



OUTDOOR TENNIS 'RESTRICTED PLAY' COVID-19 GUIDELINES FOR MEMBERS

We are pleased to be able to open Ipswich Sports Club's Outdoor Tennis Courts to its members after the latest set of Government guidelines and a thorough set of guidelines from the Lawn Tennis Association. A full set of these guidelines can be found on www.lta.org.uk/coronavirus, attached to the Club Notice dated 15 May 2020 and on the Club [website](#).

The Club has worked to provide a full set of guidelines to enable the safest possible environment for members to come and play. **Please read the guidelines and adhere to these at all times.** Please be advised, as per the guidelines below, that only the Club's Outdoor Tennis Courts will be available for use. **All indoor areas, including hand washing, toilet and showering facilities remain closed until further notice.**

Members must follow this guidance and any material failure to do so could result in removal of privileges or even suspension or withdrawal of membership. The Club operates 24 hour CCTV.

BEFORE LEAVING HOME AND AFTER YOU RETURN

- Wash your hands with soap and water for at least 20 seconds before leaving home to go to the court (or use an alcohol gel if washing hands is not possible). Toilet and hand washing facilities at the Club **will be closed so please bring your own hand sanitizer** to wash your hands before, during and after play.

COURT ACCESS

- Access to the Outdoor Tennis Courts during this temporary 'restricted play' period is for **current members only**; no guests or non-members are permitted to use the courts at any time.
- **Annual members** whose memberships have passed the usual renewal date since the closure of the Club and who have not been able to renew their membership can contact the Head Coach to make their bookings as per the details below.
- As the courts are open to members only, please do not be offended if you are asked for your name and/or membership number when on court, by management or a member of the Club Council.
- Singles play only within or outside of your own household is allowed; doubles play only with members of the same household.
- The Club Outdoor Tennis Courts 1-8 will be open **from Tuesday, 19 May 2020** and during the following times: **Monday-Friday from 8.00am-8.00pm, Saturday & Sunday from 8.00am-6.00pm.**
- Floodlights will NOT be available.
- Play will only take place on the Outdoor Tennis Courts 1-8. **All Indoor Courts are closed.**
- Members must ensure they leave the court 10 minutes before the end of their booking slot in order to ensure safe access for the next players.
- There is no playing age limit but members are asked to follow the Government guidelines or take medical advice.
- Coaches will be taking sessions on a one-to-one basis only (no groups) and all sessions must be booked in advance; coaches will be required to follow an additional set of guidelines for coaches and will carry out their own risk assessment; coaches will be required to make members aware of any additional information in order to provide a safe environment for themselves and their clients; all coaching will be at the coaches and players own risk.



COURT BOOKINGS AND COURT FEES

- All Courts **MUST** be booked and in advance of playing using the Club's Online Booking System; in the interest of safety of all players please do not turn up to play without first booking a court.
- Due to members' fees currently being frozen, the courts will be operated on a **Pay & Play** basis during this temporary 'restricted play' period.
- The cost of a booking slot will be **£10.00 per court per booking** and this must be paid via Online Banking using the following details: **Sort Code 30-94-55 and Account Number 04745168 with your name, membership number and TBKG in the reference, eg. SMITH 1234 TBKG.**
- **Members who have access to the online booking system** can make their own bookings up to 7 days in advance but are required to make the payment immediately on booking via the details above.
- **Members who do not have access to the online booking system** because their membership is frozen or an annual whose membership has passed the normal renewal period due to the Club closure must email the **Head Coach** on tennis@ipswichsports.co.uk to request a booking slot up to 7 days in advance stating their full name, the names of the opponents and all membership numbers; the Head Coach will then confirm if the booking has been made by return email; on confirmation of the booking, the booking member must make immediate payment via the details above.

EQUIPMENT

- Bring hand sanitizer with you.
- Take all your own equipment (do not share equipment such as rackets, grips, hats and towels).
- Only take the minimum amount of equipment with you that you need to play.
- Clean and wipe down your equipment, including rackets and water bottles before and after use.
- Bring a full water bottle, and do not share food or drink with others.
- Bring your own tennis balls that are clearly marked (eg. with your initials).
- Ensure you take all your belongings with you at the end of the session and do not leave anything on court.
- Please take all rubbish (water bottles, food packaging, ball tins) with you and do not place items in the Club bins.
- Masks and gloves can be worn at the discretion of the individual if it makes them feel safer.

TRAVELLING TO AND FROM THE COURT

- Avoid using public transport.
- Arrive as close as possible to when you need to be there.
- Avoid touching court gates, fences, benches, etc. if you can.
- Allow others to leave before you enter the court - if you need to wait then do so away from the courts and clear of the gates.
- Ensure you leave the court before the end of your allotted time so that it is empty for the next players.
- Arrive changed and ready to play. The Club's changing and showering facilities will be closed until further notice.
- Do not congregate after playing, in particular at the entrances/exits to courts. Please exercise social distancing. No extra-curricular or social activity should take place.
- Do not use benches or any seating areas unless exercising social distancing.



DURING PLAY

- Maximum of two people per court (singles play only). Players can be from different households.
- The only exception to the above is where a group of four players are all from the same household in which case they can play doubles.
- Coached sessions should be limited to one to one coaching activity only.

MAINTAIN SOCIAL DISTANCING

- Stay at least two metres away from other players at all times (including during play, when taking breaks and before and after play).
- Do not make physical contact with other players (such as shaking hands or high five).
- Stay on your side of court and avoid changing ends, or agree to change ends at opposite sides of the net.
- Avoid chasing the ball down to another court if other players are using it.

FIRST AID

- Coaches will have access to a First Aid Kit and First Aid boxes will be available by the Indoor Tennis Centre entrance (for Courts 7 & 8) and on the wall next to TJ Sports Gear at the back (for Courts 1-6).

EQUIPMENT & FACILITIES

- Use your own clearly marked tennis balls.
- Avoid using your hands to pick up tennis balls that aren't yours - use your racket/foot to hit/kick them to your opponent or return them to another court.
- Avoid using other equipment such as courtside benches, net handles or court sweepers where possible.

HYGIENE

- If you need to sneeze or cough, do so into a tissue or upper sleeve.
- Avoid touching your face.

SAFEGUARDING

- The Club's Safeguarding Policy remains in place. All details of the Club's Safeguarding policies and contact details for the Club's Safeguarding Officers, Karen Watling and Ali Livingstone, are on the Club's website <https://ipswichsportsclub.co.uk/the-club/safeguarding/>.