

Naas LTC Members “A to Z” Guidelines to “Return to Play” during Level 5 of COVID-19 Restrictions

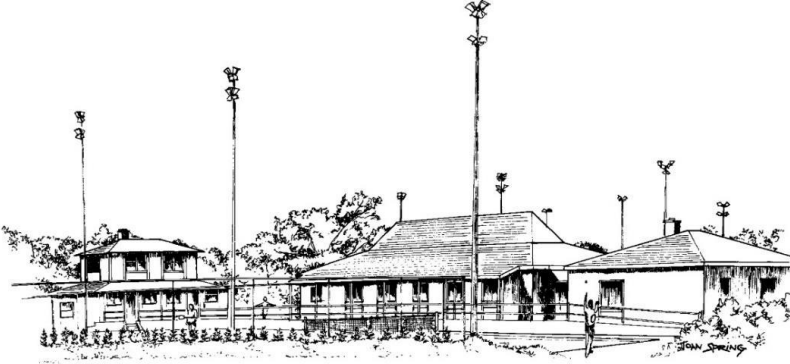


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Introduction

This document is to help Naas LTC members understand the requirements and restrictions of the “Return to Play” in our club aligned with the Government and Tennis Ireland’s guidelines. It has been written with topics ordered from A to Z for ease of reference and is subject to change.

PLEASE NOTE THE FOLLOWING:

As per Government & Tennis Ireland guidelines

You must NOT book a court or come to the club if you:

- Have been around someone with symptoms of COVID-19 in the last 10 days
- Have been out of the country in the last 10 days
- Are in a period of self-isolation and/ or quarantining under current Health Policy Rules
- Display any COVID-19 symptoms
- Live outside County Kildare and more than 20km from the club.

Note 1: The booking of a court will be taken as confirmation that the member has read and agreed to the protocols contained in this document, and Tennis Ireland/Government regulations regarding the playing of tennis at this time

Note 2: Any breach of the Naas LTC guidelines outlined in this document will result in access to the club being removed from the individual who does not respect the guidelines.

Note 3: Members must comply with current travel restrictions.

Access

The gates are in place on all courts, Players should use hand sanitiser upon entering and leaving the court and where possible do not touch the gates as it is an additional touch point.

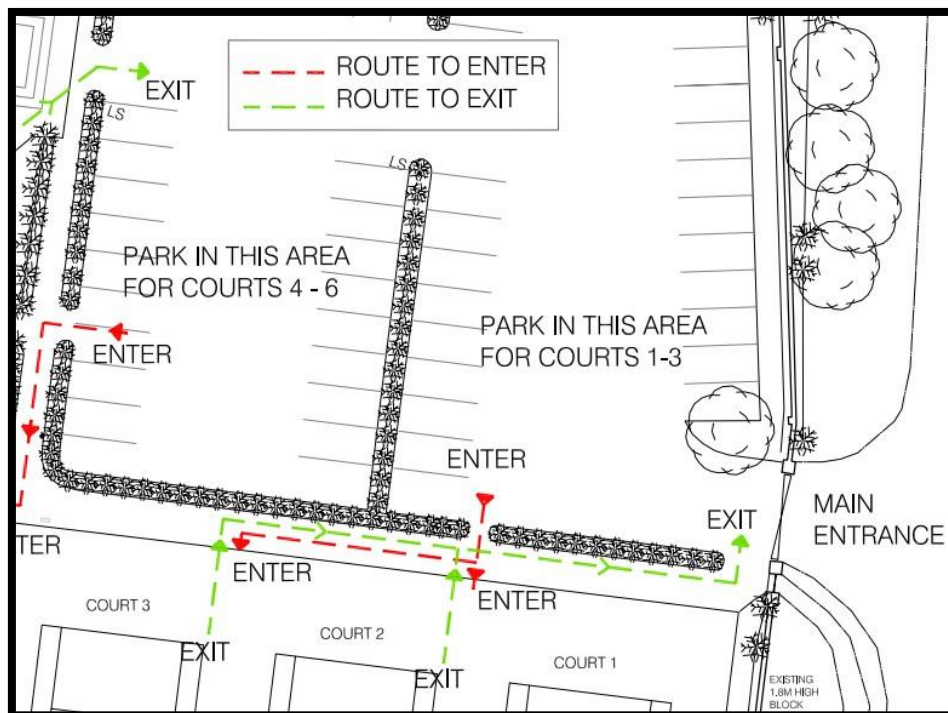
It is not permitted to arrive at the club in the hope that a court is free. Members must not come to the club grounds unless they are booked to play on ClubManager at the time of their arrival.

Players should arrive at the earliest 5 minutes before booking and leave immediately after - socialising must be kept to a minimum in the carpark and physical distancing to be adhered to at all times.

Players are required to travel to the club alone unless in the case that a household member or members is/are with them.

Access & departure to the courts is as follows – please maintain 2m social distancing at all times.

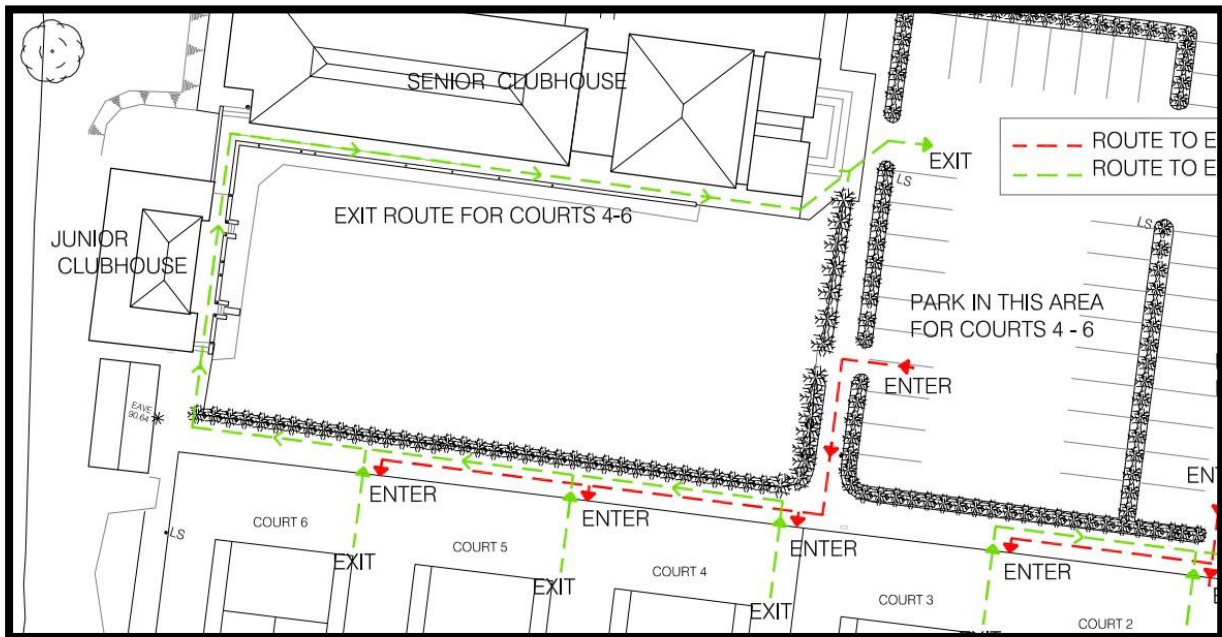
Courts 1–3



Arrival: access the walkway through hedge between courts 1 & 2 and proceed to your court via closest gate.

Once finished: leave via gate closest to you and turn right to enter carpark at end of hedge at Court 1.

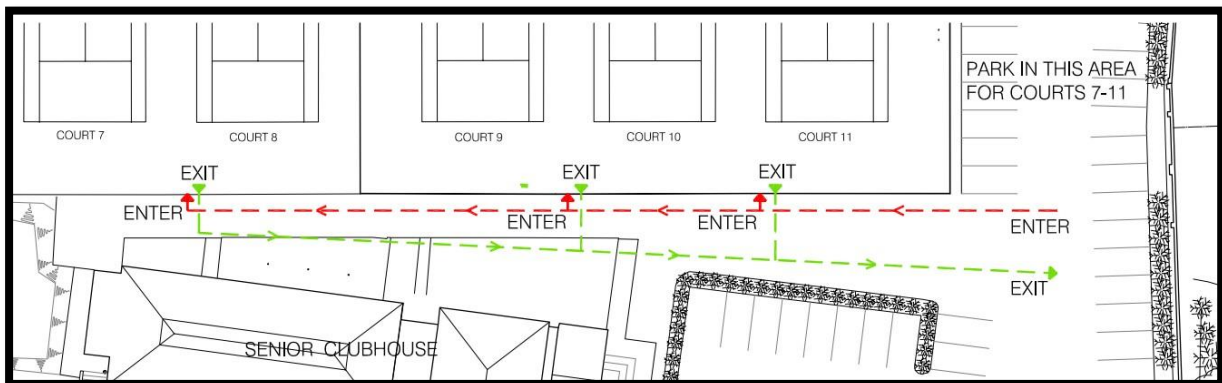
Courts 4 – 6



Arrival: park in area marked on map, and access courts via gap in hedge 2 and proceed to your court via closest gate.

Once finished: leave via gate closest to you and turn left towards Junior Clubhouse and follow route around in front of Senior Clubhouse and exit to carpark.

Courts 7 – 11



Arrival: park in area marked on map, and access courts walkway behind the courts and proceed to your court via closest gate.

Once finished: leave via gate closest to you and turn left towards carpark maintaining 2m social distancing at all times.

Bins

All bins on courts have been removed during Level 5 Restrictions and members are required to remove all belongings, balls, and rubbish with them upon leaving the club.

Clay Courts

After play, the clay courts will still need to be maintained. The following is in place and required:

- Sanitising spray is available at the two entrances to the courts
- The start and end time is still strictly in place and court maintenance must be factored into your play time
- Please sweep all courts and brush all lines after use. This will be closely monitored.
- Sanitising spray is available beside the drag mats and the brushes. Please put the mats and brushes BACK TO THEIR CORRECT hangars. Please spray the handles before and after use.
- Allocated half hour slots are being reserved for clay court watering (08:30, 12:30, 15:30 and 18.30). However, if the caretaker or any designated person at any time approaches the courts to water them, you must immediately vacate and members are encouraged to wait in the car park. The normal end time to your booking remains.

Clubhouse

- Masks must be worn before entering the clubhouse
- There is access to the toilets on a one in/ one out basis.
- There is no access to changing rooms.
- The tap outside the kitchen will be available for use.
- In the event of an emergency the first aid box and the defibrillator are in the foyer in the clubhouse.

Club Opening

- The gates of the club will open at 9.00 each morning and not before. There is NO PLAY allowed before 09:00. The club will close for play at 23.00 with gates closed at 23.05 to allow members to leave the carpark.
- There are no early arrivals or late departures permitted in any case.
- No parking or waiting is permitted outside of the club grounds – please respect our neighbours.

Coaching (Adult)

- Coaches can use only one court per session
- Coaches can work with two adults from two households provided they are on opposite sides of the net
- Coaches can work with up to four adults with two adults on each side of the net provided each pair are from the same household
- Normal playing and social distancing rules apply (i.e. keep a space of 2 metres (6.5 feet) between you and other people)

Coaching (Junior)

- Coaches can work with up to six players (under 18 years of age) per court subject to social distancing measures being implemented.
- Coaching bookings **MUST BE DONE** by the person being coached. Be sure when booking a court for coaching you mark the court as “coaching” and the dropdown list will give you the coaches names. Students should avoid touching the coaches’ tennis balls.
- Normal playing and social distancing rules apply (i.e. keep a space of 2 metres (6.5 feet) between you and other people)

Competitions / Ladders

- The club will not be able to arrange any internal competitions during the current restrictions. However, see note below on Ladder.
- It is permitted to take part in matches on the singles ladder during the current restrictions

Court Bookings - ClubManager

Only paid up members will have access to ClubManager.

Members are required to book all players onto each online booking as per Tennis Ireland requirements should contact tracing be required. If members are in breach of this, access to ClubManager will be denied for the remaining period of the restrictions.

It is not permitted to arrive to the club in the hope that a court is free. The only reason that any member may arrive to the club is for a booked court.

Members abusing the booking system in any manner will be removed from the booking system for the period of the restrictions.

If you cannot play, please **CANCEL YOUR COURT BOOKING** as early as possible so that the court will be available for other members.

If court availability becomes an issue, we may minimise the number of bookings per person per week in the system.

The Booking system will be strictly monitored.

COVID 19 Committee

- David Doyle
- Simon Sparrow
- Finola Maughan
- Olga Zuka
- Brian Sheridan
- David Watters

If any member needs to recommend or report anything that is Covid-19 related, please email clubsec@naasltc.net or call Simon Sparrow (Hon Sec) at 083 435 4721.

Employees

The club has two full-time employees – Theresa and John. Please ensure social distancing rules apply (i.e. keep a space of 2 metres (6.5 feet) between you and other people). Note: the Office is NOT OPEN – please contact Theresa by email to membership@naasltc.net and mobile 089 4881983.

Floodlights

In order to access the Fob System you must enter via the main entrance and leave via the exit beside the Fob System. The club will close at 11.00pm and members are encouraged to leave as promptly as possible so that the club grounds can be safely locked. Please note that only one member can enter at a time and must be wearing a mask.

Government Restrictions

It is important that each member takes responsibility for the most current guidelines as issued by [Tennis Ireland](#) and the [Government](#). Restrictions around location, age, health, etc. are up to each member to manage. The main points are below:

You must stay at home if you:

- Have been around someone with symptoms of COVID-19 in the last 10 days
- Have been out of the country in the last 10 days
- Are in a period of self-isolation and/ or quarantining under current Health Policy Rules
- Display any COVID-19 symptoms
- Live outside County Kildare and more than 20km from the club.

Juniors

- Junior members (under 18) can play against each other, be coached, or play with an adult. However, each junior under 16 must have a parent/guardian present for the entire duration of play.
- The parent/guardian must remain socially distanced (i.e. keep a space of 2 metres (6.5 feet) between you and other people) and under no circumstances should the parent/guardian bring any other children with them to the club.
- Parents/guardians should not block up the walkways behind the courts – please remain socially distanced.

Ladders

- It is permitted to take part in matches on the singles ladder during the current restrictions
- The Doubles Ladder will remain closed during the current restrictions

On the Court –Playing

- Physical distancing should be observed throughout the period of play, particularly on change of ends and entering and exiting the court. Players should change ends at opposite sides of the net and not touch the net.
- Members are encouraged to wait in the car park area until the court they are playing on

is fully vacated. There is no waiting at the back of any court permitted.

- Players must refrain from handshakes and high fives.
- Equipment such as towels, food, and drink must not be exchanged between players. Players should be encouraged to bring their own drinks and towels.
- Players should avoid touching their face after handling a ball, racquet, or other equipment.
- Players should ideally bring a small bottle of hand sanitizer with them although the club do have them provided at the entrance to each court.
- Singles play is permitted as long as members remain 2 metres apart as much as possible
- Doubles play is permitted as long as your partner is from the same household

Parking

Please ensure that you allow social distancing when parking your car to allow each member leave and arrive safely (i.e. keep a space of 2 metres (6.5 feet) between you and other people). Please use every second space where possible.

Please read the Access section earlier in this document for where to park.

Practice Wall

The practice wall is closed for the duration of the current restrictions.

Tennis Balls

Players do not need to use their own clearly marked tennis balls. However, if members choose to use shared balls then extra care must be taken to ensure they do not touch their face during play. Members should clean their hands before play and immediately afterwards (using the sanitising gel provided at each court entrance).

Sanitising Stations

The club will have sanitising station provided throughout the grounds. It is encouraged that all members bring and use their own hand sanitising lotion.

Visitors / Non-Members

During the current restrictions the club will operate a member only policy. No visitors are permitted at this time as per Tennis Ireland Guidelines.

Appendix 1: Map of Parking

