



Brenchley and Matfield Tennis Club

COVID-19: From 19th July 2021

The move to Step 4 on 19 July 2021 sees the removal of a large number of restrictions, with no set restrictions on how many people can take part in tennis activities, indoors or outdoors.

Whilst there are no longer any legal restrictions at our club and tennis is a naturally socially distanced sport, we would still ask members and visitors to observe the below guidelines in order to reduce the risk of COVID-19 transmission when attending and participating in tennis activity going forward.

We have indicated the key additions and updates to the previous guidelines with **[NEW]** and **[UPDATED]**.

Pre-Attendance Symptom Check

- Anyone attending our venue (including players, coaches, volunteers and any other visitors), should undergo a pre-attendance self-assessment for any COVID-19 symptoms using the information on the NHS website before leaving home.
<https://www.nhs.uk/conditions/coronavirus-covid-19/symptoms/>
- No-one should leave home to participate in tennis if they, or someone they live with, has symptoms of COVID -19, currently recognised as any of the following:
 - A high temperature
 - A new, continuous cough
 - A loss of, or change to, their sense of smell or taste
- Should an individual have demonstrated any such symptoms, they must follow NHS and PHE guidance on self-isolation.

Take Part Safely **[NEW]**

- Follow good hygiene practices, to reduce the risk of transmission in sport environments. Also consider the wishes of other participants (i.e. if they do not wish to shake hands after a match).



- Avoid sharing water bottles or other refreshment containers. Where possible, you should take your own drink, in a labelled or highly distinguishable container.
- Face coverings are no longer required by law, but the government expects and recommends that people should continue to wear them in crowded and enclosed settings, to protect themselves and others.

Facilities [UPDATED]

Members and visitors can access the toilets and our clubhouse is now open for use.

The below guidelines should be considered whilst using the indoor facilities:

- You should make sure there is a supply of fresh air to enclosed spaces where there are people present (such as doors and windows).
- Use hand sanitiser on entry and exit.
- Wipe down and clean surfaces after use.
- Wear face coverings if areas are busy / crowded.

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.

Should you have any questions at all please contact us using the email address below.

Brenchley and Matfield Tennis Club Committee