ul style="list-style-type: none"> <li>• Solo play</li> <li>▪ Full squash game between players from same or different household/support bubbles</li> </ul>	<ul style="list-style-type: none"> <li>▪ Solo play</li> <li>▪ Full squash game between players from same household/support bubble only</li> </ul>	<ul style="list-style-type: none"> <li>▪ Play at The Avenue would only be possible if the club were placed in that same tier 3 area</li> <li>▪ Solo play or match play between members of the same household/support bubble only</li> </ul>
<b>MODIFIED</b> ('sides') PLAY (within your squash bubble)	<ul style="list-style-type: none"> <li>▪ <b>Modified</b> ('sides') version of squash within your squash bubble</li> </ul>	<ul style="list-style-type: none"> <li>▪ <b>Modified</b> ('sides') version of squash within your squash bubble</li> </ul>	<ul style="list-style-type: none"> <li>▪ Not permitted</li> </ul>

MATCHES (e.g. box leagues, best of 5 games)	<ul style="list-style-type: none"> <li>Match play permitted within squash bubble rules for <b>modified</b> ('sides') play only</li> </ul>	<ul style="list-style-type: none"> <li>Not permitted</li> </ul>	<ul style="list-style-type: none"> <li>Not permitted</li> </ul>
1:1 COACHING	<ul style="list-style-type: none"> <li>Permitted with social distancing measures in place</li> </ul>	<ul style="list-style-type: none"> <li>Permitted with social distancing measures in place</li> </ul>	<ul style="list-style-type: none"> <li>Play at The Avenue would only be possible if the club were placed in that same tier 3 area</li> </ul>
GROUP COACHING	<ul style="list-style-type: none"> <li>Permitted as supervised coached activity</li> <li>Rule of 6 applies (adults)</li> <li>Maximum group size of 15 for &lt;18s</li> </ul>	<ul style="list-style-type: none"> <li>Not permitted for adults</li> <li>Maximum group size of 15 for &lt;18s</li> </ul>	<ul style="list-style-type: none"> <li>Not permitted for adults</li> <li>Maximum group size of 15 for &lt;18s (travel exemptions apply)</li> </ul>
SPECTATING & SUPERVISION	<ul style="list-style-type: none"> <li>Spectating to be minimised and avoided where possible</li> <li>Supervision minimised to 1 parent/guardian per player</li> </ul>	<ul style="list-style-type: none"> <li>No spectating</li> <li>Parent/guardian per player to drop off and collect at club door</li> </ul>	<ul style="list-style-type: none"> <li>No spectating</li> <li>Parent/guardian per player to drop off and collect at club door</li> </ul>
SOCIAL DISTANCING	Social distancing to be maintained before, during and after play for all activity across all tiers		

\*Rule of 6: group size is limited to a maximum of 6 people, all of whom can be from different households/support bubbles

## GYM AND FITNESS

	<b>If you live in a Tier 1 area</b>	<b>If you live in a Tier 2 area</b>	<b>If you live in a Tier 3 area</b>
<b>TRAVEL TO CLUB</b>	<ul style="list-style-type: none"> <li>▪ Walk or cycle if possible</li> <li>▪ If the club is placed within tier 2, tier 2 area restrictions will apply</li> <li>▪ If the club is placed within tier 3, tier 3 area restrictions will apply</li> </ul>	<ul style="list-style-type: none"> <li>▪ Walk or cycle if possible</li> <li>▪ Aim to reduce the number of journeys you make</li> <li>▪ If the club is placed in tier 1, your tier 2 restrictions will continue to be applicable</li> <li>▪ If the club is placed within tier 3, tier 3 area restrictions will apply</li> </ul>	<ul style="list-style-type: none"> <li>▪ Walk or cycle if possible</li> <li>▪ If/when the club is placed in tier 1 or 2, your tier 3 restrictions will continue to be applicable:                             <ul style="list-style-type: none"> <li>○ Avoid travel in or out of your area other than for work or education purposes</li> </ul> </li> <li>▪ Exercise at The Avenue would only be possible if the club were placed in that same tier 3 area</li> </ul>
<b>GYM</b>	<ul style="list-style-type: none"> <li>▪ Open for booked slots only (to maintain social distancing)</li> </ul>	<ul style="list-style-type: none"> <li>▪ Open for booked slots only (to maintain social distancing)</li> </ul>	<ul style="list-style-type: none"> <li>▪ Open for booked slots only (to maintain social distancing)</li> <li>▪ Exercise at The Avenue would only be possible if the club were placed in that same tier 3 area</li> </ul>
<b>FITNESS CLASSES</b>	<ul style="list-style-type: none"> <li>▪ Rule of 6 applies (adults)</li> </ul>	<ul style="list-style-type: none"> <li>▪ Only permitted for groups within same household or support bubble</li> </ul>	<ul style="list-style-type: none"> <li>▪ Travel restrictions apply</li> <li>▪ Only permitted for groups within same household or support bubble</li> <li>▪ Exercise at The Avenue would only be possible if the club were placed in that same tier 3 area</li> </ul>
<b>SOCIAL DISTANCING</b>	Social distancing to be maintained before, during and after play for all activity across all tiers		

\*Rule of 6: group size is limited to a maximum of 6 people, all of whom can be from different households/support bubbles

## CLUBHOUSE, BAR AND SOCIAL

	<b>If you live in a Tier 1 area</b>	<b>If you live in a Tier 2 area</b>	<b>If you live in a Tier 3 area</b>
TRAVEL	<ul style="list-style-type: none"> <li>▪ Walk or cycle if possible</li> <li>▪ If the club is placed within tier 2, tier 2 area restrictions will apply</li> <li>▪ If the club is placed within tier 3, tier 3 area restrictions will apply</li> </ul>	<ul style="list-style-type: none"> <li>▪ Walk or cycle if possible</li> <li>▪ Aim to reduce the number of journeys you make</li> <li>▪ If the club is placed in tier 1, your tier 2 restrictions will continue to be applicable</li> <li>▪ If the club is placed within tier 3, tier 3 area restrictions will apply</li> </ul>	<ul style="list-style-type: none"> <li>▪ Walk or cycle if possible</li> <li>▪ If the club is placed in tier 1 or 2, your tier 3 restrictions will continue to be applicable:</li> <li>▪ Avoid travel in or out of your area other than for work or education purposes</li> <li>▪ Socialising at The Avenue would only be possible if the club were placed in that same tier 3 area</li> </ul>
CLUBHOUSE	<ul style="list-style-type: none"> <li>▪ Restricted access only</li> </ul>	<ul style="list-style-type: none"> <li>▪ Restricted access only</li> </ul>	<ul style="list-style-type: none"> <li>▪ Restricted access only</li> </ul>
KITCHEN	<ul style="list-style-type: none"> <li>▪ Not available for members' use</li> </ul>	<ul style="list-style-type: none"> <li>▪ Not available for members' use</li> </ul>	<ul style="list-style-type: none"> <li>▪ Not available for members' use</li> </ul>
BAR	<ul style="list-style-type: none"> <li>▪ Table service only</li> <li>▪ Last orders at 2200, closed by 2300</li> <li>▪ Rule of 6 applies, other than single households or support bubbles</li> <li>▪ Additional Covid-secure precautions will be in place</li> </ul>	<ul style="list-style-type: none"> <li>▪ Closed</li> </ul>	<ul style="list-style-type: none"> <li>▪ Closed</li> </ul>
SOCIAL FUNCTIONS	<ul style="list-style-type: none"> <li>▪ Not permitted within club facilities</li> </ul>	<ul style="list-style-type: none"> <li>▪ Not permitted within club facilities</li> </ul>	<ul style="list-style-type: none"> <li>▪ Not permitted within club facilities</li> </ul>
SOCIAL DISTANCING	Social distancing to be maintained before, during and after play for all activity across all tiers		

\*Rule of 6: group size is limited to a maximum of 6 people, all of whom can be from different households/support bubbles