

Use of The Avenue LTSFC facilities during the COVID-19 pandemic updated 21st December 2020

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



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 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.



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.

GENERAL GUIDANCE 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	If you live* in a tier 4 area
Club in tier 2	Play possible as per governing body guidance, as per columns below		Play not possible for every member owing to travel and other restrictions	
Club in tier 3	Play not possible owing to travel restrictions (unless for work or organised <18 group classes)		Restricted play possible as per governing body guidance in this column and only for those members who normally live* within the same overall tier 3 area (currently Portsmouth, Gosport and Havant local authorities)	Play not possible owing to legally impossible travel restrictions (unless for work or organised <18 classes)
Club in tier 4	Play not possible owing to legally impossible travel restrictions (unless for work or organised <18 classes)			Outdoor play only permitted as per governing body guidance in this column and only for those members who normally live* within the same overall tier 4 area (currently Portsmouth, Gosport and Havant local authorities)

	If you live* in a tier 1 area	If you live* in a tier 2 area	If you live* in a tier 3 area	If you live* in a tier 4 area
TENNIS for Avenue members				
TRAVEL TO CLUB	<ul style="list-style-type: none"> ▪ Walk or cycle if possible ▪ If the club is placed within tier 2, tier 2 area restrictions will apply ▪ If the club is placed within tier 3, tier 3 area restrictions will apply 	<ul style="list-style-type: none"> ▪ Walk or cycle if possible ▪ Aim to reduce the number of journeys you make ▪ If the club is placed in tier 1, your tier 2 restrictions will continue to be applicable ▪ If the club is placed within tier 3, tier 3 area restrictions will apply 	<ul style="list-style-type: none"> ▪ Walk or cycle if possible ▪ 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"> ○ Avoid travel in or out of your area other than for work or education purposes ▪ Play at The Avenue would only be possible within your own household or support bubble if the club were placed in that same tier 3 area ▪ These travel restrictions do not apply to <18s and /or disabled people (and parents/guardians) who are taking part in organised tennis activities 	<ul style="list-style-type: none"> ▪ Walk or cycle if possible ▪ If the club is placed in tier 1,2 or 3, your tier 4 restrictions will continue to be applicable: <ul style="list-style-type: none"> ○ Avoid travel in or out of your area other than for work or education purposes ▪ Play at The Avenue would only be possible as described below if the club were placed in that same tier 4 area ▪ These travel restrictions do not apply to <18s and /or disabled people (and parents/guardians) who are taking part in organised outdoor tennis activities
SOCIAL PLAY	<ul style="list-style-type: none"> ▪ Singles and doubles play permitted ▪ Rule of 6** applies ▪ Outdoor and indoor 	<ul style="list-style-type: none"> ▪ Singles and doubles play permitted ▪ Rule of 6** applies ▪ Outdoor only ▪ Indoor tennis only possible as: <ul style="list-style-type: none"> ○ Singles (different households or support bubble) ○ Doubles (same households or 	<ul style="list-style-type: none"> ▪ Only between players living in, and at venues located in, your tier 3 area ▪ Outdoor only ▪ Only with your own household or support bubble 	<ul style="list-style-type: none"> ▪ Singles play only ▪ Doubles play only permitted within same household or support bubble

		support bubbles, disabled people and supervised <18 tennis)		
MATCHES	<ul style="list-style-type: none"> ▪ Singles and doubles competitive play permitted (for adults and <18s) between players travelling to/from venues in tiers 1 and 2 only ▪ Outdoor and indoor venues ▪ No socialising before or after matches ▪ Travel to matches in separate cars unless team members are from the same household or support bubble 	<ul style="list-style-type: none"> ▪ Singles and doubles competitive play indoor and outdoor permitted (for adults, <18s and disability tennis) between players travelling to/from venues in tiers 1 and 2 only ▪ Outdoor venues only for adult competitive play ▪ No socialising before or after matches ▪ Travel to matches in separate cars unless team members are from the same household or support bubble 	<ul style="list-style-type: none"> ▪ 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) ▪ Singles and doubles competitive play indoor and outdoor permitted for <18s and disability tennis only ▪ No socialising before or after matches ▪ Travel to matches in separate cars unless team members are from the same household or support bubble 	<ul style="list-style-type: none"> ▪ Home matches cannot be played ▪ Away matches can only be played at tier 2 locations and with teams comprising solely of tier 2 members
1:1 COACHING^	<ul style="list-style-type: none"> ▪ Permitted ▪ Indoor and outdoor venues 	<ul style="list-style-type: none"> ▪ Permitted ▪ Indoor and outdoor venues 	<ul style="list-style-type: none"> ▪ Only permitted if coach, player and venue are within same tier 3 area ▪ Outdoor only 	<ul style="list-style-type: none"> ▪ Only permitted if coach, player and venue are within same tier 4 area ▪ Outdoor only
GROUP COACHING^	<ul style="list-style-type: none"> ▪ Permitted (adults and <18s) ▪ Outdoor and indoor venues ▪ Maximum group size of 15 for <18s 	<ul style="list-style-type: none"> ▪ Outdoor only (adults) ▪ Outdoor and indoor for <18s and disability tennis ▪ Maximum group size of 15 for <18s 	<ul style="list-style-type: none"> ▪ Only permitted for players who live within same tier 3 area as the venue ▪ Outdoor only (adults) ▪ Outdoor and indoor for <18s and disability tennis 	<ul style="list-style-type: none"> ▪ Not permitted for adults ▪ Outdoor only for <18s and disability tennis players who live within the same tier 4 area

	<ul style="list-style-type: none"> No socialising before or after activity 	<ul style="list-style-type: none"> No socialising before or after activity 	<ul style="list-style-type: none"> Maximum group size of 15 for <18s No socialising before or after activity 	<ul style="list-style-type: none"> Maximum group size of 15 for <18s No socialising before or after activity
SPECTATING & SUPERVISION	<ul style="list-style-type: none"> Supervision minimised to 1 parent/guardian per player Rule of 6** applies for spectating 	<ul style="list-style-type: none"> Supervision minimised to 1 parent/guardian per player Rule of 6** applies for spectating 	<ul style="list-style-type: none"> Supervision minimised to 1 parent/guardian per player No spectating permitted 	<ul style="list-style-type: none"> Supervision minimised to 1 parent/guardian per player No spectating permitted
SOCIAL DISTANCING	Social distancing to be maintained before, during and after play for all activity across all tiers			

* Check your postcode here: <https://www.gov.uk/find-coronavirus-local-restrictions>

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

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

SQUASH

No indoor sport possible if club is located in a tier 4 area

	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"> ▪ Walk or cycle if possible ▪ If the club is placed within tier 2, tier 2 area restrictions will apply ▪ If the club is placed within tier 3, tier 3 area restrictions will apply 	<ul style="list-style-type: none"> ▪ Walk or cycle if possible ▪ Aim to reduce the number of journeys you make ▪ If the club is placed in tier 1, your tier 2 restrictions will continue to be applicable ▪ If the club is placed within tier 3, tier 3 area restrictions will apply 	<ul style="list-style-type: none"> ▪ Walk or cycle if possible ▪ 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"> ○ Avoid travel in or out of your area other than for work or education purposes ▪ Play at The Avenue would only be possible if the club were placed in that same tier 3 area ▪ Exemption on travel ban for <18 play
WHAT IS A SQUASH BUBBLE?	<ul style="list-style-type: none"> ▪ If you have already formed an Avenue squash bubble <u>you should stick to this if possible</u> ▪ You should not switch bubbles without informing the office and without taking a 7day break ▪ You can only be part of one squash bubble at a time 		
ALL FORMS OF PLAY	<ul style="list-style-type: none"> ▪ Hand, ball and touch point hygiene should be maintained before, during and after playing ▪ Sanitise balls regularly ▪ Only one player / coach to touch court door ▪ Players must not touch court walls ▪ Avoid shouting or raising your voice during play ▪ You are strongly recommended to wear protective eye wear 		
**MODIFIED VERSION OF FULL COURT SQUASH	<ul style="list-style-type: none"> ▪ Allows two players from the same squash bubble to play full-court matches ▪ only 2 players on court at any one time, warm-up using 'sides' play ▪ best of 5 games (play 'sides' for any remaining court time) ▪ Player 1 serves/touches ball for first 6 points, then this switches to player 2 ▪ At halfway point and between games, pause to sanitise yourselves and ball ▪ Sudden death at 10-all 		

<p>***MODIFIED VERSION OF SQUASH: 'SIDES'</p>	<ul style="list-style-type: none"> ▪ Allows two players from different households to play ▪ Each player remains in their half of the court at all times, maintaining social distance at all times ▪ Only one player should touch the ball in each game, serving throughout ▪ If a player crosses into the opponent's half during a rally, they immediately forfeit the rally ▪ A let can be called if there is any danger of social distancing being breached ▪ After each rally, players switch sides (maintaining a safe social distance) and play restarts 		
<p>SOCIAL PLAY</p>	<ul style="list-style-type: none"> • Solo play • Doubles play ▪ Modified full-court **squash play between players from same or different household/support bubbles or within same squash bubble ▪ Modified 'sides'*** play between players from different household/support bubbles or within squash bubble 	<ul style="list-style-type: none"> ▪ Solo play ▪ Modified full-court** squash play between players from same household/support bubble only ▪ Modified sides*** play between members of same squash bubble only 	<ul style="list-style-type: none"> ▪ Play at The Avenue would only be possible if the club were placed in that same tier 3 area ▪ Solo play or modified full-court** squash play between members of the same household/support bubble only
<p>1:1 COACHING</p>	<ul style="list-style-type: none"> ▪ Permitted for adults with social distancing measures in place 	<ul style="list-style-type: none"> ▪ Permitted for adults with social distancing measures in place 	<ul style="list-style-type: none"> ▪ Play at The Avenue would only be possible if the club were placed in that same tier 3 area
<p>GROUP COACHING</p>	<ul style="list-style-type: none"> ▪ Permitted as supervised coach-led activity ▪ Rule of 6 applies (adults) ▪ Maximum group size of 15 for <18s 	<ul style="list-style-type: none"> ▪ Not permitted for adults ▪ Maximum group size of 15 for <18s 	<ul style="list-style-type: none"> ▪ Not permitted for adults ▪ Maximum group size of 15 for <18s (travel exemptions apply)
<p>SPECTATING & SUPERVISION</p>	<ul style="list-style-type: none"> ▪ Spectating to be minimised and avoided where possible ▪ Supervision minimised to 1 parent/guardian per player 	<ul style="list-style-type: none"> ▪ No spectating ▪ Parent/guardian per player to drop off and collect at club door 	<ul style="list-style-type: none"> ▪ No spectating ▪ Parent/guardian per player to drop off and collect at club door
<p>SOCIAL DISTANCING</p>	<p>Social distancing to be maintained before, during and after play for all activity across all tiers</p>		

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**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

No indoor sport possible if club is located in a tier 4 area

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

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CLUBHOUSE, BAR AND SOCIAL

No indoor facilities if club is located in a tier 4 area

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

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