

Tennis
SCOTLAND



Guidance for Tennis Venues, Coaches & Players in Scotland

COVID-19: RETURN TO RESTRICTED PLAY

Phase 2 – 19 June 2020

Current Exercise Restrictions



TENNIS
FOR BRITAIN

PLAY SAFE GUIDELINES - RETURN TO RESTRICTED PLAY

These guidelines have been developed for Scotland in partnership between the LTA and Tennis Scotland. The guidelines have been produced in line with the Scottish Government guidance on outdoor exercise for Phase 2, [which can be viewed here](#).

These guidelines will become operational from Friday 19 June 2020, following the Scottish Government's confirmation of the route map from lockdown and the First Minister's statement on Thursday 29 May and her subsequent statement on Thursday 18 June on moving to Phase 2.

INTRODUCTION

We know how important it is for people to be active, and the particular role tennis can have in the physical and mental wellbeing of those that play it. By its very nature, tennis is an activity whereby close person to person contact can be avoided.

Based on recent Scottish Government guidance and following the further easing of lockdown restrictions, Tennis Scotland & the LTA has developed a set of practical guidelines to follow so that tennis can be played in Scotland consistent with the new route map moving out of lockdown, where the local environment allows.

These guidelines apply to both tennis and padel, and outline adaptations so that tennis activity can be enjoyed in a way that is in line with Scottish Government advice and helps to prevent the spread of COVID-19. They include measures to limit hand to shared surface contact and minimise unnecessary interactions with others.

We have indicated the key additions and updates to these guidelines with **[NEW]** and **[UPDATED]** on the following pages.

VENUES

Tennis venues across the country are all different and operate in different local contexts. Making an assessment of whether a safe exercise environment can be provided depends on a range of factors, which apply differently at each venue. It is the responsibility of each tennis provider, coach and facility to make that assessment based on their local environment.

COACHES

One on one and small group coaching is permitted if it is outdoors and physical distancing can be maintained.

A coach should not deliver training to more than two other households per session, and no more than two other households in total per day. When participating in coaching, where possible avoid touching surfaces, sharing equipment or touching your mouth and face.

PLAYERS

Players should adhere to the Scottish Government's physical distancing guidelines (staying at least 2m away from others), and practice public health advice for hygiene.

Please be aware that not all courts may be open, as venues will need to make an assessment based on their own individual circumstances as to whether they feel they can facilitate safe play at their venue. Where they chose to remain closed please respect this decision.

Detailed guidelines for players, venues and coaches are provided on the following pages.



GUIDELINES FOR TENNIS PLAYERS

STAY UP TO DATE

- Scottish Government information around physical distancing is available [here](#) and should be read in full
- Be aware guidance can change and restrictions may be reintroduced - ensure you have checked the latest version of the guidelines for tennis players in Scotland on the LTA website and with Tennis Scotland

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

- Where the facility allows, ensure you have booked a court in advance and make payment online
- Play should only take place on outdoor courts, with indoor courts and bubble courts remaining closed
- Use your clubs bookings system, i.e. Clubspark. Alternatively the LTA's online booking platform has courts that can be booked in over 300 parks and clubs nationwide - the site www.lta.org.uk/rally.

EQUIPMENT

- Take hand sanitizer with you
- **[UPDATED]** Use your own equipment where possible. Equipment such as rackets can be shared, but where this happens ensure thorough cleaning before and after use. Players should not share items such as 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 with others
- 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 using public transport
- **[UPDATED]** It is now acceptable to drive within the local area for the purposes of outdoor exercise and recreation (previously, guidance said that people should walk, wheel or cycle, where possible). As a guide, rather than a fixed limit, the advice is 5 miles from your home would be within your local area
- Arrive as close as possible to when you need to be there
- **[UPDATED]** Use alcohol gel after touching any court gates, fences, benches, etc, and avoid doing so where possible
- 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
- Arrive changed and ready to play. Shower at home, and do not use the venue's changing area



- Do not congregate after playing. No extra-curricular or social activity should take place

TENNIS ACTIVITY

- Both singles play and doubles play is permitted with people from outside of your household – however, players from different households should not form a double pair, and so doubles can be played between two household groups or four players from the same household
- For padel, doubles play is also permitted on the same basis, but extra care is advised and it should only be done so where players are confident they can maintain 2 metres apart
- Coached sessions should be limited to groups comprising of no more than three households, including the coach

MAINTAIN PHYSICAL DISTANCING

- Stay at least two metres away from other players (including during play, 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 coached sessions, pay careful attention to the instructions of the coach

EQUIPMENT & FACILITIES

- **[NEW]** Players do not now need to use their own clearly marked tennis balls – however, if you choose to use shared balls then 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
- Avoid using other equipment such as courtside benches, net handles or court sweepers where possible
- When playing padel, try to avoid touching the court walls
- Be aware that onsite toilet facilities will not be open

HYGIENE

- If you need to sneeze or cough, do so into a tissue or upper sleeve
- Avoid touching your face
- **[NEW]** Hand hygiene is imperative - use alcohol gel to clean your hands after touching a shared surface. See [Health Protection Scotland's hand hygiene](#) information for further details

SUPERVISION

- **[UPDATED]** Where attendance of a parent/guardian (non-participant) is required, or a carer for a disabled player, it is permitted and is not counted as part of the group activity, but should be off court and limited to one per player where possible, with physical distancing strictly observed while watching the sessions

GUIDELINES FOR TENNIS VENUES

VENUE MANAGEMENT

- Ensure your club committee oversees and maintains the implementation of measures. Venues are advised to take time to ensure they reopen safely, rather than rushing
- All activity should be consistent with the Scottish Government guidance regarding health, travel, physical distancing and hygiene at all times
- Venues must consider safety first, particularly minimising the risk of infection/transmission. A thorough risk assessment should be undertaken (or updated if one previously done), and appropriate measures put in place to ensure participants, staff and volunteers are protected. A risk assessment template is available from the COVID-19 section of the venue [Resource Library](#) on the LTA website and these should be documented at all venues
- Guidelines will be updated as we progress through the different phases of Scottish Government measures – Tennis Scotland remains in discussions with sportscotland and Government and so we recommend you check the official LTA position at www.lta.org.uk/coronavirus on a regular basis to stay abreast of the latest recommendations
- Any measures venues put in place to enable tennis activity to resume need to be capable of being flexed or changed quickly if tighter movement/physical distancing is reintroduced in future or when the restrictions are further relaxed
- Venues are encouraged to use **sportscotland's** *getting your facility fit for sport* [toolkit](#)

FACILITIES

- Outdoor courts only should be open, with indoor courts and bubble courts remaining closed
- Toilet facilities should remain closed
- **[UPDATED]** First aid kit should be housed outside. Alternatively if the venue manager/operator is in attendance then they are permitted to access the building as the sole person doing so
- Public access indoors is not allowed – clubhouses should remain closed and only be opened to allow court access where court access cannot be delivered without access via the clubhouse
- All social spaces and gyms should remain closed
- **[NEW]** If there is the capacity and resource to be in a position to serve food and drinks, then hot and cold food and drinks may be served for consumption outside, strictly on a takeaway basis only for consumption away from the site. Venues are advised to use contactless or at least card payment, to avoid handling cash
- Ensure nets are maintained at the appropriate height to avoid players having to adjust them, and remove net winders
- If your courts require dragging (e.g. clay) or drying after rain, have a nominated person to do this or make disposable gloves and spray available for players to use
- Remove any other unnecessary equipment / items from courts (e.g. benches)

HEALTH, SAFETY & HYGIENE

- **[NEW]** Please refer to and read thoroughly Health Protection Scotland's [general guidance](#) and [cleaning guidance](#) for non-healthcare settings, as well as advice for [hand hygiene techniques](#)

- Ensure usual access to first aid and emergency equipment is maintained (in some cases this may require limited access to the clubhouse being possible)
- Guidance on delivering first aid during the coronavirus pandemic is available on the [St John Ambulance website](#)
- Make hand sanitizers or wipes available for use at entrance/exit to venue/courts where possible (Hand sanitizer stations can be sourced from the LTA Buying Group - see <https://www.ltabuyinggroup.co.uk> or speak to Tennis Scotland at info@tennisscotland.org for further options.
- Clean all common touchpoint surfaces (gates, door handles, handrails etc) regularly, wearing disposable gloves
- **[NEW]** If someone who has played at your venue develops symptoms of COVID-19, they should be directed to follow the Scottish Government's 'test and protect' guidelines, which can be read on the [nhsinform.scot](https://www.nhs.uk/inform-scot) website

TENNIS ACTIVITY

- **[UPDATED]** Limit activities to court rental (singles, or doubles for pairs from the same household) and small group coaching activity.
- **[UPDATED]** Any coaching activity should comprise of people from no more than three households, including the coach
- No extra-curricular or social activity should take place

COURT ACCESS

- Ensure measures are in place to minimise encounters between people, including in car parks and at entrances
- **[UPDATED]** Court users should be advised to clean their hands with alcohol gel after touching shared surfaces such as gates. Where safe and appropriate, doors and court gates could be left open during playing hours
- Consider different entry and exit routes to the courts/venue where possible, and ensure this is clearly marked
- Consider marking two metre distances at appropriate points, such as the entry gates to courts

EQUIPMENT

- **[UPDATED]** Players are advised to bring their own equipment - however, use of communal rackets can be done subject to thorough cleaning measures between use
- Any coaching equipment used (e.g. cones) should be cleaned and wiped down afterwards

BOOKINGS & PAYMENT

- Operate online booking for courts and sessions where at all possible, or alternatively phone bookings NB Clubspark is free and can be downloaded at <https://www.lta.org.uk/about-us/in-your-area/tennis-scotland/club--venue-management/clubspark/>
- Implement a short buffer period (e.g. 10 minutes) between court/session booking slots to allow time for players to leave before the next players arrive
- Consider staggering the start time of court bookings so that players do not all arrive/leave at the same time
- Take any payments online, and avoid handling cash
- Online bookings can be facilitated through ClubSpark, which is free for all LTA Registered Venues, and via a free online national booking platform - LTA Rally - which makes it easy for players to find, book and pay for courts from

their mobile phone. Email rally@lta.org.uk for more information on how to sign up to ClubSpark or Rally contact info@tennisscotland.org

COMMUNICATION

- Communicate with your members/customers clearly and regularly, making them aware in advance of the measures you are putting in place at your venue, and guidelines they are asked to follow
- Ensure signage on guidelines for playing tennis safely and promoting hygiene measures is clearly displayed (and ensure these remain up to date as restrictions change)
- Posters that can be used to aid communication will be available from the COVID-19 section of the [Resource Library](#)

SUPERVISION

- **[UPDATED]** Where attendance of a parent/guardian (non-participant) is required, or a carer for a disabled player, it is permitted and is not counted as part of the group activity, but should be off court and limited to one per player where possible, with physical distancing strictly observed while watching the sessions

COMPETITIONS **[UPDATED]**

- Some formats of competition will be able to resume before others, for example internal singles box leagues/ladders within the club can be played as long as they adhere to the guidelines in place
- All LTA & Tennis Scotland staged and approved competitions (grade 1 to 6) up to at least Sunday 26 July 2020 have been cancelled
- LTA and Tennis Scotland approved competitions (Grade 6) such as Matchplays and County & District Leagues may be able to resume earlier than 26 July based on Government advice - we will provide an update on these competitions in due course
- Informal match play events can resume, as long as all social guidelines can be adhered to. Numbers should be limited to four per court if doubles format (doubles pairs from same household), or two per court if singles. Waiting between matches should be avoided.

GENERAL

- Who should attend – this will include players, staff, visitors, contractors etc. Numbers of people should be minimised/controlled so that physical distancing can be maintained. People who are symptomatic should self-isolate for 7 days; household members for 14 days as per info on NHS Inform. No one who is self-isolating should attend an outdoor sports facility
- Physical distancing – the 2m rule applies to all these settings. Note that only household members are allowed to exercise within 2 metres in Scotland at present, so physical distancing would not be needed amongst household groups when e.g. playing tennis together. They would need to physically distance from all other people at a facility though. Facilities may need to adapt to encourage physical distancing
- Cleaning, hand and respiratory hygiene are core measures and provision should be made for these. Clear guidance and plans are needed for cleaning of facilities and equipment, and waste disposal. More detail is available in our non-healthcare guidance and we would encourage more detail to be



provided/signposted to on this. <https://www.hps.scot.nhs.uk/web-resources-container/covid-19-guidance-for-non-healthcare-settings/>

- Communication with members/players/staff etc. is important and should be planned for. Players should know what to do before/during/after visits to sports facilities
- Workforce - ensure that relevant workplace guidance is also followed for staff and any existing health and safety advice is maintained and aligned



GUIDELINES FOR TENNIS COACHES

COACHING ACTIVITY

- All activity should be consistent with the government guidance regarding health, travel, physical distancing and hygiene at all times
- Coaches and coaching organisations must consider safety first, particularly minimising the risk of infection/transmission. A thorough risk assessment should be undertaken (or updated if one previously done), and appropriate measures put in place to ensure participants, staff and volunteers are protected - you are advised to liaise with your venue when doing this. A risk assessment template is available from the [COVID-19](#) section of the venue [Resource Library](#) on the LTA website
- Guidelines will be updated as we progress through the different phases of Government measures – Tennis Scotland and the LTA remain in discussions with Holyrood and Westminster Governments respectively and so we recommend you check the official Tennis Scotland / LTA position at www.lta.org.uk/coronavirus on a regular basis to stay abreast of the latest recommendations
- Any measures coaches put in place to enable tennis activity to resume need to be capable of being flexed or changed quickly if tighter movement/physical distancing is reintroduced in the future or when the restrictions are further relaxed

COACHING LIMITS

- **[NEW]** Coached sessions should be limited to groups comprising of no more than three households (including the coach)
- **[NEW]** You should not run activity for more than two other households in a single day

MAINTAINING PHYSICAL DISTANCING

- Physical distancing between players from different households, and between the coach and players should be maintained at all times
- **[NEW]** Coaches should ensure this is emphasised to participants at the start of each session, and that they are clear on how they should maintain physical distancing for each drill before starting it
- **[NEW]** Coaches should encourage players to avoid running down balls within an exercise if it could compromise the 2m rule

EQUIPMENT

- **[NEW]** Coaches do not now need to use new or fresh tennis balls for each lesson
- It is still advised that where possible the coach should be the only person to touch the tennis balls and players use their feet/racket to return them
- **[NEW]** Where new or fresh balls aren't used, and where players need to handle tennis balls (e.g. serving toss, young children who need to self-feed using their hands) then extra care must be taken to ensure the coach and players do not touch your faces during play, and you should all clean your hands before, during and immediately after finishing the session (use alcohol gel if required)



- **[UPDATED]** Players should bring their own equipment where possible – it is advised not to allow racket sharing but use of communal rackets can be done subject to thorough cleaning processes between uses
- Any coaching equipment used (e.g. cones) should be cleaned and wiped down afterwards
- Ensure all equipment is removed from the court at the end of the session

HEALTH, SAFETY & HYGIENE

- Ensure usual access to first aid and emergency equipment is maintained (in some cases this may require limited access to the clubhouse being arranged)
- Guidance on delivering first aid during the coronavirus pandemic is available on the [St John Ambulance website](#)
- **[NEW]** Hand hygiene is imperative - use alcohol gel to clean your hands after touching a shared surface. See [Health Protection Scotland's hand hygiene](#) information for further details
- If you need to sneeze or cough, do so into a tissue or upper sleeve
- Avoid touching your face
- **[NEW]** If a player you have coached develops symptoms of COVID-19, they should be directed to follow the Scottish Government's 'test and protect' guidelines, which can be read on the [nhsinform.scot](#) website

BOOKINGS & PAYMENT

- Operate online booking for coaching sessions where at all possible, or alternatively phone bookings
- Implement a short buffer period (e.g. 10 minutes) between session booking slots or finish sessions slightly early to allow time for players to leave before the next players arrive
- Take any payments online, and avoid handling cash

COACHING YOUNG CHILDREN

- The same guidance applies for coaching children as for adults, with group sessions of no more than four (plus one coach)
- **[UPDATED]** Red court guidance: The same guidance applies for coaching 'red stage' children as for adults, with a maximum of three households involved (including the coach). A maximum of two mini red courts should be set up per full sized adult court.
- Adequate space and care should be provided around these smaller courts to maintain physical distancing - consider using a safe barrier between courts (e.g. barrier tape). If there are additional mini red sessions being run by other coaches at the same time these should take place on separate adult courts.
- **[NEW]** If you feel your youngest groups would be unable to reasonably maintain physical distancing, consider not re-commencing those sessions until restrictions are further lifted and prioritising sessions with older children first
- **[UPDATED]** Guardian (non-participant) or carer attendance is permitted and is not counted as part of the group activity, but should be off court and limited to one per child where possible, with physical distancing strictly observed while watching the session

COMMUNICATION & VENUE LIAISON

- Coaches should liaise with the venue to ensure an agreed approach to activity that is feasible to deliver safely, and explore how coaches can be supported to deliver sessions
- Communicate with your customers clearly and regularly, making them aware in advance of the measures you are putting in place for your sessions, and guidelines they should follow when attending