

# CROMARTY TENNIS & SPORTS CLUB

## **Please follow these instructions to keep us all safe.**

- Play is now open to members and guests.
- Under 16s must be accompanied by an adult.
- Following government advice, singles and doubles are permitted, as long as players from different households adhere to physical distancing, staying at least 2m from others.
- You **must book**, using our SKEDDA booking system <https://cromtasc.skedda.com/booking>.
- Access to courts is with your key (guests can collect one at Post Office).
- Wash your hands for 20 seconds before leaving the house, and sanitise them before you open the gate. There will be sanitiser at the gate for hands & rackets before playing & on leaving, but bring some too in case.
- A basic first aid kit will be available in the container, signposted.
- Do not touch the net, it will be set at the correct height.
- Members outwith family groups must always follow the social distancing guidance. No physical contact e.g. handshaking
- No switching of ends.
- Only handle your own racket and marked tennis balls (so please mark all your balls) . The ball machine and tennis balls are STRICTLY out of bounds.
- Members are requested to finish play approximately 5 minutes before the end of their booking, and commence play 5 minutes after the start. This is to allow time for players to leave safely before others arrive.
- If anyone is waiting, allow for appropriate social distancing.
- No socialising. Leave the premises promptly at the end of your session.
- Ensure you take all your belongings with you at the end of the session and do not leave anything on court
- IMPORTANT: Do not leave your home to play tennis if Scottish 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. It is essential that these conditions are adhered to.

**Members play at their own risk. ~ Thank you for your co-operation.**

More information from Tennis Scotland can be found at

<https://bit.ly/backtotennisScot> Our web site: <http://www.cromartytennisclub.co.uk>