

WHITCHURCH TENNIS CLUB

Playing Tennis Safely via a Graduated Response Temporary Measures, Safety Rules and Recommendations

Context

In March this year, the UK Government announced tighter restrictions to contain the spread of COVID-19; consequently, sport has been on pause across the UK. In this respect, the cooperation, support, and patience of members of WTC during this difficult time is a credit to our club. However, in accordance with current Welsh Government instruction as well as guidance from Tennis Wales, we can now work together to facilitate a gradual return to playing tennis safely. In beginning to engage in recreational tennis, it remains of paramount importance that all members take the necessary steps to avoid placing themselves and/or others at unnecessary risk. In order to support members to keep safe, the temporary measures, safety rules and recommendations will apply from Monday 22nd June 2020.

Within the context of advice from Tennis Wales ([LINK](#)) this guidance has been informed by a risk assessment (WTC-CRA-01), approaches adopted in golf and tennis in the UK and other countries as well as consultation with a cross section of members; it is subject to ongoing review and applies until further notice, Infographics are displayed strategically around the club site from the [LTA Resource Library](#).

It is important that we all keep up to date with Welsh Government guidance, regarding social distancing, travel, etc and check the latest version of the LTA's guidelines for tennis players on the LTA's website

Temporary Measures:

- Courts to be booked by members and non-members on line via ClubSpark.
- From week beginning 22 June 2020 and until further notice, the courts are available for use by members and non-members as follows:
 - Singles: players can be from different households;
 - Doubles: 4 players can be from the same household or doubles can be played between 2 household groups;
 - Coached sessions are limited to one-to-one person or household.
- Tennis post winders have been removed; nets will be maintained at the appropriate height to avoid players having to adjust them.
- The club house, including access to the toilets, is out of bounds, pending the availability of adequate cleaning facilities.

- Bins and benches are out of bounds; please take all rubbish home with you. Fences and gates must not be touched.
- Members are required to maintain a minimum distance of 2m from each other both on and off the court unless they are living in the same household.
- Where possible bikes must be placed in the bike rack to avoid contact with hard surfaces (this is not necessary for bikes with stands); avoid parking your car next to another car if possible.

Safety Rules and Recommendations

Safeguarding

- As recommended by the LTA, children under the age of 13 should be supervised by their parent/carer (one per household) whilst at WTC and outside of any coaching session.

Before you consider playing ensure that:

- You are not exhibiting any symptoms of COVID-19.
- You have not been in contact with someone with COVID-19 in the last 14 days.

Preparing to play – protect against infections:

- Access up-to-date information from Public Health Wales www.phw.nhs.wales/
- Players from different households must clearly mark their own tennis balls; players must use their marked balls when serving.
- Wash your hands at home with soap and water (for 20 seconds or longer) or use a hand sanitizer, before going to the tennis club.
- Take first aid provisions (until there is access to the clubhouse); a hand sanitizer or wipes with you for your use in case you touch your face when playing.
- Clean and wipe down your equipment, including rackets and water bottles.
- Players from different households must not share racquets or any other equipment such as wristbands, grips, hats/visors, towels, etc.
- Bring a full water bottle; be mindful that you must not share food or drink with anyone outside of your household.
- Consider taking extra precautions such as using new balls and wearing gloves.
- Arrive changed and ready to play.
- Arrive as close as possible to your scheduled playing time (5-10 minutes).

When playing:

- Do not make physical contact with other players e.g. shaking hands or a high five.
- Avoid all incidental contact.
- If you need to sneeze or cough, do so into a tissue or upper sleeve.
- Avoid touching your face after handling a ball, rackets or other equipment.
- Return tennis balls to other players using your foot and/or racket
- Avoid chasing the ball down to another court if other players are using it.
- Stay on your side of the court and avoid changing ends, or agree to change ends at opposite sides of the nets
- Remain apart from other players when taking a break.
- Players may want to consider taking extra precautions by using new balls each time they play and/or by wearing gloves.

After playing:

- Leave the court immediately.
- No extra-curricular or social activity should take place; no gatherings after playing.
- Wash your hands as soon as you get home.
- All players should leave the WTC site promptly.