



## **STANMORE JAFFERYS LADIES COVID-19 GUIDANCE - TENNIS**

**In addition to the general Covid-19 guidelines set out in preceding pages, please see further guidelines to be implemented at all Stanmore Jafferys Ladies Tennis:**

- Please bring your own clearly marked water bottle and hand sanitiser
- To keep everyone safe, we will be using social distancing when warming up and cooling down and during breaks in play keeping 2m between each person and minimising personal contact.
- Please sanitise your hands regularly throughout the session. You may wish to wear a face mask and gloves but this is not compulsory.
- No bodily contact, including team huddles, handshakes, high fives and celebrations
- Avoid shouting
- Players must only use their own racket at all times. Please do not share rackets
- It is permissible to play doubles with members of other households. You must, however, remain in groups of 6. These groups will be allocated prior to the session and should not change throughout the session. You cannot play with or against participants not in your group
- You cannot play in a different group of 6 in another session on the same day
- The sharing of balls is permitted. Separate balls will be allocated to each designated group. Players must avoid using their hands to pick up balls from other courts where possible - use your racket to return them. Clean and wipe down your equipment before and after use
- Only handle balls allocated to your group
- Avoid touching nets and posts. Where this occurs, please wipe down and sanitise the area