

## COVID-19 PRECAUTIONS FOR TENNIS AT ST PAUL'S LTC

- **[Updated]** Players should only use the tennis courts if they are not showing any symptoms of the coronavirus or if they have been in contact within 14 days of anyone who has symptoms, and if they are not in any of the particularly vulnerable groups of people.
- Please maintain social distancing at all times. Stay at least 2m away from other players and especially when entering or leaving the courts.
- **[Updated]** Singles and Doubles play is allowed, even between players from different households, provided all players maintain social distancing of at least 2m where possible. None of the usual Club Sessions can take place and all play will need to be arranged between individuals and a court booked in advance online via ClubSpark.
- Members are encouraged to bring a small bottle of hand sanitiser (>60% alcohol content) with them for their personal use. Please sanitise your hands regularly and avoid touching your face after handling a ball, racquet or other equipment.
- Please bring your own racquets and water bottles – do not share equipment, and clean and wipe your equipment before and after use. Please arrive changed and ready to play and do not use the pavilion to change or deposit clothing.
- **[Updated]** Please bring your own balls to use which should be clearly marked with your initials. Where players choose to use shared tennis balls, 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 (use alcohol gel if required). Players should still avoid using their hands to pick up tennis balls from other courts where possible - use your racquet/foot to return them.
- In order to avoid touching the nets, they have been set at the correct height. The winders have been removed and you should not attempt to roll the nets up or down after play.
- Leave your bags separate from each other and when changing ends, please use opposite ends of the net. The benches have also been removed from the courts and should not be replaced.
- Please refrain from handshakes, elbow bumps or high-fives after a game!
- Wash hands as soon as you return home. Whilst at the club hand washing facilities will remain available at the outdoor tap where a soap dispenser has also been provided on the windowsill above.
- You may wish to wear a glove when opening padlocks and gates or cleanse with a sanitiser (>60% alcohol content) before or after touching them. A disinfectant spray containing viricidal chemicals is also useful for spraying and leaving on surfaces such as padlocks and handles.
- The toilets will be closed and should not be used. The club house should also not be used, unless the First Aid equipment is required, and this will be left out openly on the table.
- Please do not congregate or socialise after play.