



Norfolk Tennis Junior County Training Covid Guidelines.

Revision 2 – 30 Sept 2020

We ask that both parents/players read the following and adhere to the guidelines when attending County training.

- **If you or anyone in your household are exhibiting any symptoms of Coronavirus please do not attend training.**
- If a player develops symptoms of Covid-19 please inform Neil Plaskett by email admin@norfolktennis.org and follow the Government's 'test and trace' guidelines, these can be read on the Gov.uk website.
- Wash your hands with soap and water for at least 20 seconds before leaving home (or use an alcohol gel if hand washing is not possible). **Use the Centre hand sanitiser on arrival.**
- Players/parents **MUST** wait in their car and not make their way to the tennis centre until collected by their coach. PLEASE DO NOT ARRIVE EARLY.
- If you are late to your session please wait in the car park until the entrance to the building is clear then make your way into reception to be directed to your court.
- On each visit to the centre please check-in using the QR code for Government/NHS track and trace purposes. The code is displayed around the tennis centre.
- Players will be asked to use the hand sanitiser before entering the tennis dome/hall.
- Please arrive changed and ready to play. There is no access to the changing rooms, although the toilets are available.
- There is currently no provision of food and drink at the Centre; please ensure you bring your own – including full drink bottles for the squads.

- Players will be asked to sanitise their hands at each drinks break during training. Players can either use the sanitiser provided or bring their own.
- Everyone taking part in a coaching session in the main hall will use the new one-way system to exit the building via court 4. The coaching team will support all players ensuring this is adhered to.
- Players using the dome will enter and exit via the revolving door. Please follow the coaches' instructions when doing so. Do not enter the dome until told to do so.
- Face coverings must be worn by everyone aged 12 and over whilst they are in the buildings and not playing.
- Customers may not congregate in the reception area. This area should be kept clear for moving through to the courts and toilets. Unless you have a query and are engaged at reception please keep the area clear.
- The upstairs viewing gallery will not be open.
- Ensure you take all your belongings with you at the end of training and do not leave anything. Lost property will be disposed of after one week.
- All parents/players must leave the site immediately after the event. Do not congregate after playing. No extra-curricular or social activities should take place.
- The centre asks that you drop players and either wait in the car park or return to collect at the end of the session.
- Parents are asked to arrive 5-10 minutes before the end of the session to ensure players are collected promptly. There is currently no area for players to wait to be collected.
- When in and around the buildings please ensure you adhere to social distancing. At all times maintain the 'Rule of 6', this includes the car park. Do not mix or socialise between sub-groups.

If you have any queries please contact your age group Captain or Neil Plaskett (Teams Manager).

Whilst on site please ensure the practice of good hygiene – Catch it, Kill it, Bin it