



COVID-19 “PLAY SAFE GUIDELINES”: RETURN TO RESTRICTED PLAY

The T&RA has reviewed the Government guidance issued on 09.07.20. These Play Safe Guidelines are to help clubs and players return to play in a compliant way as soon as possible.

These Play Safe Guidelines should be read in conjunction with previous guidance issued by the [T&RA](#), information published by [Sport England](#), and the [Government's advice](#).

The initial focus during this phase should be on facilitating social play and practice. Competitive play should only be allowed where it complies with these guidelines.

All T&RA approved competitions up to at least 26.08.20 have been cancelled. The T&RA will issue further guidance on competitive play in due course.

BEFORE & AFTER PLAY

STAY INFORMED

- Familiarise yourself with the advice referred to above.
- Clubs should nominate a Covid Compliance Officer. Primary duties are to review the relevant guidance, conduct regular formal risk assessments for their club, communicate with their club's Board and its members, ensure compliance, and monitor and report on any instances of infection. This person should also be responsible for implementing and monitoring track and trace procedures at their club.
- Do not go to a court if you or anyone in your household has any symptoms compatible with Covid 19. Let your club's Covid 19 officer know if you or anyone in your household is showing symptoms.
- Check the latest version of the T&RA's guidelines on the T&RA website.

BEFORE LEAVING HOME & AFTER YOU RETURN

- Wash your hands thoroughly for at least 20 seconds, using soap and water or antibacterial hand wash.
- Make court bookings and payments online or via telephone. The [T&RA's online booking platform](#) is available in many of the clubs nationwide.

EQUIPMENT AND FACILITIES

- Airflow in and around the court is important to reduce airborne infection, and doors should be left open as much as possible. Doors in use should have their handles cleaned regularly with antibacterial wipes.
- If possible, nominate specific entry and exit points to the club.
- At either the start or end of each day, the court's reachable surfaces should be disinfected. Particular attention should be paid to those surfaces with which players are likely to come into actual physical contact or very close contact (including the floor).
- Use a defined set of balls that are clearly marked. Rotate ball sets frequently, daily if possible.
- Carry your own hand sanitizer, and use before and after going on court.
- Do not share any equipment.
- Wipe down your equipment before and after use.



- Ensure you take all your belongings with you at the end of the session. During play, leave your belonging in a bag or in a place designated by the club.
- Wear a glove on your non-playing hand.
- Wear safety glasses to minimise risk of injury and minimise the risk of touching of the eyes.
- Be aware that toilet facilities may not be open.

TRAVELLING TO AND FROM THE COURT

- Avoid using public transport as much as possible.
- Arrive as close as possible to when you need to be at the court.
- Arrive changed and ready to play. Shower at home, and do not use the venue's changing facilities.
- Do not congregate after playing. No social activity should take place.

SECTION 2: DURING PLAY

COURT LIMITS

- Maximum of two people per court.
- The only exception to the above is where pairs of players are all from the same household in which case they can play doubles. This permits two families to play against each other, subject to maintaining other social distancing measures.
- Coached sessions should be limited to one to one coaching activity only with the professionals on the other side of the net from the player.
- As good ventilation will help to prevent infection, we recommend that:
 - 1) Court sessions are restricted to a maximum of one hour and
 - 2) Courts are scheduled to be left empty between bookings, to reduce the risk of airborne infection. We recommend a gap of at least 15 minutes between courts. We understand the potential impacts on revenue and the potential for confusing players who are used to specific timings. Given the importance of good ventilation in reducing infection, we encourage clubs to consider the benefits.
 - 3) If the court has fans or windows for ventilation, utilise as much as possible.

MAINTAIN SOCIAL DISTANCING

- Stay at least two metres away from other players at all times.
- Do not make physical contact with other players.
- Clubs should keep a stock of PPE (at a minimum face masks and disposable gloves) as part of their first aid equipment. This is in case physical contact is necessary, e.g. in case of injury.
- Clubs should implement a protocol for changing ends, e.g. the server should wait at the centre of the net until the server-to-be reaches last gallery; or one player can pass under the net by the main wall.

HYGIENE

- If you need to sneeze or cough, do so into a tissue or upper sleeve.
- Avoid touching your face.
- Avoid using your uncovered hands to pick up balls - use your racquet or a gloved hand as much as possible.
- Avoid touching the court walls and other surfaces.