

Both singles play and doubles play is now permitted with people from outside of your household, as long as you remain 2 metres apart as far as possible – meaning that four people from different households can now play doubles.

Before the session

-If you are symptomatic or living in a household with someone else who has a possible or confirmed COVID-19 infection you should remain at home and refrain from attending the scheduled session.

-If you are in a clinically vulnerable group (e.g. over 70) you are welcome to attend, however you should try to be particularly diligent around social distancing and hand hygiene.

Before leaving home

-Wash your hands with soap and water for at least 20 seconds before leaving home to attend the session (use an alcohol gel if washing hands is not possible).

-Arrive to the session changed and ready to play.

Equipment and facility usage

-Use your own equipment where possible. Equipment such as rackets can be shared, but where this occurs, thoroughly clean before and after use.

-Only take the minimum amount of equipment with you that you need for the session.

-Try to clean and wipe down your equipment, including racquets and water bottles before and after use.

-Ensure you take all your belongings with you at the end of the session and do not leave anything at the club/or on the court.

-Extra care must be taken to ensure you do not touch your face during play, and you should clean your hands before play and immediately after finishing (use alcohol gel if required).

-Players should still avoid using their hands to pick up tennis balls from other courts where possible - use your racquet/foot to return them as those players may have decided to continue to use their own marked tennis balls.

-Avoid using other equipment such as courtside benches or winders.

-Leave your tennis bags on opposite ends of the court and do not use the benches.

-The nets will be measured to the correct height so you should avoid touching the winders.

-Hand hygiene is imperative - hand sanitise at intervals if you have to touch communal surfaces.

Travelling to and from the session

-Arrive as close as possible to the session start time.

-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.

-Gates at the club will be left open to avoid unnecessary contact with them.

-Ensure you leave the court promptly at the end of the session.

-Avoid congregating on or around the court after the session.

-It is unlikely toilet facilities and drinking water facilities will be available on-site, so please accommodate for this.

Social distancing

Other than where players are from the same household:

-Stay at least two metres away from other players (including during play as far as possible, when taking breaks and before and after play).

-Do not make physical contact with other players (such as shaking hands or high five).

- Avoid chasing the ball down to another court if other players are using it.
- For doubles, consider agreeing in advance which player will take the shot if a ball travels to the centre of the court.
- Where you cannot maintain a two-metre distance then further precautions should be put in place as part of 'one metre plus mitigations' guidance (see the Government's advice on 'Staying safe outside your home' for more details)