



CLTC Guidelines for Players from 23rd July 2020

Always follow the HSE and Government Guidelines of

- **Good Hand Hygiene**
- **Respiratory Etiquette**
- **Social Distancing**

Before you Attend the Club

You must stay at home if you:

- Have been in contact with someone with COVID-19 in the last 14 days.
- Have been overseas or exposed to someone with COVID-19 in the last 14 days.
- Have flu-like symptoms.
- Are in a high-risk health category, check with your GP prior to attending.
- Are not able to comply with CLTC's following guidelines for Attending the Club, Social Distancing and Behaviours.

Attending the Club

- Only paid up 2020 members can use the courts or those that have contacted the club regarding their 2020 subscription.
- One parent/guardian should accompany their junior(s) (Under 14s) to and from the club and that guardian should remain behind the court to supervise the juniors for the duration of their game. The parent / guardian remaining should adhere to the 2m socially distancing and are asked not to bring any other children with them.
- Singles and Doubles is permitted.
- Players must sign in the **Daily Court Booking Sheet** and the **Daily Log of Attendees/Contact Tracing Sheet**.
No player should go directly to a court without their name being recorded on the above sheets.
- Court bookings are limited to 1 hour and members are asked to respect that and allow the next members to occupy the court at their allocated time.
- There is access to floodlights.
- For Phase 3 and beyond, courts will be open from:
 - Monday to Friday from 08:30 to 22:00 (last players booked on to a court at 22:00 with lights out at 23:00). The Clubhouse will be locked at 22:00.
 - Saturday and Sunday from 09:00 to 21:00 (last players booked on to a court at 21:00 with lights out at 22:00). The Clubhouse locked at 21:00.
- The Clubhouse Lobby, Toilets Changing Rooms and Showers are open.
- The Main Bar and Kitchen Areas are open to Senior Members only from 09:30 to 12:00 Monday to Friday and members are kindly asked to clean up after themselves. A full clean will then be conducted of these areas by contract cleaners at 12:00 and these areas will be closed for the remainder of the day.
- No access to The 1887, Gym, Exercise or Junior Rooms as yet.
- **Access to the Clubhouse will be operated by a One-Way system – IN through Main Door and OUT via Court Side Door.**
- There will be a Waiting Area reserved behind Court 4 with parking blocked off.
- Limit the equipment you bring – just a racquet, balls, a drink, sanitizing wipes. Note there is no access to the Vending Machine to purchase tennis balls. A limited stock of Tretorn tennis balls will be available to purchase from the Office by credit card, during Office Hours.
JC Tennis is open daily for tennis supplies – www.ictennis.ie.

- On arrival at the Club, one player should check in and will need Membership Nos. and Names of all members playing in their organized game.
Fyi - Your CLTC Membership No. is displayed on your Smart Membership Card.
Other players should wait in their cars or social distance. If there is a delay on courts, players should wait in their cars or maintain a 2m distance until their allocated time (the parking area directly behind Court 4 will be a designated no parking area).
- The one designated member should complete the following sheets:
 - **Daily Court Booking Sheet**
Review and select the next available court. Enter the name of the one player that is checking in and the time going on court on this sheet.
 - **Daily Log of Attendees Sheet / Contact Tracing Sheet**
Enter the names of ALL players, court number, court on time and CLTC membership numbers (which are displayed on your Smart Membership Card) or mobile numbers.
Guardians accompanying juniors should also record their names and mobile nos.
- At your allocated time, proceed to the court.
- Note there will be a One-Way system in place around the grounds for accessing courts:
 - Courts 1 & 2 can enter and exit via their court gate.
 - Courts 3 & 4 can enter and exit via their gate.
 - Note when leaving the Check-In area, there will be a One-Way system in Operation, so you will need to go left towards Court 4.

 - To access Courts 5 to 11, there will be a One-Way system.
 - ENTER by walking up from the car park to the side of Court 4 and
 - EXIT by walking by the side of Court 1.
 - Courts 10 & 11 accessed via the gate at Court 7.
- Hand sanitizers will be at every entrance gate to the courts and must be used prior to and after playing.
- If your allocated court is vacant enter the court.
Otherwise wait for the previous players to vacate.
- Note the Court Gates will be tied open.
- Players are asked to vacate the club directly after their game and not to hang around the car park or grounds.
- If players witness poor practice, they should have a polite word with the member
Any repeated or obvious disregard for protocols should be reported to the Club
Covid19 Officer – manager@clontarfltc.com

Social Distancing and Behaviours

To protect against infection:

- Players must refrain from handshakes and high fives.
- Maintain a 2m distance from other people at all times.
- Do not share food, towels and drinks.
- **Hands should be washed and sanitized before coming to the club, use hand-sanitizers while in the club grounds and wash your hands when you arrive home.**
- Cover your coughs and sneezes and dispose of any used tissue in your own bag and bring it home with you.
- Avoid touching your face.
- Try not to touch any surfaces, but if you do touch any on court equipment such as net, net handle you must clean these before you leave using disinfectant wipes.
- Change ends at opposite sides of the net.
- Use your racquet / foot to pick up balls and hit them to your opponent. Avoid using your hands to pick up the balls.
- If a ball from another court comes across, send it back with a kick or with a racquet.
- If a player becomes unwell after playing, they should first contact their GP/HSE and then inform the Club Covid19 Officer – manager@clontarfltc.com
The club will then follow advice provided to them by the HSE on the next steps.
- Members should be encouraged to remind other members, in a gentle way, when they witness poor practices. Repeated poor practice should be reported to the Club Covid19 Officer as soon as possible: manager@clontarfltc.com
- Once play has finished players are kindly asked to leave the club promptly.

Thank You for Your Co-Operation
on behalf of
Clontarf Lawn Tennis Executive and COVID19 Committees