

Coronavirus - Lesson Rules – 01/08/20

- 1) **Adults must arrive to lessons on their own**, i.e. no family members coming to watch.
- 2) **Children must arrive with only 1 parent.**
- 3) **Please pay in advance of the lessons** via our www.live4tennis.co.uk or bank transfer (Sort code: 60-83-71, Account number: 66207922).
- 4) **Please maintain social distance**, keep 2 metres apart from anyone you see.
- 5) **Please wash you hands before leaving and as soon as you return home.** Hand sanitizer will be available if you forget.
- 6) **No-one should leave home to participate in tennis if they, or someone they live with, has symptoms of COVID -19**, currently recognised as any of:
 - A) a high temperature,
 - B) a new, continuous cough,
 - C) a loss of, or change to, their sense of smell or taste.Should an individual have demonstrated any such symptoms, they must follow NHS advice available at this link <https://www.nhs.uk/conditions/coronavirus-covid-19/symptoms/>
- 7) During the lesson please try and :
 - A. **use your own racket**, borrowing a racket from the coach is allowed but we advise you have your own. Buy a racket at our shop on www.live4tennis.co.uk .
 - B. **not touch your face.**
 - C. If you need to **sneeze or cough, do so into a tissue or upper sleeve.**
- 8) Players are advised to **limit their interactions with anyone outside of the group they are attending** (e.g. players on another court or in a different coaching group)
- 9) LTA guidelines available at www.lta.org.uk/coronavirus

Please note some aspects of the lesson will have to be adapted to keep social distancing, including drills & exercises and the way feedback is given.

Sponsors



Partners

