



COVID-19 UPDATE

Following the Scottish Government announcement on 9th August 2021 guidelines for FTC are as follows. Courts at FTC are open along with the clubhouse.

It is extremely important that we all follow these rules in order to keep all our members safe at this time and support FTC to stay open.

Also note that you should 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.

Play Safe Rules

BOOKING

Members who want to play **must** book a court through Clubspark. Participants **MUST** be input at the time of booking, failure to do so will lead to the court being cancelled.

ARRIVAL AND DEPARTURE

- Wash your hands with soap before you leave the house.
- Please **do not** arrive before your start time. Arrive **5 mins after and vacate the court 5 minutes before** the end of your session.
- Use the green keypad operated gate only to access the courts.
- Bring your own hand sanitiser with you and sanitise your hands after entering the gate, before and after play. (in addition, FTC will supply a bottle of hand sanitiser and wipes)
- Nets are set to the correct height.
- Avoid touching court gates, nets and posts, fences, benches, etc. if you can.
- Bring all your own equipment, none will be available at the club (other than at junior coaching) and take it on to court with you.
- Continue to bring your own drink and take all rubbish home with you.
- Allow others to leave before you enter the court - if you need to wait then do so away from the courts and clear of the gates.
- Ensure you leave the court before the end of your allotted time so that it is empty for the next players. Please don't stay after your booking time, unless you book again and play on the court you have booked. This is a mandatory requirement to have a record of times the courts are used.
- Do not leave anything on the courts.
- Face masks **MUST** be worn in the clubhouse.
- To comply with test and protect mandatory requirements, the Club are running all activities through the Clubspark system. Please book in to any session using this facility. Players cannot just turn up to play.
- Individuals are responsible for adhering to the current government travel guidelines.

MAINTAIN SOCIAL DISTANCING

Please be mindful of others who may be nervous as we return to more normal life and try to maintain your distance. Whilst the requirement for social distancing is no longer required it is advised that you continue to socially distance.

Continue to meet outdoors as much as possible. If inside ensure that it is well ventilated and masks are worn.

BALLS

- continue to bring your own balls which should be clearly marked. If you choose to share balls then extra care must be taken to ensure you do not touch your face during play, and you should clean your hands before play and immediately after finishing (use hand gel if required)
- Avoid using your hands to pick up tennis balls that aren't yours - use your racquet/foot to hit/kick them to your opponent or return them to another court.

The clubhouse is open and face masks are mandatory. Please wipe down any surfaces you touch with the wipes provided and use hand sanitiser. Antibacterial spray, wipes and hand gel have been placed in all toilets, the kitchen and by the front door.

First aid equipment will be available in a box near the doors.

If you need to sneeze or cough do so into a tissue or upper sleeve. Dispose of tissue immediately.

Avoid touching your face.

Any player developing covid symptoms should follow the Scottish Government 'test and protect' guidelines, which can be read on the [nhsinform.scot](https://www.nhs.uk/infocentre/sections/covid-19) website.

The requirement for good hand hygiene is now more important than ever as we move forward.

Please use the hand gel provided and also the wipes to wipe down any touched surface.

Please support the club to open by following these rules.