

PLAYING TENNIS DURING LOCKDOWN

BEFORE PLAY

- Only come to the club if you have an online Court booking (see website).
- Arrive on time for your booking – no waiting
- FIRST AID KIT in bench behind Court 1. NO AED is available
- NO TOILET OR CHANGING is available – be prepared
- Enter by car park gate only and sanitise hands on entry (sanitiser will be provided)
- Access courts 4-6 via court 1 only
- Stand on 'T while others pass along fence-lines (all courts)
- Children (11&U) to be accompanied by an adult at all times
- Come dressed ready to play – no changing
- Bring only what you need
- Do not adjust the nets, the committee will adjust weekly

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DURING PLAY

Playing tennis in Scotland during the coronavirus outbreak



Singles and doubles
permitted



Under-18s group
coaching permitted



Adult coaching permitted



Clean equipment
after use



Maintain social
distancing (2m rule)
at all times



Online/phone
bookings and
payments advised



Buffer period
between bookings
(e.g. 10 mins)



Follow public health
guidelines for hygiene



Do not play if you are
self-isolating

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AFTER PLAY

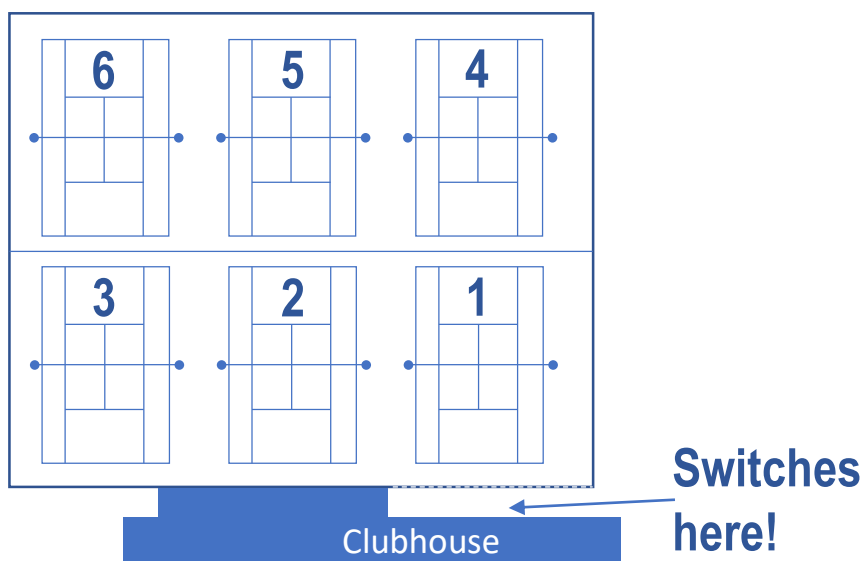
- Sanitise or wear gloves before brushing courts
- Please leave nothing behind – no rubbish, kit or bottles
- Do not use bins (which will be blocked off), take rubbish home
- Sanitise again when leaving
- TURN OFF YOUR FLOODLIGHTS
- LOCK THE GATE behind you if all courts are empty

AT ALL TIMES

- Observe all other LTA and Government guidelines
- BE RESPECTFUL OF OTHERS
- Maintain social distancing
- Non conformers will be excluded

USE OF TENNIS FLOODLIGHTS

- Tennis Floodlights are now switched on and off from within the cabinet behind Court 1
- Please only switch on lights for the court(s) you require
- Please switch your court lights off when finished and ensure cabinet is securely closed again
- **Note:** there is a 20 minute cooling down period between someone switching lights off then being able to come back on again. If this occurs, leave required switch in ON position and lights will automatically return.
 - Please be respectful of players coming on following your booking to avoid this issue.
- Do not play with the lights, they are not a toy
- Please report any issues to hillheadtennis@hotmail.co.uk



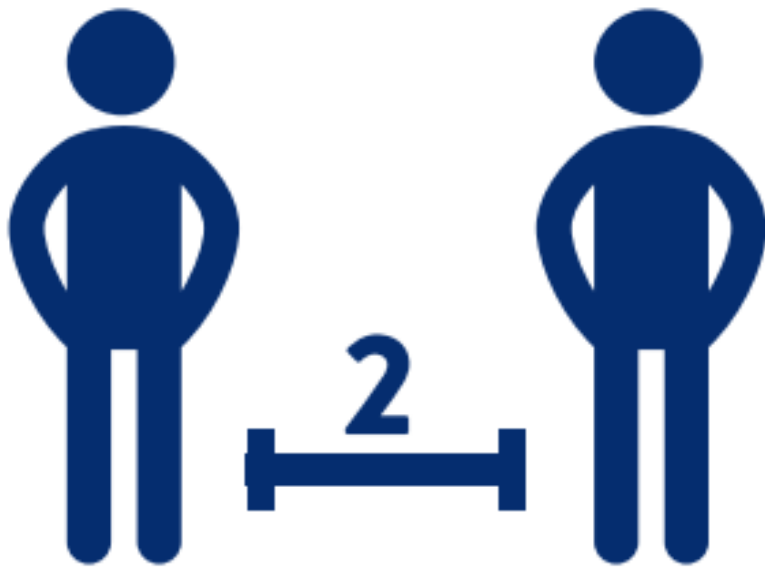
HELP PREVENT THE SPREAD OF COVID-19



Follow public health guidelines for hygiene

Full guidelines for players, coaches and
venues at lta.org.uk/coronavirus

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**Maintain social
distancing (2m rule)
at all times**