

## COVID-19 PLAYING RULES AND REGULATIONS

All players using the Northleach tennis courts must abide by these rules and regulations.

- Do not visit the courts if you have any covid-19 symptoms - a high temperature, a new continuous cough, a loss or change to sense of taste or smell.
- Do not visit the courts if you are required to self-isolate.
- You must book in advance online via the club website <https://www.northleachtennisclub.org.uk/>.
- Before leaving home and on return, wash your hands with soap and water for 20 seconds, or use an alcohol gel sanitiser.
- Bring your own sanitiser with you and use regularly.
- Bring the minimum amount of your own equipment with you, and only share if the equipment is thoroughly cleaned before and after use.
- Do not share food or drink.
- Ensure you take all your belongings with you when you leave, and do not leave anything on court.
- Please leave at your allotted time so that the court is empty for the next players. Of course, if there are no players to come on you may continue to use the courts. Common sense rules should apply.
- Avoid touching court gates, fences, net posts, etc., as much as you can.
- Please note that “the rule of six” or “two households” applies.
- Maintain social distancing wherever possible, avoid changing ends or change ends at opposite ends of the nets.
- No handshakes or high fives.
- If the other court is in use, please avoid chasing down balls; ask others to hit them back to you instead.
- Return balls to another court by kicking or hitting them back. Avoid picking them up.