

Coronavirus Rules

Last updated October 16th 2020

Primary Guidance



HANDS **FACE** **SPACE**

Sanitise hands on arrival and regularly afterwards	Wear a face mask in the clubhouse	Always maintain 2 metre social distancing with people outside your bubble
--	-----------------------------------	---

1. Considerations before arriving at the club grounds

a. Health

Do not visit the club if you have:

- i. any of the known symptoms of Coronavirus (CV),
- ii. knowingly been in contact with anyone who has been unwell with suspected or confirmed CV in the last 14 days,
- iii. been required to self-isolate after being tracked and traced or a member of your household, has tested positive to CV in the last 14 days,
- iv. been required to quarantine after returning from abroad.

b. Hydration

- i. Bring your own water as shared taps and fountains are out of use.

c. There is no 'turn up and play' for any sport.

- i. You must have made a booking in advance, either for a court, lawn or for an organised activity.

d. The clubroom

- i. Offers a refreshment service for most of each day for which a table can be booked at the bar.

e. Guests

- i. Accompanying members must sign in and pay in advance. Click [here](#),
- ii. As a host member you are responsible for ensuring your guests adhere to these rules.

f. School age children must adhere to these rules and parents must ensure this.

g. Enforcement

- i. Uphold all the rules and politely alert anyone who is not doing so,

- ii. Respect the General Manager, his staff, the coaches, officers of the club and anyone delegated by him who has total authority to enforce these rules,
- iii. Be alert to avoid violating these rules - defiance of the rules will result in suspension from using the club.

2. Arriving and moving around the club

a. Arrival



- i. The primary means of entry is from the car park,
- ii. The Richmond Road pedestrian gate is available for use,
- iii. The Richmond Road double gates are the primary entry for croquet players.

b. First steps into the club grounds



- i. Be alert and keep a social distance of 2 metres all times,
- ii. Either sanitise or wash your hands for 20 seconds at either of the two outside sinks available.



c. Clubhouse (clubroom, office, toilets, squash courts, changing rooms)



- i. Enter via the main entrance doors and, if the clubhouse is busy, finally exit via the door onto the patio next to tennis court 1,
- ii. Wear a mask at all times when entering and moving round the clubhouse,
- iii. If you have the NHS app, please scan the QR code.

d. Departure



- i. Sanitise or wash hands before departing,
- ii. Leave promptly after finishing your activity maintaining social distance.

3. Clubhouse

a. General movement



- i. Always maintain two-metre distance at all times,
- ii. The corridor is two way so be careful at corners - use the mirrors provided,
- iii. Do not linger in either of the lobby areas (main and squash).

b. Clubroom refreshments



- i. Do not move furniture, it has been set up for social distancing,
- ii. The staff may guide you through the process and will always expect you to abide by their instructions,
- iii. One person only from your group should join the queue for the bar,
- iv. As you reach the bar area, use the hand sanitiser provided,
- v. Be ready to place your order as soon as a clean table is available and can be allocated to you,
- vi. The transaction must be cashless by using a Clubcard or credit/debit card,
- vii. Collect your order and go directly to your table,
- viii. Usher the rest of your group to your table from outside,
- ix. Self-clear your table and flip the green sign over to red to indicate the table

needs cleaning,

x. Place used items on the tables in the committee room.

c. Changing rooms

- i. You must not exceed the maximum occupancy of 6,
- ii. Use corridor toilets where possible,
- iii. 2 metre social distancing at all times (urinals, showers, changing areas),
- iv. Minimise your stay to enable others waiting to use the facilities,
- v. Maximise use of a mask in the changing room and continue to wear it as you leave.



4. Tennis specific rules

a. Bookings

- i. Book before you play,
- ii. Fulfill your booking or cancel it,
- iii. The courts will be monitored and persistent 'no shows' will result in suspension of booking rights.

b. Conduct on Court

- i. Keep 2 metres social distance from all players at all times,
- ii. Place your tennis bags at least 2 metres from others' bags,
- iii. Do not adjust nets and keep gates open,
- iv. Return any stray balls without using your hands,
- v. Brush the clay courts at the end of your session according to the guidelines,
- vi. Remove any litter from the court.



c. Group activities involving more than one court and players from different families

- i. These must be run to special guidelines provided below in the Appendix.

5. Croquet specific rules

a. Booking the lawn

- i. Book through the Croquet Secretary, Howard Grove,
- ii. Guests' details must be recorded in the book in the croquet shed.

b. Sanitisation

- i. Wash or sanitise your hands & any equipment you use including the gate chain, padlock and door knob.

c. Formations - you can play:

- i. singles,
- ii. double banked singles (two distinct but simultaneous singles games) and doubles,



- iii. Maintain social distancing during play.

6. Squash specific rules

a. General preparation and conduct

- i. Book a court through the online system and complete the track and trace google form ([here](#)) before you arrive at the club - this is now mandatory,
- ii. Arrive promptly (no more than 5 mins ahead of playing),
- iii. Ensure social distancing in communal areas,
- iv. Do not wipe hands on court walls,
- v. Take your belongings on court and do not leave the court during your session,
- vi. Spot cleaning:
 - if you touch the floor or the wall use an alcohol-based cleaning wipe to clean that area immediately (do not use a personal towel),
 - Any liquid should be dried off immediately with paper towels, stocks of which are placed outside of the court,
- vii. Give yourself enough court time after your game to:
 - towel down and allow your breathing to return to normal,
 - wipe the door handles and light switches with the alcohol-based wipes that are provided outside the court,
 - On leaving the court, wear your mask and do not loiter in the area outside.

b. Playing options

- i. You may play full court games with someone with whom you are in a the same Squash Bubble,
- ii. You may play socially distanced conditioned games or practices, as per the notices in the squash area with any other squash player,
- iii. No more than two players on court at the same time.

c. Balcony

- i. Check for others, before using stairs,
- ii. Use as a waiting or watching area,
- iii. No more than 3 people per area (left or right),
- iv. Keep your mask on.

c. Squash Bubble play

- i. You may play with up to 5 other people that you have formed a Squash Bubble with provided that you follow the England Squash Guidelines that are posted[JG1] in the squash area,
- ii. You may form your own Squash Bubble, or you can ask Jeremy Goulding (jeremywg1@gmail.com or 07825 773757) to place you in a bubble and co-ordinate things for you,





- iii. If you create your own Squash Bubble, please advise Jeremy Goulding as you will need a Bubble number for the squash booking form,
- iv. Squash Bubble conditions are:
 - You agree to play squash only with someone in your bubble,
 - You may also play squash with someone in your household,
 - You may not play squash with anyone else, either at Lansdown, or at any other club,
 - You may not join a group coaching session with people other than your bubble,
 - You may play socially distanced squash, sides, or one of the other 9 sanctioned separated squash drills with anyone else, at any time.
- v. Squash Bubbles will be published each month comprising 2, 3 or 4 players from the former bubble, and additions to bring the bubble back to six players. In the first 7 days of the new bubble, you may only play with the others from your former bubble.

Appendix

1. Group tennis activity rules

Background

- a. Group tennis activities involving greater than 6 players mixing across two or more courts are currently permitted, but must be registered with the tennis sub committee and run according to the special rules provided below. Note that the large scale Club Mixer sessions pioneered this method.
- b. Whilst these guidelines may seem overbearing, they are mandatory in order for the Club to continue operating within LTA and Government Covid 19 guidelines.
- c. The design aims to ensure participants will not be considered as a 'contact' for the purposes of NHS Track & Trace. This is achieved by:
 - i. including in the scope of the activity, any related procedures before, during and after.
 - ii. not having face-to-face contact with someone who is within 1 metre of you
 - iii. not having skin-to-skin physical contact with someone else
 - iv. not having non face-to-face contact for 1 minute or more with someone who is within 1 metre of you
 - v. not being within 2 metres of someone for more than 15 minutes
 - vi. not offering lifts to or from the activity
 - vii. despite these precautions, if you do contract coronavirus inform the club immediately who can contact the previous participants



Preparation

- a. A named coordinator must be placed in charge on each occasion. That person will determine:
 - i. who is selected to play on each occasion
 - ii. what the starting formation is
 - iii. how the mid-session change rounds take place
 - iv. what happens at the end of activity
- b. The coordinator must
 - i. use a pre-booking system to record and confirm the participants for each session, including any last minute changes.
 - ii. This list should be retained for 3 weeks to enable 'test and trace'.
 - iii. The coordinator may choose their own way of recording attendees e.g. dated Excel sheet, digital or paper list.
 - iv. For each booked court, no more than 4 players can be selected to play so there is no waiting off court

Conduct of session

- a. The principle still applies that there is 'no turn up and play'
 - i. you must be pre-allocated a space
 - ii. follow the Lansdown Covid-19 Tennis rules
- b. Social distancing
 - i. remain at least 2 metres particularly at mid-session change rounds and around the clubhouse after the session
- c. Players using the clubroom facilities after the session must adhere to those rules
 - i. especially hand hygiene and
 - ii. social distancing
- d. If any of the group develop symptoms of suspected Coronavirus or receive a positive test within 7 days of attending a group session then they must inform the coordinator who should alert other attendees.



Questions about the practicalities

- a. Contact Rupert Larkin, Eleanor Bird or Jeremy Labram.

2. Other group activities taking place on squash courts

Background

- a. Group activities using a squash court can involve 5 participants plus the instructor, or 7 if the instructor uses the balcony, observes the rules relating to the balcony (see squash specific rules) and does not intermix with the participants during the session.
- b. Each activity must be registered with the General Manager and be booked into the court booking system and run according to the special rules provided below.

Preparation

- a. The instructor must
 - i. use a pre-booking system to record and confirm the participants for each session, including any last minute changes
 - ii. retain the list for 3 weeks to enable 'test and trace'
 - iii. instruct all participants on the rules for entry and departure from the court (see first few sections above)
- b. Conduct of session
 - i. no face-to-face contact with someone who is within 1 metre of you
 - ii. no skin-to-skin physical contact with someone else
 - iii. no non face-to-face contact for 1 minute or more with someone who is within 1 metre of you
 - iv. no within 2 metres of someone for more than 15 minutes
 - v. masks to be used on leaving the court and all other clubhouse rules to be adhered to
 - vi. no car lifts to or from the activity



- vii. despite these precautions, if anyone does contract coronavirus they must inform the instructor immediately who must contact the previous participants