

This summary has been produced in line with LTA and Government Guidance, the full LTA Guidance for players is [here](#).

1. Could you have Covid-19?

Before you leave home ask yourself whether you or someone living with you could have COVID-19 ... loss of taste, a fever or a persistent cough are all indicators that you could have COVID-19 and should NOT come and play.

2. Should you stay at home?

If you've been asked to isolate by NHS Test and Trace, please stay at home.

3. Observe the 2 metre social distancing rule

Players should observe the 2-metre social distancing rule at all times taking particular care around other players when entering and leaving the courts. (The recently announced 1m+ applies only if you can take additional precautions which aren't practical in a tennis situation.)

4. Wash and sanitise your hands.

Wash your hands with soap and water before leaving home and again on your return. Use hand sanitiser immediately before and after playing.

5. Singles and Doubles play is permitted and there's a phased return of Club night in plan

A separate guide is available for Club Night – all places must be pre- booked.

6. Pre-book your court and note who you play with for NHS Test & Trace

- *All courts must be pre-booked on the ClubSpark Booker App - there is no 'Turn up and Play'.*
- *If arrangements change and the court is no longer needed, please cancel it on the App.*
- *Make a note of who you play with and the date & time, keep this information for 21 days, in case you are contacted by NHS Test and Trace.*

7. Don't arrive too early or hang around after playing

- *Arrive no earlier than 5 minutes before your court booking time and leave when you finish play.*
- *Avoid congregating on or around the court or car park after playing*

8. Arrive ready to play

- *The club house is closed and toilets only available for emergency use*

9. Bring supplies with you:

- *Water or other drinks,*
- *PPE in case you need to get close to someone in distress*
- *Hand sanitiser*
- *Your own racket and marked tennis balls*

10. You may use your own balls or with their agreement share with other players on your court:

- *If you choose to use shared balls then extra care must be taken to ensure you do not touch your face during play, and you should clean your hands before play and immediately after finishing (i.e. use hand sanitiser)*
- *Return balls coming from a neighbouring court without touching them with your hands.*

11. Avoid touching the gates etc

- *Leave gates open so others don't have to touch them*
- *Benches have been removed from the courts to minimise cross contamination. Nets are at the correct height so that adjustment will normally not be required and therefore the winders have been removed.*
- *The draggers to clean the carpets of debris are on court, but please don't forget to clean your hands with sanitiser after contact with them.*

12. Use hand sanitiser and antiseptic wipes before and after operating the floodlights

- *Sanitised light tokens are available from the coach.*