

Tennis
SCOTLAND



Guidance for Tennis Venues, Coaches & Players in Scotland

COVID-19: RETURN TO PLAY

'Beyond Level 0' & Levels 0-3 Guidance (Version 11)

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TENNIS
FOR BRITAIN

PLAY SAFE GUIDELINES - RETURN TO PLAY

These guidelines have been developed for Scotland in partnership between the LTA and Tennis Scotland. The guidelines have been produced in line with the Scottish Government guidance for what you can do under the levels of protection, [which can be viewed here](#), and additional sport-sector specific guidance from sportscotland.

These guidelines are operational from 9 August 2021, other than where a future date is specified. This follows the Scottish Government's [strategic framework](#) for the route map out of lockdown and the subsequent confirmation from the First Minister of the move to 'Beyond Level 0' from 9 August.

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.

Based on recent Scottish Government guidance and the continuing evolution of restrictions, Tennis Scotland & the LTA has developed an updated set of practical guidelines to follow so that tennis can be played in Scotland consistent with the rules and guidance in place.

These guidelines apply to both tennis and padel, and outline adaptations so that tennis activity can be enjoyed in a way that is in line with Scottish Government advice and helps to prevent the spread of COVID-19. While tennis itself is a naturally safe and socially distant activity, they include measures to limit hand to shared surface contact and minimise unnecessary interactions with others.

Any key additions and updates to these guidelines will be indicated with **[NEW]** and **[UPDATED]**. This document contains the following sections:

BEYOND LEVEL 0

- Summary of 'Beyond Level 0' Guidance

LEVELS OF PROTECTION

- **Section 1:** Permitted tennis activity (Levels 3, 2, 1 & 0)
- **Section 2:** Travel guidance
- **Section 3:** Guidance for tennis players
- **Section 4:** Guidance for tennis venues
- **Section 5:** Guidance for tennis coaches
- **Section 6:** Guidance for officials and competition organisers
- **Appendix:** Summary grid of permitted activity by levels of protection

Tennis players, venues, coaches and officials are advised to keep up to date with the latest information at www.lta.org.uk/coronavirus, and can also view the summary grid online [here](#).

We hope you enjoy getting on court and playing tennis!

'BEYOND LEVEL 0' GUIDANCE

OVERVIEW

Most legal restrictions relating to Covid-19 will be lifted on the 9 August 2021 when Scotland moves to 'Beyond Level 0'. This includes restrictions on physical distancing and the size of social gatherings. Additionally, no businesses will have to legally remain closed.

Whilst these changes will signal the end of most restrictions for sport and physical activity it will not however signal the end of the epidemic. Covid-19 is a disease that will need to be managed for the foreseeable future and to maintain progress in returning to more normality, it is important that people continue to abide by a set of baseline measures covered by Scottish Government guidance and where relevant legislation.

This includes:

- Good hand hygiene and surface cleaning
- Continued promotion of good ventilation
- Requirement for face coverings in certain settings (e.g., public transport, retail)
- Continued compliance with Test and Protect, including self-isolation when necessary
- Ongoing need for outbreak management capability, including active surveillance
- Continue to encourage a greater degree of working from home than pre-COVID-19. Where this is possible and appropriate, it will not only assist with controlling transmission of the virus, but also promote wellbeing more generally

The information outlined below summarises the key areas which will change as we move 'Beyond Level 0', as well as the key measures that will need to be retained.

Please be aware that the Scottish Government may update or change Levels and restrictions at any time, including local areas subject to them. Therefore, COVID officers should regularly check [Coronavirus \(COVID-19\): Local Protection Levels](#).

TENNIS ACTIVITY

- All recreational tennis activity 'Beyond Level 0' is permitted

RISK ASSESSMENTS

- It will continue to be the responsibility of each club committee, tennis facility operator and/or deliverer to ensure that full risk assessments, processes and mitigating actions continue to be applied before any sport or leisure activity takes place and to check if the activity is in an area which is subject to additional Scottish Government localised measures and restrictions (this can be done on the [Scottish Government website](#))
- Where a local outbreak has been reported sport and physical activity operators, in all settings, should review their risk assessment and consider if additional mitigating actions should be put in place to reduce risk. This may, for example, include suspending activity, enhancing hygiene and physical distancing measures, or introducing additional activity restrictions.

INDOOR FACILITIES

- Venues can return to normal facility occupancy levels but are advised to focus on good ventilation and 'Give people space' messaging
- Ventilation: Monitor to maintain levels at 800-1000ppm.
- No physical distancing required
- Face coverings must be worn out with activity
- Venues should maintain hygiene and surface cleaning measures.

TRAVEL RESTRICTIONS

- 'Beyond Level 0' no travel restrictions will be applicable for adults or children, within or between areas in Scotland, which are not categorised under the protection level system. Restrictions will apply should a local area move into protection levels
- The Scottish Government will continue to use travel restrictions, as and when necessary, to restrict the spread of outbreaks and protect against the risk of importation of new variants. They will continue to monitor the UK wide and International Covid-19 position. Further information on restrictions applicable between Scotland and other parts of the UK and internationally is available on the Scottish Government website at [Coronavirus \(COVID-19\): travel and transport](#)

HEALTH, SAFETY & HYGIENE

- High levels of personal hygiene and respiratory etiquette will remain essential as we move Beyond Level 0.
- Venues, coaches and officials should continue to follow Scottish Government guidance on health, safety and hygiene measures

FACE COVERINGS

- Beyond Level 0, it will continue to be the law, subject to exceptions, that face coverings must be worn in indoor public places and on public transport
- When using indoor sports facilities, face coverings must be worn out with activity



TEST & PROTECT

- Contact tracing and testing of close contacts will continue as we move forward through the pandemic, including 'Beyond Level 0'. Test & Protect will change as the population becomes more protected by vaccination but will still play a role in mitigating clusters and outbreaks where they arise.
- Tennis venues should continue to maintain customer records and follow applicable [Test & protect](#) guidance

COMPETITION & EVENTS

- Organised tennis competition and events can take place 'Beyond Level 0' but any events involving a large number of spectators should continue to follow relevant guidance
- At present this includes a restriction on spectator numbers of up to 5000 outdoors and 2000 indoors unless an exemption is provided by the relevant Local Authority and permission obtained from other relevant bodies from which the organiser would normally require agreement to run the competition/event (this may for example include the landowner, Community Council, the transport police, or other body responsible for the safety of the public)
- Where a competition/event requires a licence from a Local Authority under existing Civic Government legislation, this must include agreement from local Environmental Health Officers

HOSPITALITY

- Sports facility operators providing catering or bar services can operate but should refer to Scottish Government guidance for applicable guidance including takeaway services. [Coronavirus \(COVID-19\): tourism and hospitality sector guidance.](#)

RETAIL

- Retail units operated by sports facility operators should follow Scottish Government [Retail Sector Guidance](#)

LEVELS OF PROTECTION GUIDANCE

SECTION 1: PERMITTED TENNIS ACTIVITY

An overview of permitted activity by level of restriction is provided in our summary grid in the appendix of this document, as well as being available online via the link below:

- [Summary Grid of permitted tennis activity](#)

LEVELS 0, 1, 2 & 3

OUTDOOR ACTIVITY

INFORMAL SOCIAL PLAY

- Both singles play and doubles play is permitted with people from outside of your household – this applies to both tennis and padel

1:1 COACHING

- Permitted in line with Tennis Scotland and the LTA's Covid-19 Secure guidance for coaching activity

GROUP COACHING / ORGANISED GROUP ACTIVITY

- Formally organised outdoor group tennis activity such as coached sessions and club nights are permitted for larger groups up to the maximum limits below in a 'sporting bubble' as an exception to the social contact limits, provided that venues, coaching providers and event organisers follow Tennis Scotland and LTA COVID-19 secure guidelines
 - **Level 3 – maximum bubble of 30 people**
 - **Level 2 – maximum bubble of 50 people**
 - **Level 1 – maximum bubble of 100 people**
 - **Level 0 – maximum bubble of 500 people**
- The maximum limits include all coaches, officials and other support staff. Where a person requires the support of a carer to undertake sport or physical activity safely, the carer will not be counted in the bubble total
- The exemption to permit large group numbers for sport only applies to the activity itself. Once an individual has completed their activity, they should immediately vacate the court and are then subject to household rules
- If an organiser is not able to ensure this (including when arriving at or leaving activity) then such events should not take place

COMPETITIONS

- Multiple outdoor sporting bubbles can be used to allow competitions up to the below maximum limits per day, subject to a comprehensive risk assessment being undertaken
 - **Level 3 – Maximum daily limit of 200 people**
 - **Level 2 – Maximum daily limit of 500 people**



- **Level 1 – Maximum daily limit of 1,000 people**
- **Level 0 – Maximum daily limit of 5,000 people [UPDATED]**
- Singles & doubles competitions are permitted for both juniors and adults
- Tennis Scotland LTA approved competitions, team competitions (such as Club/County Fixtures) and recreational competition can be played as long as they adhere to Covid-19 Secure guidance for officials and competition organisers
- Draw sizes will be determined by the event organisers in line with their risk assessment as per what is safe and appropriate for the event and the COVID-19 secure capacity of the venue
- Off-court, individuals should limit their social interaction with others and not socialise in groups greater than the permitted social contact limits for that level
- For Levels 1-3, no formal presentation ceremonies should take place during or after a competition as the focus should be on reducing the numbers in attendance at any one time. Such presentations and briefings can take place for Level 0.

INDOOR ACTIVITY

INFORMAL SOCIAL PLAY

- Both singles play and doubles play is permitted indoors with people from outside of your household in line with indoor social contact restrictions – this applies to both tennis and padel

1:1 COACHING

- Permitted in line with Tennis Scotland and the LTA's Covid-19 Secure guidance for coaching activity

GROUP COACHING / ORGANISED GROUP ACTIVITY

- Formally organised indoor group tennis activity such as coached sessions and club nights for larger groups are permitted in Level 1 and Level 2 areas provided that venues, coaching providers and event organisers follow Tennis Scotland and LTA COVID-19 secure guidelines. They are not permitted for adults in Level 3 areas, but are permitted for U18s
 - **Level 3 – not permitted for adults, permitted for U18s**
 - **Level 2 – permitted (adults & U18s)**
 - **Level 1 – permitted (adults & U18s)**
 - **Level 0 – permitted (adults & U18s)**
- Where indoor group activity is permitted, the group size limit must be risk assessed by the operator following Scottish Government [Coronavirus \(COVID-19\): guidance on the opening of indoor and outdoor sport and leisure facilities](#) and this Tennis Scotland and LTA guidance, taking in to consideration the capacity limit for the venue.
- Where space and number of courts available is limited, then based on the risk assessment only smaller group sessions may be possible

COMPETITIONS

- The size limit for competitions must be risk assessed by the operator following Scottish Government [Coronavirus \(COVID-19\): guidance on the opening of indoor and outdoor sport and leisure facilities](#), taking in to consideration the capacity limit for the venue
- Singles & doubles competitions are permitted for both juniors and adults



- Tennis Scotland LTA approved competitions, team competitions (such as Club/County Fixtures) and recreational competition can be played as long as they adhere to Covid-19 Secure guidance for officials and competition organisers
- Off-court, individuals should limit their social interaction with others and not socialise in groups greater than the permitted social contact limits for that level
- For Levels 1-3, no formal presentation ceremonies should take place during or after a competition as the focus should be on reducing the numbers in attendance at any one time. Such presentations and briefings can take place for Level 0.

PHYSICAL DISTANCING

- For Level 0 – physical distancing outdoors is not required, and indoors is reduced to 1m
- For Levels 1-3: participants and coaches should maintain physical distancing with those from another household or with whom they do not share a support bubble when not actively participating, and should not congregate before or after an activity, or during breaks

SPECTATING & SUPERVISION – INDOOR & OUTDOOR

- Spectators are permitted under the following circumstances:
 - where supervising a child and/or vulnerable person or a carer for a disabled player (this is not counted as part of the group activity, but should be off court where possible with physical distancing strictly observed while watching the sessions), or
 - where a competition or event is organised and takes place at premises whose entrances and exits are controlled (indoors and outdoors) for the purpose of crowd and capacity management in line with Scottish Government ([COVID-19: events sector guidance](#) and [COVID-19: calculating physical distancing capacity in public settings](#)).
- It is recognised that it may not always be possible to prevent people from spectating [at a competition or event] in a public space such as a park. In such circumstances, the organisers are required to consider mitigating measures as part of their risk assessment/management plan with an emphasis on discouraging, where possible, informal spectating. Any such measures should be clearly communicated by the organiser prior to the competition or event which may include, amongst other things, the displaying of notices around the venue to remind the public to follow Scottish Government guidance.
- For clarity, where informal spectating does take place, organisers are not expected to enforce government guidance on members of the public in places not under their control.

SECTION 2: TRAVEL GUIDANCE

PERMITTED TRAVEL

- **Adults in Level 3 or Level 4 areas:**
 - Should only travel locally (within their local government area) to take part in tennis activity
 - Must not enter Levels 0-2 or any other Level 3 or Level 4 area unless for a permitted reason.

- **Adults in Level 0-2 areas:**
 - Can travel to and from a Level 0, 1 and 2 area to take part in tennis activity, including training and competition
 - However, to help suppress the spread of the virus, it is advised that people should not utilise facilities or take part in activities that are not allowed in their home local area protection Level
 - Should not travel to a Level 3 or 4 area
 - Can travel to other areas of the UK

- **Participants aged 17 years or under from any level**
 - Can travel to and from any level (including Level 3 and Level 4 areas) to take part in tennis activity, including, training, and competition
 - Can travel to other areas of the UK

- Where travel to and from other areas of the UK is permitted, you should check the local rules of the destination before you travel

CAR SHARING

- You should avoid car sharing with anyone from another household unless you deem it to be necessary
- If individuals or groups do car share then they should follow [Transport Scotland advice on how to travel safely](#) and put in place appropriate risk assessment and mitigations

TRAVEL SUMMARY

- Organised sport and physical activity:

Age Group	Level 0	Level 1	Level 2	Level 3	Level 4
U18s	✓	✓	✓	✓	✓
18+ (Adults)	✓	✓	✓	Local Travel Only	Local Travel Only

- Travel guidance outlined by the Scottish Government should always be followed. Further information on what travel is permitted is available at [Coronavirus \(COVID-19\): guidance on travel and transport](#).

SECTION 3: GUIDELINES FOR TENNIS PLAYERS

STAY UP TO DATE

- Scottish Government information around physical distancing is available [here](#) and should be read in full – note for Level 0 this will not be required outdoors and will be reduced to 1m indoors
- Be aware guidance can change and restrictions may be reintroduced - ensure you have checked the latest version of the guidelines for tennis players in Scotland on the Tennis Scotland and LTA website

WHO CAN PLAY

- People who are symptomatic should self-isolate as per NHS guidance. No one who is self-isolating should attend a sports facility/activity
- If you have a continuous cough, high temperature, or loss or change in taste or smell, then you should not take part in tennis activity, and should self-isolate and request a coronavirus test right away. Further information is available at www.NHSinform.scot/test-and-protect or by calling **0800 028 2816** if you cannot get online

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)

COURT BOOKINGS

- Where the facility allows, ensure you have booked a court in advance and make payment online
- Play can take place on outdoor courts, indoor courts and bubble courts
- Use your club's bookings system, i.e. Clubspark. Alternatively the LTA's online booking platform has courts that can be booked in over 300 parks and clubs nationwide via www.lta.org.uk/rally

EQUIPMENT

- Take hand sanitizer with you
- 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.
- Only take the minimum amount of equipment with you that you need to play
- Clean and wipe down your equipment, including racquets and water bottles before and after use
- Bring a full water bottle, and do not share food or drink with others
- Ensure you take all your belongings with you at the end of the session and do not leave anything on court

GETTING TO AND FROM THE COURT

- Active travel (walk, run, cycle, wheel) where possible
- Car sharing with people outside extended household should be avoided unless you deem it to be necessary



- If individuals or groups do car share then they should follow [Transport Scotland advice on how to travel safely](#) and put in place appropriate risk assessment and mitigations
- Face coverings are compulsory on public transport
- Arrive as close as possible to when you need to be there
- 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. Shower at home, and avoid using the venue's changing area where possible

MAINTAINING PHYSICAL DISTANCING

- For Level 0, physical distancing is not required outdoors and is reduced to 1m indoors
- Where it is required, participants from different households should ensure they maintain physical distancing
- Avoid chasing the ball down to another court if other players are using it
- For coached sessions, pay careful attention to the instructions of the coach

EQUIPMENT & FACILITIES

- Players do not need to use their own marked tennis balls, but players should maintain hand hygiene and care should be taken to avoid touching your face
- Players should still avoid using their hands to pick up tennis balls from other courts where possible – use your racquet/foot to return them
- Avoid using other equipment such as courtside benches, net handles or court sweepers where possible
- Onsite toilet and changing facilities can be opened, but players should be aware this may not be the case at all venues and may wish to check in advance

HYGIENE

- If you need to sneeze or cough, do so into a tissue or upper sleeve
- Avoid touching your face
- Hand hygiene is imperative - use alcohol gel to clean your hands after touching a shared surface. See [Health Protection Scotland's hand hygiene](#) information for further details

FACE COVERINGS

- Participants and visitors should wear face coverings, if indoors, before and after activity or when in non-playing areas of the facility e.g. reception, locker rooms and storage areas. **This is a mandatory requirement** except where an exemption applies, or where there is a 'reasonable excuse' not to wear a face covering (for example, if you have a health condition or you are disabled, including hidden disabilities such as autism, dementia or a learning disability)
- If you are deaf and need to look at lips and facial expressions to help you communicate, you can ask staff to remove their face covering.
- Face coverings do not need to be worn when undertaking physical activity, exercise or showering/changing



- Face coverings do not need to be worn in a sports facility hospitality environment if you are eating or drinking but must be worn at all other times
- The [Coronavirus \(COVID-19\) Phase 3: staying safe and protecting others page on face coverings](#) provides guidance on their use and exemptions

NHS TEST & PROTECT

- Be aware that venues are requested to collect and store your data for 21 days to support [NHS Test and Protect](#)
- Test and Protect, is Scotland's way of putting into practice NHS Scotland's test, trace, isolate and support strategy. Containing outbreaks early is crucial to reduce the spread of COVID-19, protect the NHS and save lives, and avoid the reintroduction of social and economic lockdown. This will support the country to return to, and maintain, a more normal way of life
- NHS Scotland has a free mobile app designed to help with contact tracing efforts and slow the spread of COVID-19. The app will alert users if they have been in close contact with another app user who tests positive for coronavirus
- Supported by a dedicated Protect Scotland website, the app is an extra tool complementing existing person-to-person contact tracing which remains the main component of NHS Scotland's Test and Protect system.
- Further information on the Protect Scotland app is available at www.protect.scot



SECTION 4: GUIDELINES FOR TENNIS VENUES

VENUE MANAGEMENT

- Ensure your club committee oversees and maintains the implementation of measures. Venues are advised to take time to ensure they reopen safely, rather than rushing
- Venues should appoint 'COVID Officer' to act as the point of contact on all things related to COVID-19. An [e-learning module for COVID officers](#) is available to support those undertaking the role.
- The COVID officer is responsible for ensuring that full risk assessments, processes and mitigating actions are in place before any sport or leisure activity takes place. Specific consideration should be given to the needs of those who are at greater risk including some older adults or those with disabilities
- All activity should be consistent with the Scottish Government guidance regarding health, travel, physical distancing and hygiene at all times
- Clubs and venue operators must ensure that relevant workplace guidance is followed for contractors and staff and ensure existing health and safety advice is maintained and aligned. This should be detailed in the risk assessment
- Operators must ensure that users are made aware of the requirement to adhere to Tennis Scotland and LTA guidance prior to any tennis activity being undertaken at the venue and reserve the right to intervene where there are any clear and visible breaches of this guidance by participants. Where such breaches take place operators should notify the nominated club/activity COVID Officer overseeing the activity and they should in turn take appropriate action to mitigate future risk and protect participants and the wider public
- Guidelines may be updated as further information is provided by the Scottish Government on measures for each level of protection – Tennis Scotland remains in discussions with sportscotland and Government and so we recommend you check the official Tennis Scotland and LTA position at www.lta.org.uk/coronavirus on a regular basis to stay abreast of the latest recommendations
- Any measures venues put in place to enable tennis activity to resume need to be capable of being flexed or changed quickly if tighter movement/physical distancing is reintroduced in future or when the restrictions are further relaxed
- Venues are encouraged to use **sportscotland's** *getting your facility fit for sport* [toolkit](#)

RISK ASSESSMENTS

- Venues must consider safety first, particularly minimising the risk of infection/transmission. A thorough risk assessment should be undertaken (or updated if one previously done), and appropriate mitigating measures put in place to ensure participants, staff and volunteers are protected. A risk assessment template is available from the COVID-19 section of the venue [Resource Library](#) on the LTA website and these should be documented at all venues
- Mitigating measures may for instance include operating separate activity zones, implementing staggered time slots and putting in place other measures including consideration of parking and access/egress



- Where outdoor sports training, competition or events are planned and include multiple bubbles; operators and organisers should, as part of their risk assessment, consult with relevant local authorities, environmental health, the police, or other body responsible for the safety of the public. Agreement must be reached with these bodies before the training, event or competition takes place

TEST & PROTECT

- [Test and Protect](#), is Scotland's way of putting into practice NHS Scotland's test, trace, isolate and support strategy
- Containing outbreaks early is crucial to reduce the spread of COVID-19, protect the NHS and save lives, and avoid the reintroduction of social and economic lockdown. This will support the country to return to, and maintain, a more normal way of life
- Maintaining customer records
 - Sport facility operators should where possible collect the name, contact number, date of visit, time of arrival, and the departure time of all those attending facilities or activities
 - Where attending as a small household group, the contact details for one member (a 'lead member') will be sufficient
 - Sports facility operators should store information for 21 days and share it when requested to do so by public health officers.
- A leaflet providing information on the Test and Protect service from NHS Scotland is also available [here](#)
- Further information on the Protect Scotland app is available at www.protect.scot.
- Registration with the Information Commissioner's Office;
 - In order to gather and store customer information securely, sports facility operators may need to be registered with the Information Commissioner's Office (ICO). This will be the case if you are using an electronic system to gather and store data
 - If you are unsure whether you need to register, please contact the ICO via their helpline on 0303 123 1113, or visit www.ico.org.uk

TENNIS ACTIVITY

- Details of currently permitted tennis activity are provided in Section 1 of this document, and you should consult our summary grid for an overview of permitted activity by level of protection.

TENNIS FACILITIES

- Outdoor courts can be used, and indoor courts and bubble courts can be opened if Scottish Government [Coronavirus \(COVID-19\): Guidance for the opening of indoor and outdoor sport and leisure facilities](#) is fully implemented
- Ensure nets are maintained at the appropriate height to avoid players having to adjust them, and remove net winders
- If your courts require dragging (e.g. clay) or drying after rain, have a nominated person to do this or make disposable gloves and spray available for players to use
- Player access to indoor areas is allowed, meaning entering a building to switch on floodlights is permitted across all levels, as long as a risk assessment and appropriate mitigating actions are in place (e.g. one way routes)



- Where equipment is in place (e.g. benches), appropriate cleaning measures, including provision of sanitiser and disposable gloves, should be put in place to reduce the risk of contamination
- Bins may be provided but should be regularly checked, cleaned/sanitised, emptied and disposed of using appropriate personal protective equipment

OTHER FACILITIES

CHANGING & TOILETS

- Access to and use of changing rooms and showering facilities is permitted (other than in Level 4 areas) if appropriate risk assessment and hygiene measures have been put in place. However, the safety of participants is the priority and facility operators should consider whether use of the areas is necessary
- Such facilities should be made available for participants who require additional support such as disabled people or those with special needs
- Where changing rooms and showering facilities are to be used specific guidance relating to use of 'Changing and Showers' is available at [Getting Your Facilities Fit for Sport](#), including a checklist that covers use of changing rooms, showers and toilets
- Venues may open public toilets if they follow the guidelines outlined on the Scottish Government website [Opening Public Toilets Guidelines](#).
- Access to indoor locker rooms and storage areas is permitted for dropping off and collecting sports equipment or clothing. Venues should ensure mitigating actions are put in place to minimise the risk of virus transmission including physical distancing, hygiene and cleaning measures.

CATERING & RETAIL

- Clubhouses and sports facilities which provide catering and bar services are required to operate in accordance with the restrictions for that level and adhere to Scottish Government guidance
- Further information is available at [Coronavirus \(COVID-19\): tourism and hospitality sector guidance](#).
- Restrictions by level:
 - Outdoors
 - Level 4: Closed
 - Levels 0-3: Alcohol permitted, licencing times apply
 - Indoors
 - Level 4: Closed
 - Level 3: No alcohol, closed by 20:00
 - Level 2: Alcohol permitted, closed by 22:30
 - Level 1: Alcohol permitted, closed by 23:00
 - Level 0: Alcohol permitted, licencing times apply
- Social contact group size and household restrictions apply
- Use contactless or at least card payment to avoid handling cash
- Retail units operated by sports facility operators may reopen provided all specific Scottish Government guidance for retailers appropriate to the protection level in which they are operating is in place and adhered to. Further information from the Scottish Government is available at [Retail Sector Guidance](#)



INDOOR ACCESS FOR STAFF

- Once guidance is implemented relating to the reopening of indoor (non-office) workplaces, venue staff and coaches can access indoor facilities, including for things such as for toilet/comfort breaks, storage of equipment and changing for work
- Any indoor access needs to be subject to appropriate measures being in place for cleaning, hygiene and physical distancing in accordance with Scottish Government guidance
- Although indoor leisure facilities are able to open, venues are encouraged to consider whether internal meetings and training must be completed in person, or whether these can be completed online or via telephone.
- If meetings and training is required to take place in person, [Scottish Government guidance for general workplaces](#) must be followed and a risk assessment should be completed
- Where circumstances make it difficult to achieve 2m physical distancing you must ensure that there is an additional physical barrier in place (i.e. a screen, visor or face covering). For more details see sportscotland's guidance on [Getting your Facilities Fit for Sport](#)
- Face coverings are mandatory in workplaces, indoor leisure facilities and in hospitality venues for staff and customers when not eating and drinking (limited exceptions apply). Further information is [here](#)
- Be aware that face coverings discriminate against some deaf people who need to look at lips to help communicate. Staff in facilities should be made aware that it is okay to remove their face coverings to communicate with someone who relies on lip reading and facial expressions

INDOOR ACCESS FOR THE PUBLIC

- Venues should ensure participants and visitors wear face coverings, if indoors, before and after activity or when in non-playing areas of the facility e.g. reception, locker rooms and storage areas. **This is a mandatory requirement** except where an exemption applies, or where there is a 'reasonable excuse' not to wear a face covering (for example, if you have a health condition or you are disabled, including hidden disabilities such as autism, dementia or a learning disability)
- Face coverings do not need to be worn when undertaking physical activity, exercise or showering/changing
- Face coverings do not need to be worn in a sports facility hospitality environment if you are eating or drinking but must be worn at all other times (including when entering or leaving a table)
- The [Scottish Government website](#) provides guidance on their use and exemptions

MAINTAINING PHYSICAL DISTANCING

- For Level 0, physical distancing is not required outdoors and is reduced to 1m indoors
- Where it is required, participants and venue attendees from different households should ensure they maintain physical distancing from each other
- Players should not make physical contact with other players (such as shaking hands or high five)
- A checklist for physical distancing considerations and actions is available here: [Getting your Facilities Fit for Sport](#)

HEALTH, SAFETY & HYGIENE

- Please refer to and read thoroughly Health Protection Scotland's [general guidance](#) and [cleaning guidance](#) for non-healthcare settings, as well as advice for [hand hygiene techniques](#)
- Cleaning of equipment, hand and respiratory hygiene are core measures to be implemented and provision should be made for these
- Make hand sanitizers or wipes available for use at entrance/exit to venue/courts where possible (Hand sanitizer stations can be sourced from the LTA Buying Group - see <https://www.ltabuyinggroup.co.uk> or speak to Tennis Scotland at info@tennisscotland.org for further options.
- Clear guidance and plans are needed for cleaning of facilities and equipment, and waste disposal. For instance, common touchpoint surfaces (gates, door handles, handrails etc) should where possible be left open but if not possible, regular cleaning with disposable gloves should be undertaken. Cleaning products should conform to EN14476 standards.
- A checklist for health, hygiene and cleaning considerations and actions is available here: [Getting your Facilities Fit for Sport](#)
- Ensure access to first aid and emergency equipment maintained and is in line with hygiene and safety protocols reviewed as part of a risk assessment
- Ensure that first aid equipment has been updated appropriately for the COVID-19 pandemic and first aiders have appropriate training
- In the event of first aid treatment being required it is recognised that a suitably qualified person, coach or supervising adult may require to attend to the injured participant. The 'Covid Officer' should consider processes for managing this as part of their risk assessment. This could include but not be limited to;
 - Provision of suitable PPE
 - Training of coaches/supervising adults
 - Presence of one parent/guardian being required at the activity for children/vulnerable adults
- Guidance on delivering first aid during the coronavirus pandemic is available on the [St John Ambulance website](#)
- If someone who has played at your venue develops symptoms of COVID-19, they should be directed to follow the Scottish Government's 'test and protect' guidelines, which can be read on the [nhsinform.scot](https://www.nhs.uk/nhsinform/scot) website

COURT ACCESS

- Ensure measures are in place to minimise encounters between people, including in car parks and at entrances
- Court users should be advised to clean their hands with alcohol gel after touching shared surfaces such as gates. Where safe and appropriate, doors and court gates could be left open during playing hours
- Consider different entry and exit routes to the courts/venue where possible, and ensure this is clearly marked
- Consider marking two metre distances at appropriate points, such as the entry gates to courts

EQUIPMENT

- Players are advised to bring their own equipment – however, use of communal rackets is permitted subject to thorough cleaning measures between use
- Any coaching equipment used (e.g. cones) should be cleaned and wiped down afterwards



BOOKINGS & PAYMENT

- Operate online booking for courts and sessions where at all possible, or alternatively phone bookings
- Take any payments online where possible, and avoid handling cash
- Online bookings can be facilitated through ClubSpark, which is free for all LTA Registered Venues and can be downloaded at <https://www.lta.org.uk/about-us/in-your-area/tennis-scotland/club--venue-management/clubspark/>, and via a free online national booking platform – LTA Rally – which makes it easy for players to find, book and pay for courts from their mobile phone. Email rally@lta.org.uk for more information on how to sign up to ClubSpark or Rally contact info@tennisscotland.org
- Be aware a proportion of disabled people, people from low income households and older adults do not have access to the internet. Ensure you have alternative measures in place. For example, telephone bookings.

COMMUNICATION

- Communicate with your members/customers clearly and regularly, making them aware in advance of the measures you are putting in place at your venue, and guidelines they are asked to follow
- Communicate clearly opening times and how people can safely access a facility, if relevant, for example through a booking or queuing system
- Ensure signage on guidelines for playing tennis safely and promoting hygiene measures is clearly displayed (and ensure these remain up to date as restrictions change)
- Posters that can be used to aid communication will be available from the COVID-19 section of the [Resource Library](#)
- It is more important than ever to consider inclusive guidance for people who need support to be active and clubs/venue operators should consider this as part of their work to encourage people to return

EQUALITY & INCLUSION

- Covid-19 is affecting everyone. But the impact of the pandemic is not being felt equally. Before the pandemic certain groups were less likely to participate in sport and physical activity. These groups are also the most at risk of worsening inequalities due to Covid-19:
 - Older people
 - Disabled people
 - Ethnic minorities
 - Women
 - People from deprived communities
- It is more important than ever to consider inclusive guidance for people who need extra support to be active and sports facility operators should consider this as part of their work to encourage people to return.
- The evidence emerging has clear implications for how we design and deliver sport and physical activity. Some key areas for consideration include;
 - **Communication** – Digital exclusion is a key issue. With so many services and so much information moving online it risks worsening the health impacts of the pandemic. We have to think innovatively about the range of ways we can provide information to people about sport and physical activity.



- **Accessibility** – Accessibility of our environments is another key issue emerging from the pandemic. As clubs and leisure centres re-open it's important to build understanding of people's specific accessibility needs around things like hygiene, physical distancing and face coverings so we can provide the best possible support to people to take part in sport and physical activity.
- **Anxiety, mental health and wellbeing** – The pandemic is leading to an increased risk of anxiety and mental ill-health for people who share all characteristics. We know that sport and physical activity can have significant benefits for people's mental health so it's vital that we continue to promote those benefits, so people are encouraged to get involved.
- **Confidence** - Confidence to return to sport is a big issue across all groups. We know that some groups are at higher risk from Covid-19 than others (including some ethnic minorities, disabled people and households experiencing poverty). These groups may be even more nervous about returning to sport or starting to participate. They are also less likely to participate in sport in the first place, so we'll need to give extra attention to their needs to help build their confidence.

DISABILITY TENNIS

- Where a disabled participant requires functional support to help them participate coaches, carers or those supporting the participant can provide this without maintaining physical distancing. In such circumstance the responsible 'Covid Officer' should consider appropriate mitigating actions as part of the risk assessment. For instance, providing appropriate PPE, limiting the number of participants an individual provides functional support to, limiting the duration spent in close proximity, or a combination of actions
- The LTA and Tennis Scotland have developed summary guidance for venues delivering disability tennis activity as part of the Open Court programme, which can be read [here](#)



SECTION 5: GUIDELINES FOR TENNIS COACHES

COACHING ACTIVITY

- All activity should be consistent with the government guidance regarding health, travel, physical distancing and hygiene at all times
- Coaches and coaching organisations must consider safety first, particularly minimising the risk of infection/transmission. A thorough risk assessment should be undertaken (or updated if one previously done), and appropriate measures put in place to ensure participants, staff and volunteers are protected - you are advised to liaise with your venue when doing this. A risk assessment template is available from the [COVID-19](#) section of the venue [Resource Library](#) on the LTA website
- Guidance for coaches, leaders, personal trainers, and instructors is available at [Getting your coaches ready for sport](#)
- Coaches should find out about their direct and surrounding delivery environment in advance of the session and contact the facility operator, where relevant, to confirm any changes in processes and procedure
- Guidelines may be updated as further information is provided by the Scottish Government on measures for each level of protection – Tennis Scotland and the LTA remain in discussions with Government and so we recommend you check the official Tennis Scotland / LTA position at www.lta.org.uk/coronavirus on a regular basis to stay abreast of the latest recommendations
- Any measures coaches put in place to enable tennis activity to resume need to be capable of being flexed or changed quickly if tighter movement/physical distancing is reintroduced in the future or when the restrictions are further relaxed

COACHING LIMITS

- Coaches can deliver one to one coaching and organised group training sessions in accordance with the details of currently permitted tennis activity provided in Section 1 of this document. Coaches can also review our summary grid for an overview of permitted activity by level of protection
- When delivering sessions, coaches should refer to the [LTA's recommended coach:player ratios](#)
- All activity is subject to appropriate physical distancing and hygiene measures being fully implemented and maintained to protect participants and coaches
- There is no limit on the number of sessions that a coach can deliver per day
- Limits to group sizes for social gatherings do not apply to organised group tennis activity. However, normal physical distancing and household number guidelines are applicable before and after playing tennis or when taking breaks

COACHING CHILDREN

- Group coaching sessions can take place, including children's camps and squads
- Red court guidance: Up to six mini red courts may be set up per full sized adult court
- Guardian (non-participant) or carer attendance is permitted where required for safeguarding purposes and is not counted as part of the group activity, but



should be off court and limited to one per child where possible, with physical distancing strictly observed while watching the session

- Coaches should ensure, where possible, that everyone involved avoids touching surfaces, sharing equipment and touching their mouth and face.
- Coaches and instructors working with children should familiarise themselves with the additional considerations developed by **Children 1st**: [Child Wellbeing and Protection Considerations](#)

MAINTAINING PHYSICAL DISTANCING

- For Level 0, physical distancing is not required outdoors and is reduced to 1m indoors
- Where it is required, participants from different households should ensure they maintain physical distancing with people they do not live with
- Coaches should ensure this is emphasised to participants at the start of each session, and that they are clear on how they should maintain physical distancing for each drill before starting it
- Coaches should encourage players to avoid running down balls within an exercise if it could compromise physical distancing

INDOOR ACCESS FOR COACHES

- Coaches can access indoor facilities, including for things such as for toilet/comfort breaks, storage of equipment and changing for work
- Any indoor access needs to be subject to appropriate measures being in place for cleaning, hygiene and physical distancing in accordance with Scottish Government guidance

FACE COVERINGS

- Where a local area is operating within a protection level, face coverings must be worn by coaches when indoors, except where an exemption applies.
- For instance: where an individual has a health condition or is disabled, including hidden disabilities, for example, autism, dementia or a learning disability, or if there is a reasonable excuse not to wear a face covering such as:
 - where there is difficulty in communicating with participants who may not be close by and safety is an issue i.e. in a swimming lesson. In such cases alternative measures should be considered such as use of a face visor
 - being physically active or exercising as part of the coached session.
- The priority should be on ensuring the safety of the coach and participants and minimising the risk of virus transmission before, during and after activity

EQUIPMENT

- Coaches do not need to use new or fresh tennis balls for each lesson
- Players should bring their own equipment where possible – it is advised not to allow racket sharing but use of communal rackets can be done subject to thorough cleaning processes between uses
- Any coaching equipment used (e.g. cones) should be cleaned and wiped down afterwards
- Ensure all equipment is removed from the court at the end of the session

HEALTH, SAFETY & HYGIENE

- Ensure usual access to first aid and emergency equipment is maintained



- Guidance on delivering first aid during the coronavirus pandemic is available on the [St John Ambulance website](#)
- Hand hygiene is imperative - use alcohol gel to clean your hands after touching a shared surface. See [Health Protection Scotland's hand hygiene](#) information for further details
- If you need to sneeze or cough, do so into a tissue or upper sleeve
- Avoid touching your face
- If a player you have coached develops symptoms of COVID-19, they should be directed to follow the Scottish Government's 'test and protect' guidelines, which can be read on the [nhsinform.scot](#) website

BOOKINGS & PAYMENT

- Operate online booking for coaching sessions where at all possible, or alternatively phone bookings
- Take any payments online, and avoid handling cash
- Allow time for players to leave before the next players arrive

COMMUNICATION & VENUE LIAISON

- Coaches should liaise with the venue to ensure an agreed approach to activity that is feasible to deliver safely, and explore how coaches can be supported to deliver sessions
- Communicate with your customers clearly and regularly, making them aware in advance of the measures you are putting in place for your sessions, and guidelines they should follow when attending

SECTION 6: GUIDANCE FOR OFFICIALS AND COMPETITION ORGANISERS

PREPARATION & FACILITIES

VENUE MANAGEMENT

- Ensure your club committee / management oversees and maintains the implementation of measures. Competition organisers should take time to ensure they resume competition safely, rather than rushing
- All activity should be consistent with the Scottish Government guidance regarding health, travel, physical distancing and hygiene at all times
- All those providing competitions must abide by this guidance and have a named 'Covid Officer' who will complete documented risk assessments and ensure all appropriate mitigations are put in place before any outdoor competition or event is undertaken. A risk assessment template is available from the COVID-19 section of the venue [Resource Library](#) on the LTA website
- Organisers must consider safety first, particularly minimising the risk of infection/transmission, and ensure appropriate measures are put in place to ensure participants, staff and volunteers are protected.
- Guidelines may be updated as further information is provided by the Scottish Government on measures for each level of protection – Tennis Scotland remains in discussions with Government and so we recommend you check the official position at www.lta.org.uk/coronavirus on a regular basis to stay abreast of the latest recommendations
- Any measures put in place to enable tennis activity to resume need to be capable of being flexed or changed quickly if tighter restrictions are reintroduced in the future, or when the restrictions are further relaxed

FACILITIES

- Outdoor courts can be used, as well as indoor and bubble courts if Scottish Government [Coronavirus \(COVID-19\): Guidance for the opening of indoor and outdoor sport and leisure facilities](#) is fully implemented
- Ensure nets are maintained at the appropriate height to avoid players having to adjust them, and remove net winders
- If your courts require dragging (e.g. clay) or drying after rain, venues are advised to have a nominated person to do this or make disposable gloves & spray available for players to use
- Ensure appropriate cleaning measures are in place items that remain in place e.g. benches
- Changing facilities can be used but should be avoided where possible, with participants asked to arrive ready to play and to shower at home (although facilities should be made available for those with a disability)

PHYSICAL DISTANCING

- For Level 0, physical distancing is not required outdoors and is reduced to 1m indoors
- Where required, physical distancing in line with Scottish Government guidelines should be in place for the competition, including before and after a



competition takes place, with participants and support staff asked to immediately vacate the courts and venue after they have completed the competition

- Travel to and from competition should not mix households i.e. car sharing to be avoided where possible
- Ensure measures are in place to minimise encounters between people in all areas, including in car parks and at entrances
- Consider marking two metre distances at appropriate points, such as the entry gates to courts, referee desk and areas for the parents
- Competition risk assessments should consider mitigating actions to limit the risk of participants encroaching within 2m of each other before and after the activity. For instance, competition organisers may consider, where appropriate, different formats of competition or staggered starts.
- Where an employee is involved in running the competition, relevant work placed risk assessments and consultation should take place in advance of any activity being undertaken. See the Businesses, workplaces and self - employed people section at [Scottish Govt: Covid-19](#)

HEALTH, SAFETY & HYGIENE

- Ensure usual access to first aid and emergency equipment is maintained
- Ensure that first aid equipment has been updated appropriately for the COVID-19 pandemic and first aiders have appropriate training.
- In the event of first aid treatment being required it is recognised that a suitably qualified person, coach or supervising adult may require to attend to the injured participant. The designated 'Covid Officer' should consider processes for managing this as part of the risk assessment. This could include but not be limited to;
 - Provision of suitable PPE
 - Training of coaches/supervising adults
 - Presence of one parent/guardian being required at the activity for children/vulnerable adults
- Guidance on delivering first aid during the coronavirus pandemic is available on the [St John Ambulance website](#)
- Health, safety & hygiene measures for all activity should be in line with guidance for venues provided in this document
- Make hand sanitizers or wipes available for use at entrance/exit to venue/courts and buildings where possible (Hand sanitizer stations can be sourced from the LTA Buying Group - see <https://www.ltabuyinggroup.co.uk>)
- Clean all common touch point surfaces (gates, door handles, handrails etc.) regularly, wearing disposable gloves - attendees should be advised to clean their hands with hand sanitiser after touching shared surfaces such as gates.
- Where safe and appropriate, doors and court gates could be left open during the competition

ENTRIES

- Operate online entry for all competitions including recreational competitions to ensure you can manage competition size, and also make it easy to record attendee details
- Take any payments online, and avoid handling cash
- Online bookings can be facilitated through Online Tournament Entry or ClubSpark Events Module (Recreational Competitions only)

COMPETITION ACTIVITY

PRE-ATTENDANCE SYMPTOM CHECK

- Anyone attending a competition in any capacity should undergo a pre-attendance self-assessment for any 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:
 - A high temperature
 - A new, continuous cough
 - A loss of, or change to, their sense of smell or taste
- If someone that has been involved in a competition develops symptoms of COVID-19, they should self-isolate and request a coronavirus test right away. Further information is available at www.NHSinform.scot/test-and-protect or by calling **0800 028 2816** if they cannot get online
- Officials and competition organisers should keep a temporary record of all those on site for the competition for 21 days, in a way that is manageable, and assist Test & Protect with requests for that data if needed

COMPETITION ACTIVITY

- Organisers should refer to Section 1 of this document for details on currently permitted tennis activity, as well as the summary grid for details of permitted competition activity under each protection level

COMPETITION SIZE

- Outdoors, multiple sporting bubbles can be used to allow competitions up to the permitted size limits outlined in Section 1 (these limits include organisers, officials and participants), subject to a comprehensive risk assessments being undertaken
 - Where competitions utilise multiple bubbles for numbers greater than the permitted group limit for that level, organisers should, as part of their risk assessment, consult with relevant local authorities, environmental health, the police or other body responsible for the safety of the public. Agreement must be reached with these bodies before the competition takes place
 - Once an individual has completed their activity, they should immediately vacate the area of play and are then subject to normal household rules
- Where indoor competition is permitted, maximum group size is set by facility operators and the competition organiser
- The focus should be on delivering the competition with as few participants as possible in attendance at any given time, whilst still allowing the activity to run effectively.
- All groups are to be self-sufficient i.e. an official or competition organiser should not oversee two separate competitions at a time
- You could organise a competition in the morning and then one for a different group in the afternoon, however you should ensure there is a suitable time gap between the competitions so that the two groups do not meet
- Normal physical distancing and household number guidelines are applicable before and after playing tennis or when taking breaks



SCHEDULING ADVICE FOR ONE DAY EVENTS/MATCHPLAYS

- To minimise waiting time for players on site, a competition should ideally be organised so that the schedule is 1 round on, 1 round off
- Consider only running 1 or 2 events per day based on the number of courts available
- Draw formats could be match play draws, round robins, compass draws or knock out with consolations
- Carefully plan the schedule so you know how many people will be at your competition at any time
- We suggest either Two Sets + MTB or Two FAST4 sets + MTB as the scoring format
- Consider the other needs of the club members and venue coaches – shorter days mean members and coaches can use the courts after matches have been completed or the venue may want to only provide so many courts leaving some for members or coaches
- Where club v club competitions take place, interactions could be kept to a minimum by participants just attending for their match and then leaving

BRIEFINGS & PRESENTATIONS

- For Levels 1-3, no formal presentation ceremonies should take place during or after a competition as the focus should be on reducing the numbers in attendance at any one time. Such presentations and briefings can take place for Level 0.

MAINTAINING PHYSICAL DISTANCING

- For Level 0, physical distancing is not required outdoors, and is reduced to 1m indoors
- For Levels 1-4, physical distancing should be adhered to by everyone involved in a competition
- Attendees should be advised to limit their interactions with anyone outside of the competition they are attending the venue for (e.g. players on other courts)
- Encourage players not to congregate on/around the court before & after play
- There should be no skin to skin contact for players. Racket taps are allowed but shaking hands or elbow alternatives are not permitted
- Event briefings should take place in advance by email or online where possible
- No formal presentation ceremonies should take place during or after an event and the focus should be on reducing numbers in attendance at any one time

SUPERVISION & SPECTATING

- Spectators are permitted under the following circumstances:
 - where supervising a child and/or vulnerable person or a carer for a disabled player (this is not counted as part of the group activity, but should be off court where possible with physical distancing strictly observed while watching the sessions), or
 - where a competition or event is organised and takes place at premises whose entrances and exits are controlled (indoors and outdoors) for the purpose of crowd and capacity management in line with Scottish Government ([COVID-19: events sector guidance](#) and [COVID-19: calculating physical distancing capacity in public settings](#)).
- It is recognised that it may not always be possible to prevent people from spectating [at a competition or event] in a public space such as a park. In such circumstances, the organisers are required to consider mitigating



measures as part of their risk assessment/management plan with an emphasis on discouraging, where possible, informal spectating. Any such measures should be clearly communicated by the organiser prior to the competition or event which may include, amongst other things, the displaying of notices around the venue to remind the public to follow Scottish Government guidance.

- For clarity, where informal spectating does take place, organisers are not expected to enforce government guidance on members of the public in places not under their control.
- Where spectating and supervision is permitted, consider marking out specific boxes/areas for this purpose
- Clubhouses can be opened to provide indoor bar and restaurant services where permitted under the restrictions for that level (see Section 4), providing they adhere to Scottish Government [Tourism and Hospitality Guidance](#) and social contact limits are adhered to

RAIN DELAYS

- In the event of rain, attendees should where possible use own umbrella or if they drove, return to their own vehicle, to maintain physical distancing and avoid congregating under one shelter
- In the event of an extended delay, officials and competition organisers are encouraged to make an early decision with regards to cancelling the competition to avoid attendees waiting around for a prolonged period

EQUIPMENT

- Players are advised to bring and use their own equipment – where any equipment is shared it should be subject to thorough cleaning measures between use
- Any equipment used (e.g. mini tennis nets, orange lines, scoreboards) should be cleaned and wiped down afterwards
- New or fresh tennis balls are not needed for each match, but players should be reminded to avoid touching their faces during play, and anyone involved in the match should all clean their hands before the match and immediately after finishing (use alcohol gel if required)

INCLUSION

- Although activity levels were at a record high prior to COVID-19, participation of disabled people in sport has been disproportionately impacted by the coronavirus outbreak – the staging of inclusive and disability-specific competitions is therefore particularly encouraged
- Competition organisers and officials are encouraged to contact Tennis Scotland to assist the reopening of activity in a welcoming and accessible way

COMMUNICATION

- Communicate with your players/parents clearly and regularly, making them aware in advance of the measures you are putting in place at your competition, and guidelines they are asked to follow
- Make participants aware that undertaking any activity, including tennis, has the potential for increased risk of transmission of COVID-19, and advise attendees to read the [Scottish Government's FACTS advice](#) to stay safe and



protect others (Note that FACTS guidance including physical distancing changes from 19 July 2021)

- Ensure a fact sheet is provided and/or ensure your emails highlight all guidance to players/parents
- Encourage attendees to bring their own blanket/chairs/umbrella/raincoat/hand sanitiser
- Ensure signage on guidelines for maintaining physical distancing and promoting hygiene measures is clearly displayed (and ensure these remain up to date as restrictions change)
- Player/parent briefings should be held outdoors on a tennis court where social distancing can be observed or in a large open space. This should not be held indoors
- Posters that can be used to aid communication will be available from the COVID-19 section of the LTA's [Resource Library](#)

COVID-19 RESTRICTIONS IN SCOTLAND

TENNIS ACTIVITY BY LEVEL OF PROTECTION

KEY POINTS

- This grid outlines a summary of the baseline restrictions for each level of restrictions across Scotland and what that means for tennis activity – for some local areas, additional restrictions may be imposed that may further have a bearing on what tennis activity can take place
- **[NEW]** From 9 August 2021, Scotland will move to out of the levels of protection, with ‘**Beyond Level 0**’ measures in place – please be aware this includes the retention of some baseline measures to mitigate ongoing risks of transmission
- Should any areas return to operating under the Levels of Protection you can check this on the [Scottish Government website](#)
- This grid summarises the relevant aspects of the restrictions for tennis activity. Full details of the general restrictions for each level are [provided on the Scottish Government website](#). You can also refer to the [Scottish Government’s strategic framework for protection levels](#)
- Where activity in this grid is listed as permitted, venues, coaches, players and officials should refer to the additional notes at the end of this document for any further clarification. These guidelines apply to both tennis and padel, and are operational as of now other than where future dates are specified
- The grid in this document reflects information for what will be permitted as we move down through the levels of protection in line with the Scottish Government’s timetable for easing restrictions. As and when any additional detail is provided by the Scottish Government then this grid will be further updated to reflect that
- Tennis venues, coaches, officials and players should therefore be aware that the details provided in this grid may change as things develop. **You can also refer to the full republished Tennis Scotland/LTA guidance document for tennis venues, coaches and players in Scotland** which provides additional and supporting detail
- This version of the grid includes updated information from the Scottish Government for ‘Beyond Level 0’

SUMMARY GRIDS

Please see the following pages for our summary grid covering tennis activity by level for

- Outdoor Tennis
- Indoor Tennis
- Venue Bar / Café / Restaurant Guidelines
- Other Activity
- Additional Guidance Notes



COVID-19 RESTRICTIONS IN SCOTLAND

TENNIS ACTIVITY BY LEVEL OF PROTECTION

SUMMARY	OUTDOOR TENNIS						
	TYPE OF ACTIVITY	BEYOND LEVEL 0	LEVEL 0	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4
	SOCIAL PLAY	<ul style="list-style-type: none"> Permitted Singles & Doubles 	<ul style="list-style-type: none"> Permitted Singles & Doubles 	<ul style="list-style-type: none"> Permitted Singles & Doubles 	<ul style="list-style-type: none"> Permitted Singles & Doubles 	<ul style="list-style-type: none"> Permitted Singles & Doubles Social contact limits apply Doubles must maintain physical distancing 	<ul style="list-style-type: none"> Permitted Singles & Doubles Social contact limits apply Doubles must maintain physical distancing
	1:1 COACHING	<ul style="list-style-type: none"> Permitted 	<ul style="list-style-type: none"> Permitted 	<ul style="list-style-type: none"> Permitted 	<ul style="list-style-type: none"> Permitted 	<ul style="list-style-type: none"> Permitted 	<ul style="list-style-type: none"> Permitted
	GROUP COACHING / ORGANISED GROUP ACTIVITY	<ul style="list-style-type: none"> Permitted No bubble limits 	<ul style="list-style-type: none"> Permitted Max group size 500 - subject to field of play bubble limits 	<ul style="list-style-type: none"> Permitted Max group size 100 - subject to field of play bubble limits 	<ul style="list-style-type: none"> Permitted Max group size 50 - subject to field of play bubble limits 	<ul style="list-style-type: none"> Permitted Max 30 participants Limit includes coaches 	<ul style="list-style-type: none"> Permitted Max 30 for U12s Max 15 for adults/12+ Limits include coaches
	COMPETITIONS	<ul style="list-style-type: none"> Permitted Daily limit of 5000 	<ul style="list-style-type: none"> Permitted Daily limit of 5000 	<ul style="list-style-type: none"> Permitted Daily limit of 1000 	<ul style="list-style-type: none"> Permitted Daily limit of 500 	<ul style="list-style-type: none"> Permitted Daily limit of 200 	<ul style="list-style-type: none"> Local competitions permitted
	CHANGING FACILITIES / TOILETS	<ul style="list-style-type: none"> Can be opened 	<ul style="list-style-type: none"> Can be opened 	<ul style="list-style-type: none"> Can be opened 	<ul style="list-style-type: none"> Can be opened 	<ul style="list-style-type: none"> Can be opened 	<ul style="list-style-type: none"> Toilets can be opened Changing rooms closed Floodlight access ok
	SPECTATING & SUPERVISION	<ul style="list-style-type: none"> Permitted 	<ul style="list-style-type: none"> Spectating permitted where controlled Parent/guardian supervision permitted 	<ul style="list-style-type: none"> Spectating permitted where controlled Parent/guardian supervision permitted 	<ul style="list-style-type: none"> Spectating permitted where controlled Parent/guardian supervision permitted 	<ul style="list-style-type: none"> Spectating permitted where controlled Parent/guardian supervision permitted 	<ul style="list-style-type: none"> Spectating not allowed - see notes for exceptions Parent/guardian supervision permitted
	TRAVEL FOR OUTDOOR EXERCISE	<ul style="list-style-type: none"> Permitted within Scotland (other than to L3/4 areas) and UK 	<ul style="list-style-type: none"> Permitted within Scotland (other than to L3/4 areas) and UK 	<ul style="list-style-type: none"> Permitted within Scotland (other than to L3/4 areas) and UK 	<ul style="list-style-type: none"> Permitted within Scotland (other than to L3/4 areas) and UK 	<ul style="list-style-type: none"> U18s - permitted Adults - permitted within local area only 	<ul style="list-style-type: none"> U18s - permitted Adults - permitted within local area only
	SOCIALISING RULES BEFORE/AFTER PLAY	<ul style="list-style-type: none"> No restrictions on numbers 	<ul style="list-style-type: none"> No restrictions on numbers 	<ul style="list-style-type: none"> Max 12 people from 12 households (U12s do not count in limits) 	<ul style="list-style-type: none"> Max 8 people from 8 households (U12s do not count in limits) 	<ul style="list-style-type: none"> Max 6 people from 6 households (U12s do not count in limits) 	<ul style="list-style-type: none"> Max 4 adults from 2 households (12-17 max 4 / no h'hold limit)
PHYSICAL DISTANCING	<ul style="list-style-type: none"> Not required 			<ul style="list-style-type: none"> Physical distancing to be maintained before and after play at all times across all levels 1-4 			



COVID-19 RESTRICTIONS IN SCOTLAND

TENNIS ACTIVITY BY LEVEL OF PROTECTION

SUMMARY	INDOOR TENNIS							
	TYPE OF ACTIVITY	BEYOND LEVEL 0	LEVEL 0	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	
	SOCIAL PLAY	<ul style="list-style-type: none"> Permitted 	<ul style="list-style-type: none"> Permitted Singles & Doubles 	<ul style="list-style-type: none"> Permitted Singles & Doubles 	<ul style="list-style-type: none"> Permitted Singles & Doubles 	<ul style="list-style-type: none"> Permitted Singles & Doubles 	<ul style="list-style-type: none"> Permitted Singles & Doubles Doubles must maintain physical distancing 	<ul style="list-style-type: none"> Not permitted Indoor courts closed
	1:1 COACHING	<ul style="list-style-type: none"> Permitted 	<ul style="list-style-type: none"> Permitted 	<ul style="list-style-type: none"> Permitted 	<ul style="list-style-type: none"> Permitted 	<ul style="list-style-type: none"> Permitted 	<ul style="list-style-type: none"> Permitted 	<ul style="list-style-type: none"> Not permitted Indoor courts closed
	GROUP COACHING / ORGANISED GROUP ACTIVITY	<ul style="list-style-type: none"> Permitted No bubble limits 	<ul style="list-style-type: none"> Permitted Subject to coaching limits & court ratios 	<ul style="list-style-type: none"> Permitted Subject to coaching limits & court ratios 	<ul style="list-style-type: none"> Permitted Subject to coaching limits & court ratios 	<ul style="list-style-type: none"> Permitted Subject to coaching limits & court ratios 	<ul style="list-style-type: none"> Not permitted for adults Permitted for U18s 	<ul style="list-style-type: none"> Not permitted Indoor courts closed
	COMPETITIONS	<ul style="list-style-type: none"> Permitted 	<ul style="list-style-type: none"> Permitted 	<ul style="list-style-type: none"> Permitted 	<ul style="list-style-type: none"> Permitted 	<ul style="list-style-type: none"> Permitted 	<ul style="list-style-type: none"> Permitted 	<ul style="list-style-type: none"> Not permitted Indoor courts closed
	CHANGING FACILITIES / TOILETS	<ul style="list-style-type: none"> Can be opened 	<ul style="list-style-type: none"> Can be opened 	<ul style="list-style-type: none"> Can be opened 	<ul style="list-style-type: none"> Can be opened 	<ul style="list-style-type: none"> Can be opened 	<ul style="list-style-type: none"> Can be opened 	<ul style="list-style-type: none"> Toilet & floodlight access permitted Changing rooms/showers closed
	SPECTATING & SUPERVISION	<ul style="list-style-type: none"> Permitted 	<ul style="list-style-type: none"> Spectating permitted where controlled Parent/guardian supervision permitted 	<ul style="list-style-type: none"> Spectating permitted where controlled Parent/guardian supervision permitted 	<ul style="list-style-type: none"> Spectating permitted where controlled Parent/guardian supervision permitted 	<ul style="list-style-type: none"> Spectating permitted where controlled Parent/guardian supervision permitted 	<ul style="list-style-type: none"> Spectating permitted where controlled Parent/guardian supervision permitted 	<ul style="list-style-type: none"> N/A
	TRAVEL FOR INDOOR EXERCISE	<ul style="list-style-type: none"> Permitted within Scotland (other than to L3/4 areas) and UK 	<ul style="list-style-type: none"> Permitted within Scotland (other than to L3/4 areas) and UK 	<ul style="list-style-type: none"> Permitted within Scotland (other than to L3/4 areas) and UK 	<ul style="list-style-type: none"> Permitted within Scotland (other than to L3/4 areas) and UK 	<ul style="list-style-type: none"> Permitted within Scotland (other than to L3/4 areas) and UK 	<ul style="list-style-type: none"> U18s - permitted Adults - permitted within local area only 	<ul style="list-style-type: none"> N/A
	SOCIALISING RULES BEFORE/AFTER PLAY	<ul style="list-style-type: none"> No restrictions on numbers 	<ul style="list-style-type: none"> Max 10 people from 4 households (public place) 	<ul style="list-style-type: none"> Max 8 people from 3 households (public place) 	<ul style="list-style-type: none"> Max 6 people from 3 households (public place) 	<ul style="list-style-type: none"> Max 6 people from 3 households (public place) 	<ul style="list-style-type: none"> Max 6 people from 2 households (public place) 	<ul style="list-style-type: none"> N/A
PHYSICAL DISTANCING	<ul style="list-style-type: none"> Not required 	<ul style="list-style-type: none"> Reduced to 1 metre 	<ul style="list-style-type: none"> 2m physical distancing to be maintained before and after play at all times across all levels 1-4 					

Note: An exemption is in place for professional / performance sport to allow activity to continue across all levels (see additional notes)



COVID-19 RESTRICTIONS IN SCOTLAND

TENNIS ACTIVITY BY LEVEL OF PROTECTION

SUMMARY	VENUE BAR / CAFÉ / RESTAURANT						
	TYPE OF ACTIVITY	BEYOND LEVEL 0	LEVEL 0	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4
INDOORS	<ul style="list-style-type: none"> Licensing times apply 	<ul style="list-style-type: none"> Licensing times apply 	<ul style="list-style-type: none"> Can open until 23:00 Alcohol permitted 	<ul style="list-style-type: none"> Can open until 22:30 Alcohol permitted 	<ul style="list-style-type: none"> Can open until 20:00 No alcohol 	<ul style="list-style-type: none"> Closed 	
OUTDOORS	<ul style="list-style-type: none"> Licensing times apply 	<ul style="list-style-type: none"> Licensing times apply 	<ul style="list-style-type: none"> Licensing times apply Alcohol permitted 	<ul style="list-style-type: none"> Licensing times apply Alcohol permitted 	<ul style="list-style-type: none"> Licensing times apply Alcohol permitted 	<ul style="list-style-type: none"> Closed 	
GROUP SIZE LIMITS	<ul style="list-style-type: none"> No restrictions on numbers 	<ul style="list-style-type: none"> Relevant indoor and outdoor social contact limits apply across all levels 					
TAKEAWAYS	<ul style="list-style-type: none"> Permitted 	<ul style="list-style-type: none"> Permitted 	<ul style="list-style-type: none"> Permitted 	<ul style="list-style-type: none"> Permitted 	<ul style="list-style-type: none"> Permitted 	<ul style="list-style-type: none"> Permitted 	

SUMMARY	OTHER ACTIVITY						
	TYPE OF ACTIVITY	BEYOND LEVEL 0	LEVEL 0	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4
COACH EDUCATION	<ul style="list-style-type: none"> Permitted as normal 	<ul style="list-style-type: none"> Permitted as normal 	<ul style="list-style-type: none"> Permitted Max of 12 learners per court (excl. Tutor) Repeat hygiene protocols at beginning and end of every unit of learning Avoid socialising during breaks 	<ul style="list-style-type: none"> Permitted Max of 12 learners per court (excl. Tutor) Repeat hygiene protocols at beginning and end of every unit of learning Avoid socialising during breaks 	<ul style="list-style-type: none"> Permitted Max of 12 learners per court (excl. Tutor) Repeat hygiene protocols at beginning and end of every unit of learning Avoid socialising during breaks 	<ul style="list-style-type: none"> Not permitted Indoor courts closed 	



ADDITIONAL GUIDANCE NOTES

SOCIAL PLAY / GROUP ACTIVITY / COMPETITIONS

- Outdoor
 - Singles and doubles social play for adults and children is permitted at all levels in line with indoor and outdoor social contact group limits. Players at Level 3-4 should maintain physical distancing where they are not from the same household or extended household.
 - Coaches can run organised outdoor group activity and training sessions for adults and children in line with the 'field of play bubble' limits above.
 - Competition for both adults and children (including inter club competition) is permitted, and subject to daily competition size limits as per the levels above.
- Indoor
 - Singles and doubles social play for adults and children is permitted at Levels 0-3 and Beyond Level 0. Players should maintain physical distancing at Level 3 where they are not from the same household or extended household.
 - Coaches can run organised indoor group activity and training sessions for adults at Level 0-2 and children at level 0-3, with the total number of participants allowed to take part following [Scottish Government guidance on the opening of sport and leisure facilities](#), and court limits. Permitted at Beyond Level 0.
 - Competition for both adults and children (including inter club competition) is permitted, and subject to safe occupancy levels based on [Scottish Government guidance on the opening of sport and leisure facilities](#).
- Where there are multiple bubbles operating at the same venue these must be risk assessed to ensure there can be no mixing of participants before, during or after the activity. Specific mitigations could include staggered start times, limiting car parking or controlling access / egress points.
- The number of coaches supporting an activity for children and young people under 18 years of age should be risk assessed and kept to a minimum, whilst maintaining appropriate coach/child ratios

PERFORMANCE SPORT

- Tennis has [Resumption of Performance Sport](#) guidance in place and approved by Scottish Government / [sportscotland](#), and so is permitted at all Levels irrespective of the restrictions in place for recreational activity

SPECTATING & SUPERVISION

- Spectators are permitted for where levels of protection are in place under the following circumstances:
 - where supervising a child and/or vulnerable person or a carer for a disabled player (this is not counted as part of the group activity, but should be off court where possible with physical distancing strictly observed while watching the sessions), or
 - where a competition or event is organised and takes place at premises whose entrances and exits are controlled (indoors and outdoors) for the purpose of crowd and capacity management in line with Scottish Government ([COVID-19: events sector guidance](#) and [COVID-19: calculating physical distancing capacity in public settings](#)).
- It is recognised that it may not always be possible to prevent people from spectating [at a competition or event] in a public space such as a park. In such circumstances, the organisers are required to consider mitigating measures as part of their risk assessment/management plan with an emphasis on discouraging, where possible, informal spectating. Any such measures should be clearly communicated by the organiser prior to

the competition or event which may include, amongst other things, the displaying of notices around the venue to remind the public to follow Scottish Government guidance.

- For clarity, where informal spectating does take place, organisers are not expected to enforce government guidance on members of the public in places not under their control.

TOILETS, CHANGING & SHOWER ROOMS

- For Level 0-3, access to and use of changing rooms and showering facilities is permitted if appropriate risk assessment and hygiene measures have been put in place. These facilities should be made available for participants who require support such as those with a disability. At Level 4, changing rooms should be closed.
- Facilities should use specific guidance relating to use of 'Changing and Showers' available at [Getting Your Facilities Fit for Sport](#). This is applicable at all levels where facilities remain open
- Venues may open public toilets across all levels if they follow the guidelines outlined on the Scottish Government website [Opening Public Toilets Guidelines](#)
- Access to toilets and to floodlights is permitted, but must be risk assessed and appropriate mitigating actions put in place to minimise risk

FACE COVERINGS [NEW]

- Beyond Level 0, it will continue to be the law, subject to exceptions, that face coverings must be worn in indoor public places and on public transport
- When using indoor sports facilities, face coverings must be worn out with activity

HOSPITALITY & RETAIL

- The grid above had been updated to reflect restrictions on opening hours for hospitality and catering
- Where provision of catering and bar services is permitted, clubhouses and sports facilities should adhere to Scottish Government guidance appropriate to the protection level in which they are operating. Further information is available at [Coronavirus \(COVID-19\): tourism and hospitality sector guidance](#)
- [NEW] Beyond Level 0, Test & Protect will continue to contact-trace positive cases. To assist with this there will be a continued requirement for indoor hospitality and similar venues to collect the contact details of customers
- Where retail units operated by sports facility operators can reopen, Scottish Government guidance for retailers appropriate to the protection level in which they are operating should be adhered to. Further information from the Scottish Government is available at [Retail Sector Guidance](#)

WORKFORCE

- Sports facility operators must ensure that Scottish Government guidance on [workforce planning in sport & leisure facilities](#) is followed for contractors and staff and ensure existing health and safety advice is maintained and aligned. This should be detailed in the risk assessment
- Consider whether meetings and training must be completed in person or whether alternative approaches can be used. If it is essential that meetings and training takes place in person, [Scottish Government guidance for general workplaces](#) must be followed and a risk assessment should be completed

TRAVEL

- **[NEW] Beyond Level 0 (adults & children)**
 - 'Beyond Level 0' no travel restrictions will be applicable, within or between areas in Scotland, which are not categorised under the protection level system. Restrictions will apply should a local area move into protection levels.
 - The Scottish Government will continue to use travel restrictions, as and when necessary, to restrict the spread of outbreaks and protect against the risk of importation of new variants. They will continue to monitor the UK wide and International Covid-19 position. Further information on restrictions applicable between Scotland and other parts of the UK and internationally is available on the Scottish Government website at [Coronavirus \(COVID-19\): travel and transport](#).
- **Adults in Level 3 or Level 4 areas:**
 - Should only travel locally (within their local government area) to take part in tennis activity
 - They must not enter Levels 0-2 or any other Level 3 or Level 4 area unless for a permitted reason.
- **Adults in Level 0-2 areas:**
 - Can travel to and from a Level 0, 1 and 2 area to take part in tennis activity, including training and competition.
 - However, to help suppress the spread of the virus, it is advised that people should not utilise facilities or take part in activities that are not allowed in their home local area protection Level
 - They should not travel to a Level 3 or 4 area
 - Can travel to other areas of the UK
- **Participants aged 17 years or under (Levels 0-4)**
 - Can travel to and from any level (including Level 3 and Level 4 areas) to take part in tennis activity, including, training, and competition
 - Can travel to other areas of the UK
- Where travel to and from other areas of the UK is permitted, you should check the local rules of the destination before you travel
- Travel guidance outlined by the Scottish Government should always be followed. Further information on what travel is permitted is available at [Coronavirus \(COVID-19\): guidance on travel and transport](#).

CAR SHARING

- For Levels 0-4 you should avoid car sharing with anyone from another household unless you deem it to be necessary
- If individuals or groups do car share then they should follow [Transport Scotland advice on how to travel safely](#) and put in place appropriate risk assessment and mitigations

TRAVEL SUMMARY

- **[UPDATED]** Organised sport and physical activity:

Age Group	Beyond Level 0	Level 0	Level 1	Level 2	Level 3	Level 4
U18s	✓	✓	✓	✓	✓	✓
18+ (Adults)	✓	✓	✓	✓	Local Travel Only	Local Travel Only