

CROMARTY TENNIS & SPORTS CLUB

Following the Scottish Government's advice, we're glad to be able to open our court again, **but you must follow these instructions to keep us all safe.**

- Access is **strictly** for members only.
- Under 16s must be accompanied by an adult.
- Following government advice, singles only, unless in a **family** group or 4 with 2 partners from the same household, then doubles is permitted.
- You must book, using our SKEDDA booking system <https://cromtasc.skedda.com/booking>.
- Access to the courts will be with your key as usual.
- 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 2m social distancing guidance. **No physical contact** eg: handshaking
- No switching of ends.
- Only handle your own **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 in these early stages of returning to club activity.

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>