

HAMBLEDON TENNIS COURT UNDER

COVID-19- LTA ADVICE

At all times, players should adhere to the Government's social distancing guidelines (staying at least 2m away from others), and practice public health advice for hygiene.

IMPORTANT: Do not leave your home to play tennis if Government advice means you should stay at home because you or someone you live with has or has had symptoms of COVID-19, or you are in the most vulnerable category and have been advised to shield from the coronavirus.

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)

EQUIPMENT

- Take 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 racquets and water bottles before and after use.
- Bring a full water bottle, and do not share food or drink
- Bring your own tennis balls that are clearly marked
- 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 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. Do not congregate after playing. No extra-curricular or social activity should take place. Leave the net up. The court door will be un-padlocked.

COURT LIMITS

- 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 - they can play doubles
- Coached sessions should be limited to one to one coaching activity

MAINTAIN SOCIAL DISTANCING

- Stay at least two metres away from other players at all times (including during, before and after play & when taking breaks)
- 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

EQUIPMENT & FACILITIES

- Avoid using your hands to pick up tennis balls that aren't yours - use your racquet/foot to hit/kick them to your opponent
- Avoid using other equipment such as courtside benches

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