

Play Safe Guidance for Players

RETURN TO RESTRICTED PLAY

These guidelines apply to England only and from Monday 1 June 2020. They have been produced in line with the Government announcement on Thursday 28 May on the easing of lockdown restrictions – further amendments may be made once the updated Government guidance on [gatherings, public spaces, and outdoor activities](#) and the [phased return of outdoor sport and recreation](#) has been published on the Gov.uk website.

These guidelines are for non-professional players. Separate guidelines are in place for elite tennis, which is subject to specific and additional protocols.

INTRODUCTION

We know how important it is for people to be active, and the particular role tennis can have in the physical and mental wellbeing of those that play it. By its very nature, tennis is an activity whereby close person to person contact can be avoided, with the Government saying tennis is a good example of an activity that can be undertaken in a way compliant with social distancing restrictions.

Based on the Government's adjustment of lockdown restrictions, the LTA has developed a set of practical guidelines to follow so that tennis can be played in England during lockdown, where the local environment allows.

We have indicated the key additions and updates to these guidelines with **[NEW]** and **[UPDATED]** on the following pages.

These guidelines outline adaptations so that tennis activity can be enjoyed in a way that is in line with Government advice and helps to prevent the spread of COVID-19. They include measures to limit hand to shared surface contact and minimise unnecessary interactions with others.

At all times, players should adhere to the Government's social distancing guidelines (staying at least 2m away from others), and practice public health advice for hygiene.

Given the length of time tennis activity has been suspended, it is advised that anyone returning to court eases themselves back in to play gently.

We hope you enjoy getting back on court!

IMPORTANT: Do not leave your home to play tennis if Government advice means you should stay at home because you or someone you live with has or has had symptoms of COVID-19, or you are in the most vulnerable category and have been advised to shield from the coronavirus.

SECTION 1: BEFORE & AFTER PLAY

STAY UP TO DATE

- Government information around social distancing is available at www.gov.uk and should be read in full
- Be aware guidance can change and restrictions may be reintroduced – ensure you have checked the latest version of the LTA's guidelines for tennis players on the LTA web site.

BEFORE LEAVING HOME & AFTER YOU RETURN

- Wash your hands with soap and water for at least 20 seconds before leaving home to go to the court (or use an alcohol gel if washing hands is not possible).
- There is an external tap and soap dispenser near the bar-b-q

COURT BOOKINGS

- Ensure you have BOOKED a court in advance.

EQUIPMENT

- Take hand sanitizer/wipes and/or disposable gloves with you. If you touch it wipe it!
- **[UPDATED]** Use your own equipment where possible. Equipment such as rackets can be shared, but where this happens ensure thorough cleaning before and after use. Players should not share items such as towels.
- Take all your own equipment (do not share equipment such as rackets, grips, hats and towels)
- Only take a minimum amount of equipment with you that you need to play
- Clean and wipe down your equipment, including rackets and water bottles before and after use
- Bring a full water bottle, and do not share food and drink with others
- Bring your own tennis balls that are clearly marked (e.g. with your initials)
- Ensure you take all your belongings with you at the end of the session and do not leave anything on court

TRAVELLING TO AND FROM THE COURT

- Avoid using public transport
- Arrive as close as possible to when you need to be there
- **[UPDATED]** Use alcohol gel after touching any court gates, fences, benches, etc, and avoid doing so where possible

- 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
- Arrive changed and ready to play.
- Do not congregate after playing. No extra-curricular or social activity should take place

SECTION 2: DURING PLAY

TENNIS ACTIVITY [NEW]

- Both singles play and doubles play is now permitted with people from outside of your household, as long as you remain 2 metres apart as far as possible – meaning that four people from different households can now play doubles
- Coached sessions should be limited to groups of no more than 6 people, including the coach(es)

MAINTAIN SOCIAL DISTANCING

Other than where players are from the same household:

- Stay at least 2m away from other players at all times (including during play, when taking breaks and before and after play)
- Do not make physical contact with other players (such as shaking hands or high five)
- Avoid chasing the ball down to another court if other players are using it

HYGIENE

- [NEW] Hand hygiene is imperative - use alcohol gel to clean your hands after touching a shared surface
- If you need to sneeze or cough, do so into a tissue or upper sleeve
- Avoid touching your face

EQUIPMENT & FACILITIES

- [NEW] Players do not now need to use their own clearly marked tennis balls – however, if you choose to use shared 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 alcohol gel if required)

- Players should still avoid using your hands to pick up tennis balls that aren't yours – use your racket/foot to hit/kick them to your opponent or return them to another court
- Avoid using other equipment such as courtside benches, net handles where possible
- When the toilet facilities are open players are advised to take particular care when using them and clean hands thoroughly after use.

SUPERVISION

- **[NEW]** Where attendance of a parent/guardian (non-participant) is required, or a carer for a disabled player, it is permitted and is not counted as part of the maximum group size of six, but should be off court and limited to one per player where possible, with social distancing strictly observed while watching the sessions

COMPETITIONS [UPDATED]

- Some formats of competition will be able to resume before others, and local Tennis Leagues and singles box leagues/ladders can be played from 13 May as long as they adhere to the guidelines in place
- All LTA staged and LTA approved competitions (grade 1 to 6) up to at least Sunday 26 July 2020 have been cancelled
- ■ LTA approved competitions (Grade 6) such as Matchplays and County & District Leagues may be able to resume earlier than 26 July based on Government advice - we will provide an update on these competitions in due course