



Lansdowne LTC is committed to implementing the following measures as provided by Tennis Ireland to ensure a safe environment for all its members during this phased return to play

## CLUB ACCESS DURING LEVEL 5 RESTRICTIONS

A player must:

- Be a current member of LLTC
- Be accompanied by a parent/guardian if under 16 years
- Not have been out of the country in the last 10 days
- Not have been around someone with symptoms of Covid-19 in the last 10 days
- Not be in a period of self-isolation/quarantining under current Health Policy Rules
- Not be displaying any COVID-19 symptoms
- Live within the county in which the club is located or within 20km of their home if crossing county boundaries
- Have a court booking in their name

## BOOKING AND ARRIVAL

- Book a court time in advance using the club's online court booking system, providing names for all players, please ensure the booking is updated if there is a change to any of the players. This will assist should contact-tracing be required subsequently.
- All players should ensure the club has their up-to-date contact details (phone & email).
- Play is limited to singles only during this phase of the reopening. The only exception for doubles is if playing partners are from the same household.
- Players should travel to the club alone, or only with a member of the same household. There should be no carpooling between households.
- If travelling to the club via Public Transport, players should wear a mask, sanitise their hands regularly throughout the journey and socially distance from other passengers.
- To ensure social distancing if players must park next to another car, they should wait for the other person to exit or enter their vehicle before doing so themselves.
- Players should arrive at the court entrance no more than 5 minutes prior to the reserved playing time. It is important that players maintain social distancing and follow the one-way traffic system to allow for social distancing
- Players should always observe social distancing and resist the temptation to mingle
- Changing rooms will remain closed during this phase. Players should arrive in Tennis attire and change footwear at the car or at home
- Players should sanitise their hands using dispensers provided at the entrance points.
- Players should head straight to their designated court.
- Players should utilise toilet facilities in their own home prior to arriving at the club.

## TO THE COURT

- Courts that are side by side can be utilised.
- Players should enter the court one at a time
- Entrances / Gates to courts should remain open, if safe to do so, perhaps tied back to prevent use of handles
- Rubbish bins are sealed off so all items brought on court should be taken home afterwards

- Other court furniture has been removed including chairs/benches, where this has not been possible players should refrain from touching these items.
- Any player(s) repeatedly not following the club directives may be asked to leave the club
- Nobody but the players is allowed on the court. There should be no spectators present during this phase of reopening
- Parents supervising children should be limited to one. Parents waiting for children to finish playing or their coaching lesson must not congregate and be mindful of social distancing at all times

## **ON THE COURT -PLAYING**

- Physical distancing should be observed throughout the period of play, particularly on change of ends and entering and exiting the court. Players should change ends at opposite sides of the net.
- Players must refrain from handshakes and high fives.
- Equipment such as towels, food, and drink must not be exchanged between players. Players should be encouraged to bring their own drinks and towels.
- Players should avoid touching their face after handling a ball, racket, or other equipment.
- Players should ideally bring a small bottle of hand sanitizer with them and keep it in their pocket or bag for use.
- Players should remain apart from other players when taking a break.
- Caution is advised for those who intend to engage in high intensity training following a recovery from Covid-19. Individuals should seek medical advice prior to a return to playing / training

## **GETTING HOME SAFELY**

- Once play has finished, players should leave the premises promptly, sanitising their hands on the way out.
- Clubhouse will remain closed during this phase so there should be no congregating
- If a player becomes unwell after playing, they should first contact their GP/HSE and then inform the club. The club will then contact the HSE and follow the advice provided to them on the next steps.