



Linlithgow Tennis Club

Safe Play Rules

Updated 01 November 2020

Coronavirus

The health and safety of our members and others is paramount at this time. Whether you are a parent or a member, please follow the rules below to help protect yourself and others from COVID-19.

Who can play?

- If you have symptoms, or any member of your household displays symptoms, stay at home and follow NHS advice on self-isolating. Do not come to the club.
- Do not attend the club if you are self-isolating after returning from an overseas country not on the Scottish Government's exemption list.
- Please pay the appropriate membership subscription before using the courts, as determined by the Sports Club.
- Visitors - Members may bring up to two visitors per month on payment of the appropriate fee by bank transfer to the Tennis Club. Details at the end of this document.
- No 'pay and play' until further notice.

Opening

- Tennis courts are open daily. Booking is available from 9am. The floodlight curfew is 10pm. Floodlight meters are in the clubhouse.
- Gate padlocks, net winders and measuring sticks have been removed and bins are not in use. The ball machine is not available until further notice.

Booking

- **Players MUST book a court** in advance to ensure the club has a record for Test and Protect officers if required. No 'turn up and play'.
- The lead person making the booking is responsible for knowing whom they played with at each booking during the previous 21 days and agrees to share that information with Test and Protect if required.
- Each member may book maximum of 90 minutes of court time per day.

Physical Distancing

- **Observe a 2-metre physical distance** from other people in the club grounds, clubhouse and car park.
- During Level 3 restrictions, **when playing doubles, partners must adhere to the 2m physical distancing rule during play** (effective from 2 Nov 2020).
- Physical distancing applies to adults and children age 12 and over before and after play, and when taking breaks. Children aged 11 and under do not need to physically distance from each other at any time.
- Arrive as close as possible to your court time. Leave promptly afterwards.
- Wait until players leave before entering the courts. Wait away from gates, paths and stairs and refrain from standing within 2m of the gap in the hedge.
- One-way in / out. Enter courts by gate at court 3. Exit by gate at court 1.

On Court – Health, Safety and Hygiene

- **Clean your hands with an alcohol gel on entering and leaving the courts** and after touching a shared surface.
- Take care not to touch your face during play.
- Refrain from touching other players' tennis balls and do not chase a ball on to another court. Use a foot or racquet to return balls.
- Change ends at opposite sides of the net or don't change ends.
- Any balls hit over the fence should be retrieved as soon as possible and not touched by the general public or other members.
- No handshakes or high fives. Use racquet taps instead.
- Please remove all tissues, litter and belongings before leaving the courts. Take litter home. Bins at the club are not available.

Coaching

- Coaching follows LTA / Tennis Scotland guidelines
- Avoid touching surfaces, sharing equipment or touching your face during coaching sessions.
- Participants will have access to clubhouse toilet facilities.

Spectating

- No spectating is allowed.
- Where a parent / guardian or carer needs to be in attendance for supervision, this is permitted and limited to one person per player.

Clubhouse

- **Face coverings must be worn inside the clubhouse.** This is mandatory.
- The clubhouse is only open for access to floodlight meters, First Aid and for access to toilet facilities by coaching or competition participants.
- Tennis members should enter through the East door by the car park. Hand sanitiser is provided inside the door.

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FURTHER INFORMATION

Visitors

Fees: Adults £5 Under 18s - £3

A member may introduce up to two visitors per month and each visitor should only play once in any one month. Fees to be paid by bank transfer in advance to Linlithgow Tennis Club

Account No: 13709762

Sort Code: 80-22-60

Reference: Member's surname + visitor fees e.g. 'Federer visitor fees'.