

# Protocol for Members Playing Tennis in WLTC

23 October 2020 (Revision3)

This protocol is divided into two sections: -

Part 1- The General Principles of booking, access to playing and coaching, and returning home safely.

Part 11 – Social Distancing Behaviours, respiratory etiquette, and prevention of Infection.

All playing members, will be required to commit to adherence to this protocol.

## **Booking a Court**

- The Club times will be 9-9pm Monday -Friday, Sat- 9am-7pm, Sun.9am-8pm; all five courts are open for play;
- The clubhouse will be closed to members except in an emergency;
- All bookings will be made online by an adult – i.e. a member who is aged over 16 years on 1 January 2020, or a parent of a junior member;
- For those members who cannot access the internet, please ask Simon/Michael to book a court for you (i.e. in exceptional circumstances);
- You may book online as per normal club rules and within your membership category; for example, to play within peak times, a full member may book a court once per week;
- Singles play and doubles play– on all five courts with all names documented on the online booking system; and
- All members will be expected to read and adhere to Gov/ public health advice, e.g. regarding social distancing, good hygiene, and respiratory etiquette (see below);

## **Access to Courts for the purposes of play**

- Individuals must be a member of the Club (ie no visitors/ non-members);
- Travel to the Club on your own or with a member(s) of your own household;
- Come to the Club “tennis ready”;
- Arrive no more than 5 minutes before court time, and be ready to play;
- Maintain social distancing in the car park;
- Access is by the side gate; there is **NO** access in the Clubhouse except in an emergency; ( the disability toilet is available for use in an “emergency”);
- Bring your own racquet and your own marked balls;

- If raining, and shelter is needed, shelter under the balcony cover but observe the social distancing markers;
- Children and teenagers under the age of 16 years will need to be supervised by one parent whilst in the Club;
- Bring your own bottle of water, if needed; a refill is available at the external tap; please sanitise your hands pre and post use.

### **Conditions of Access to the Court by a player**

- You must exclude yourself from play if you have:-
  - Symptoms/signs of Covid 19 and are self-isolating for 10 days;
  - A positive test, but are asymptomatic, you still need to self-isolate for 10 days;
  - Been determined as a “close contact” by the Track and Trace system, or know that you are a close contact, for example, someone in your household has tested positive, then you must self-isolate for 14 days;
  - Been advised for medical reasons to self-isolate; or
  - Been out of the country recently and need to comply with UK Borders Guidance.
- *Post Covid 19 recovery* – before you recommence play, you must be well and, where appropriate, have sought professional advice especially if you intend to undertake high-intensity training;
- *Frontline workers* can play but should personally assess the risk of passing on the infection and follow the recommendations of HSC/ public health guidelines;
- Respond to the member of staff on duty; if asked to leave the court, please do so.

### **Playing on Court**

- Sanitise your hands pre and post play; you may wish to bring a small bottle of alcohol gel with you, but there are multiple dispensers available in the grounds of the Club;
- Observe social distancing, and respiratory etiquette at all times e.g. *Catch It, Kill it, Bin it*;
- To change ends on court, use the opposite sides of the tennis net and maintain social distancing; if this cannot be achieved, then don't change ends;
- Don't encroach on other players on the adjacent court (e.g. social distancing at all times);
- Only use your own tennis racquet;
- Do not touch nets or posts, or the plastic padding on the lampposts;
- Leave the court promptly when your allocated time is finished; and
- Clean your own equipment;

### **Coaching**

- *Tennis squads* - Adult and children's squads are available using a pod system- a maximum of 6 players can be coached together, provided they comply with instructions from coaches and associated risk assessments; for red balls players (pods of 8 children can be coached on one court subject to social distancing);
- A maximum of 4 players can operate on the court at any one time while remaining in their own sections of the court with up to 2 other players rotating in and out of play;
- All activities are subject to social distancing and those players not on court must always maintain a clear 2 metre distance from others;
- Entry into squads is for members only; and each member will be asked to sign (by email) a declaration of compliance prior to commencement of the squad block.
- *Private coaching* sessions for members are also available from Simon and Michael;
- Coaching is available both "within club hours" and "out of hours(OOHs)", provided that the names are recorded on line or if OOHs, the coach will record your name - this is essential for Track and Trace purposes; and
- Arrangements should be made in advance by contacting either Simon/Michael; payment should also be made in advance, through online payment systems, and directly to Simon or Michael.

### **Getting Home Safely**

- Alcohol gel dispensers are available on exit of the courts;
- Do not wait until the next players arrive - please leave the club car park promptly and observe social distancing;
- If a player becomes unwell after playing, they should contact their own GP in the first instance or 999 in an emergency.
- **A separate protocol is available for use of Defibrillator and First Aid kit, whilst on the premises;**
- The Club needs to be informed if a player, or member of the same household becomes ill by emailing [covid@windsortennis.co.uk](mailto:covid@windsortennis.co.uk)

### **Returning to Play post-illness**

- You should inform the club if you have had a Covid-19 diagnosis; by emailing [covid@windsortennis.co.uk](mailto:covid@windsortennis.co.uk) ;
- You must observe the public health advice on social isolation and follow any medical advice given to you.

## **Part 11**

### **Behaviours on Court to Promote Social distancing and Infection Prevention**

- Players must refrain from handshakes and high fives;
- Keep 2 metres away from other people at all times;
- Do not share food, towels, drink or equipment;
- Cover your coughs and sneezes and dispose of any used tissue in your own bag and bring it home with you;
- Avoid touching your face;
- Try not to touch any surfaces, but if you do, sanitise your hands as soon as possible;
- Change ends at opposite sides of the net. If this is not possible, then do not change ends;
- Use two sets of clearly marked tennis balls. For singles/ doubles play, these should be alternated for serving, with each player only touching their individual tennis balls; but for “household” doubles play, the same household may use the tennis balls on their side of the net.
- Use your racquet / foot to pick up balls;
- If a ball comes across from another court, send it back with a kick or with a racquet.
- If a tennis ball goes over the wall e.g. on to the road, please retrieve it immediately;
- use sanitizer on your hands at the exit of courts and before you enter your car;
- Tennis balls may be sprayed with a disinfectant spray at the conclusion of play BUT using new balls on a very regular basis is highly encouraged.

**This protocol will be reviewed at 20 November, via the Tennis Committee. Updated versions will be available online.**

**The full set of Ulster Tennis Guidance is available on [www.ulstertennis.co.uk](http://www.ulstertennis.co.uk)**

#### **Coaches contact details**

Simon - 07851282210

Michael - 07545846416

**Covid 19 Officer** – Maura Briscoe - available on covid@windsortennis.co.uk

Other Resources

[www.health-ni.gov.uk](http://www.health-ni.gov.uk)

[NI Direct](#)