

TENNIS CHESTERFIELD - GUIDELINES FOR TENNIS COACHES & PLAYERS

COACHING ACTIVITY

All activity should be consistent with the government guidance regarding health, travel, social distancing and hygiene at all times

A thorough risk assessment has been completed and available to view on request.

Any measures coaches put in place to enable tennis activity to resume need to be capable of being flexible or changed quickly if tighter movement/social distancing is reintroduced in the future or when the restrictions are further relaxed.

COURT LIMITS

All sessions will take place outdoors on the tarmac courts.

Coaching is limited to 1 to 1 lessons.

Guardian (non-participant) attendance should be limited to one per child where possible, with social distancing strictly observed while watching the session

MAINTAINING SOCIAL DISTANCING

Coaches will position themselves on the other side of net, and maintain social distancing from the player at all times

Adaptations to drills and how coaches' feedback and give instruction will be introduced to ensure social distancing guidelines can be safely adhered to.

EQUIPMENT

Coaches will use tennis balls which have been left for 72 hours after each lesson and only handled directly by the coach.

Balls will be restricted to 10 per lesson.

Sessions will be based around 'live ball' exercises over basket feeding.

Players should bring their own equipment – NO racket sharing or use of communal rackets.

Use of coaching equipment (e.g. cones) will be limited, with any equipment used cleaned and wiped down afterwards.

All equipment will be removed from the court at the end of each session.

HEALTH, SAFETY & HYGIENE

There is still access to first aid and defibrillator via the reception desk.

Access to the toilets is still available for washing of hands.

Hand sensitization is available at the club.

BOOKINGS & PAYMENT

All lessons and courts must be pre booked.

All payments should take place via bank transfer.

Lessons are 55 minutes to allow players and coaches to safely leave the court.

PLAYERS

In order to have a 1 to 1 tennis lesson you must either be a Chesterfield Lawn Tennis Club member or pay £5.00 visitor fee.

We ask that players arrive no more than 10 minutes prior to the lesson.

Please report to reception desk and use distance markers to wait outside the court.

Coaches will meet all players on the designated court.

If you wish to serve during the lesson the player must provide marked balls to use for service practice.

Should you have any queries about the above please call Charlie Pick on 07787419407 or email Charlie@tennischesterfield.co.uk