

Manor Park Tennis Section Guidelines on Covid-19 Infection Avoidance

The LTA have supplied safety guidelines for tennis players. These can be found in by making an internet search for: LTA guidance covid-19

This is a summary of the LTA safety guidelines as applied to tennis at Manor Park:

BEFORE LEAVING HOME & 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)

COURT BOOKINGS

All tennis to be on courts booked in advance

EQUIPMENT

- ï® Take hand sanitizer with you
- ï® Take all your own equipment (do not share equipment such as rackets, grips, hats and towels)
- ï® Only take the minimum amount of equipment with you that you need to play
- ï® Clean and wipe down your equipment, including racquets and water bottles before and after use
- ï® Bring a full water bottle, and do not share food or drink with others
- ï® Bring your own tennis balls that are clearly marked (e.g. with your initials)
- ï® Ensure you take all your belongings with you at the end of the session and do not leave anything on court

TRAVELLING TO AND FROM THE COURT

- ï® Avoid using public transport
- ï® Arrive as close as possible to when you need to be there
- ï® Avoid touching court gates, fences, benches, etc. if you can
- ï® 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
- ï® Ensure you leave the court before the end of your allotted time so that it is empty for the next players
- ï® Arrive changed and ready to play. Shower at home, and do not use the venue's changing area
- ï® Do not congregate after playing. No extra-curricular or social activity should take place

MAINTAIN SOCIAL DISTANCING

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

EQUIPMENT & FACILITIES

- ï® Use your own clearly marked tennis balls
- ï® Avoid using your hands to pick up tennis balls that aren't yours - use your racquet/foot to hit/kick them to your opponent or return them to another court
- ï® Avoid using other equipment such as courtside benches, net handles or court sweepers where possible
- ï® Be aware that onsite toilet facilities may not be open. Where they are open, players are advised to take particular care when using them

HYGIENE

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

COMPETITIONS

- ï® The initial focus should be on facilitating recreational and social play, and letting players spend time practicing
- ï® Some formats of competition will be able to resume before others, and Local Tennis Leagues and singles box leagues/ladders can be played when they adhere to the guidelines in place at the time