

DORCHESTER TENNIS & SQUASH CLUB Notice to all members and users

UPDATED TENNIS GUIDANCE FROM 13th JULY 2020 - main changes are in RED

The General Management Committee has considered the latest guidelines and advice from the government, the LTA and England Squash in respect of the ongoing COVID-19 pandemic and has made the following decisions:

1. All 3 tennis courts remain open for use. **The clubhouse is now open for emergency access to the defibrillator, first-aid kit and toilets.**
2. We ask all members to read and follow the government [guidance](#) in regard to limiting social interaction/hand-washing etc. any member suffering symptoms or having been in contact with a sufferer should self-isolate, seek medical help and **under no circumstance enter the premises**. Members should wash their hands before and after visiting the club and use the alcohol hand-gels at the entrances.
3. **The clubhouse is now open, so there will be access to the defibrillator, First-Aid kit and toilets. The changing rooms are not to be used except for access to the toilets and there is no access to drinking water, so bring your own with you.** Only play if you are comfortable with these restrictions and are following all relevant guidelines. We would emphasise the increased risks of the disease to over 70s and those with underlying health conditions and strongly advise those members to **be especially careful and diligent about social distancing and ensure robust hand and respiratory hygiene.**
4. Updated Lockdown Tennis rules:
 - a. Singles or Doubles play is now allowed for people from different households. As is group coaching **(in a group of up to 6 adults including the coach or 15 children plus coaches)**. **All** players must be fully paid up members (in any category). **Recreational competitions (including club nights), can now take place as long as social distancing guidelines are adhered to and venues follow COVID-19 Secure guidelines.**
 - b. Ensure that you remain at least 2m apart from all other players at all other times. For doubles talk to each other about who will take a shot down the middle to ensure social distancing. In coaching ensure you listen to the instructions from the coach carefully.
 - c. Book online beforehand - if you have trouble call Adam (01305 268103 Mon-Fri 9-11am). The system will charge you, but Adam will refund your account the next working day.
 - d. Wash your hands thoroughly before you come to the club. Enter via the side gate (Fully paid up members will be provided with the combination). It is important that the last player to leave ensures the gate is left locked.
 - e. Don't arrive early and leave 5 minutes early to avoid crossovers at the end of your session. If you think you're getting too close to an adjacent court player, call a let and replay the point.
 - f. Avoid touching gates, fences, nets and court equipment as much as possible. The benches are not to be touched/used.
 - g. Bring all your own equipment, water, personal hand sanitiser (if required). Don't share equipment and don't leave anything behind.
 - h. There is no longer a requirement to only serve with your own balls. If you choose to use shared balls, avoid handling them as much as possible, hit or kick balls (opponents or adjacent courts) back to them and importantly **AVOID TOUCHING YOUR FACE DURING PLAY** and wash your hands/use hand sanitiser as soon as practicable after play.

- i. Change ends at opposite sides of the net. Apply normal court etiquette to avoid interfering with adjacent play.
- j. After play (ensure you finish in time to drag the courts), minimise the number of people using the dragging equipment. An alcohol-gel dispenser is being fitted inside the courts, please use this before and after opening the gate/ using court dragging equipment etc.
- k. No shaking hands or physical contact with other players. If you need to sneeze or cough, do it into a tissue or your upper sleeve. **DON'T TOUCH YOUR FACE AT ANY TIME.** Wash your hands thoroughly as soon as you can afterwards.
- l. **Players are advised to limit their interactions with anyone outside of the group they are attending the venue with (e.g. players on another court or in a different coaching group).**
- m. **Supporters, parents, and other spectators should remain socially distanced whilst attending events. Spectator groups must be restricted to discrete six person gathering limits and spread out, in line with wider government guidance.**
- n. **If someone who has played at your venue develops symptoms of COVID-19, they should be directed to follow the Government's 'test and trace' guidelines, which can be read on the [gov.uk](https://www.gov.uk) website**

The club will do everything possible to keep members safe, whilst enjoying the benefits of playing tennis and the above precautions are introduced with immediate effect. The situation will remain under constant review for any future relaxations or tightening of the lockdown. We hope for a speedy resolution and urge all our members to stay safe during this difficult time

Kind Regards

Alastair Clark
Tennis Chairman
13.07.2020