

Tennis
SCOTLAND



Guidance for Tennis Venues, Coaches & Players in Scotland

COVID-19: RETURN TO PLAY

Level 3 (Version 9) – Published 27 April 2021



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 26 April 2021, other than where a future date is specified. This follows the Scottish Government's confirmation of the [strategic framework](#) for the route map out of lockdown and the subsequent updates from the First Minister.

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 route map moving out of lockdown, where the local environment allows.

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:

- **Section 1:** Permitted tennis activity (Level 3)
- **Section 2:** Guidance for tennis players
- **Section 3:** Guidance for tennis venues
- **Section 4:** Guidance for tennis coaches
- **Section 5:** 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!

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](#)

LEVEL 3

OUTDOOR ACTIVITY

INFORMAL SOCIAL PLAY

- Both singles play and doubles play is permitted with people from outside of your household in line with social contact restrictions, as long as you remain 2 metres apart as far as possible – meaning that four people from different households can play doubles
- **For informal social play outdoors, group size is limited to a maximum of six people from no more than six households by law.** This means you can play tennis providing you only meet up with no more than 5 other people from different households
- Physical distancing must be maintained between people who do not live together or share a support bubble
- For padel, doubles play is also permitted but extra care is advised and it should only be done so where players are confident they can maintain 2 metres apart

1:1 COACHING

- Permitted in line with Tennis Scotland and the LTA's Covid-19 Secure guidance for coaching activity
- The coach and the participant should maintain physical distancing before, during and after the session

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 a maximum of 30 people at any one time 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
- The limit of 30 includes all coaches, officials and other support staff
- Participants should adhere to physical distancing with those from another household when not actively participating, and should not congregate before or after an activity, or during breaks
- 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



- Attendees for group sessions should avoid social interaction with anyone outside the group they are with, even if they see other people they know during their visit

COMPETITIONS

- Multiple outdoor sporting bubbles can be used to allow competitions up to a maximum of 200 people per day, subject to a comprehensive risk assessments being undertaken to ensure no mixing before, during or after an activity
- 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 of more than six
- 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

SPECTATING

- No spectating should take place
- Where attendance of a parent/guardian (non-participant) is required for safeguarding purposes to supervise a child or vulnerable adult, or a carer for a disabled player, it is permitted and is not counted as part of the group activity, but should be off court and limited to one per player where possible, with physical distancing strictly observed while watching the sessions

INDOOR ACTIVITY

INFORMAL SOCIAL PLAY

- Both singles play and doubles play is permitted with people from outside of your household in line with indoor social contact restrictions, as long as you remain 2 metres apart as far as possible – meaning that four people can play doubles only where they come from no more than two different households
- **For informal social play indoors, group size is limited to a maximum of six people from no more than two households by law**
- Physical distancing must be maintained between people who do not live together or share a support bubble
- For padel, doubles play is also permitted but extra care is advised and it should only be done so where players are confident they can maintain 2 metres apart

1:1 COACHING

- Permitted as per outdoor in line with Tennis Scotland and the LTA's Covid-19 Secure guidance for coaching activity
- The coach and the participant should maintain physical distancing before, during and after the session



GROUP COACHING / ORGANISED GROUP ACTIVITY

- Formally organised indoor group tennis activity such as coached sessions and club nights for larger groups are not permitted for adults, but are permitted for U18s provided that venues, coaching providers and event organisers follow Tennis Scotland and LTA COVID-19 secure guidelines
- The group size limit for U18s 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. Larger group sessions indoors may need to utilise multiple full-size courts in order to maintain physical distancing, depending on the local environment and risk assessment – 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

SPECTATING

- No spectating should take place
- Where attendance of a parent/guardian (non-participant) is required for safeguarding purposes to supervise a child or vulnerable adult, or a carer for a disabled player, it is permitted and is not counted as part of the group activity, but should be off court and limited to one per player where possible, with physical distancing strictly observed while watching the sessions

TRAVEL

- Unrestricted travel to all Level 3 areas is permitted – currently this means that unrestricted travel is permitted throughout Scotland
- Should areas be moved to different levels, adults in Level 3 areas must not enter Levels 0-2 or Level 4 areas unless for a permitted reason. Participants aged 17 years or under can travel to and from Level 3 areas to take part in organised sport, training, and competition
- Travel to and from other areas of the UK is permitted – however, 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](#).

TRAVEL SUMMARY

- Organised sport and physical activity:

Age Group	Level 0	Level 1	Level 2	Level 3	Level 4
U18s	✓	✓	✓	✓	✓
18+ (Adults)	✓	✓	✓	L3 Travel Only	Local Travel Only



SECTION 2: GUIDELINES FOR TENNIS PLAYERS

STAY UP TO DATE

- Scottish Government information around physical distancing is available [here](#) and should be read in full
- 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
- Avoid car sharing with people outside extended household wherever possible. Specific information on car sharing is available from [Transport Scotland: advice on how to travel safely](#)
- Face coverings are compulsory on public
- 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

- 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

- 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 3: 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 will be updated as we progress through the different levels of Scottish Government measures – Tennis Scotland remains in discussions with sportscotland and Government and so we recommend you check the official 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 (i.e. one person at a time).
- Remove any other unnecessary equipment / items from courts (e.g. benches). Where this is not possible, 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

- Use of changing rooms and showering facilities should be avoided where possible, although they may 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 can operate providing they 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](#).
- Any venues offering hospitality are required to close by 10pm
- Outdoors alcohol is permitted to be served, with opening times in line with local licensing laws. Indoors, alcohol is not permitted to be served, and venues are required to close by 20:00
- Social contact group size and household restrictions apply (indoors 6/2, outdoors 6/6)
- 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 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
- 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 now 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

- 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@tenniscotland.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](#) 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 4: 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 will be updated as we progress through the different levels of Government measures – 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 indoors and outdoors, and organised group training sessions outdoors (as well as for U18s indoors) – full details of currently permitted tennis activity is provided in Section 1 of this document, while coaches can 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

- 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 the 2m rule

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

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

FACE COVERINGS

- 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

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 5: GUIDANCE FOR OFFICIALS AND COMPETITION ORGANISERS

Tennis competitions which do not follow these Scottish Government-approved guidelines should not take place in Scotland at this time.

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 will be updated as we progress through the different phases of Government measures – 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
- Remove any other unnecessary equipment and items from courts and ensure appropriate cleaning measures are in place items that remain in place
- 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

- Physical distancing in line with Scottish Government guidelines must 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 a maximum of 200 people per day (including organisers, officials and participants), subject to a comprehensive risk assessments being undertaken to ensure no mixing before, during or after an activity
 - Where competitions utilise multiple bubbles for numbers greater than 30, with, 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
- Indoors, maximum group size is set by facility operators
- 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.
- Any individual groups should not interact with anyone outside of the group they are attending the venue with (e.g. players on another court)
- 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

MAINTAINING PHYSICAL DISTANCING

- 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

- No spectating should take place other than where a parent is supervising a child or vulnerable adult
- Parents/guardians who are supervising their children should be off court and abide by Scottish Government physical distancing guidance by staying at least 2m away from those out with their own household. Groups of parents from different households should not congregate before, during or after the activity
- Consider marking out specific boxes/areas for this purpose
- Clubhouses can be opened to provide indoor bar and restaurant services, 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
- 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
- **All of Scotland moved to Level 3 on 26 April.** The Scottish Government has announced a provisional timeline for the further easing of restrictions, with a provisional date of 17 May for a move to **Level 2**, 7 June for **Level 1** and late June for **Level 0**. This will be confirmed ahead of each move, and be based on data.
- As and when the situation changes and the nation or any areas move to a different level of protection, this information will be [provided on the Scottish Government website](#), alongside details of the general restrictions for each level. 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

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

		OUTDOOR TENNIS					
		TYPE OF ACTIVITY	LEVEL 0	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4
SUMMARY	SOCIAL PLAY	<ul style="list-style-type: none"> Permitted Singles & Doubles Social contact limits apply 	<ul style="list-style-type: none"> Permitted Singles & Doubles Social contact limits apply 	<ul style="list-style-type: none"> Permitted Singles & Doubles Social contact limits apply 	<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 				
	GROUP COACHING / ORGANISED GROUP ACTIVITY	<ul style="list-style-type: none"> Permitted Max group size TBC - subject to field of play bubble limits 	<ul style="list-style-type: none"> Permitted Max group size TBC - subject to field of play bubble limits 	<ul style="list-style-type: none"> Permitted Max group size TBC - 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/over12s Limits include coaches 	
	COMPETITIONS	<ul style="list-style-type: none"> Permitted 	<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"> Toilets can be opened Changing rooms closed Floodlight access allowed 				
	SPECTATING & SUPERVISION	<ul style="list-style-type: none"> Spectating permitted (subject to restrictions) Parent/guardian supervision permitted 	<ul style="list-style-type: none"> Spectating permitted (subject to restrictions) Parent/guardian supervision permitted 	<ul style="list-style-type: none"> Spectating permitted (subject to restrictions) Parent/guardian supervision permitted 	<ul style="list-style-type: none"> Spectating not allowed Parent/guardian supervision permitted (one per player) 	<ul style="list-style-type: none"> Spectating not allowed Parent/guardian supervision permitted (one per player) 	
	TRAVEL FOR OUTDOOR EXERCISE	<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 within Scotland and the UK 	<ul style="list-style-type: none"> Permitted within mainland Scotland No overnight stays away from your local area 	
	SOCIALISING RULES BEFORE/AFTER PLAY	<ul style="list-style-type: none"> Max 15 people from 15 households (U12s do not count towards limits) 	<ul style="list-style-type: none"> Max 12 people from 12 households (U12s do not count towards limits) 	<ul style="list-style-type: none"> Max 8 people from 8 households (U12s do not count towards limits) 	<ul style="list-style-type: none"> Max 6 people from 6 households (U12s do not count towards limits) 	<ul style="list-style-type: none"> Max 6 people from 6 households (U12s do not count towards limits) 	
	PHYSICAL DISTANCING	<ul style="list-style-type: none"> Physical distancing to be maintained before and after play at all times across all levels 					



COVID-19 RESTRICTIONS IN SCOTLAND

TENNIS ACTIVITY BY LEVEL OF PROTECTION

INDOOR TENNIS						
TYPE OF ACTIVITY	LEVEL 0	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	
SUMMARY	SOCIAL PLAY	<ul style="list-style-type: none"> Permitted Singles & Doubles Social contact limits apply 	<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 	<ul style="list-style-type: none"> Permitted Singles & Doubles Social contact limits apply 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"> Not permitted Indoor courts closed
	GROUP COACHING / ORGANISED GROUP ACTIVITY	<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"> 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"> Toilet & floodlight access permitted Changing rooms/showers closed
	SPECTATING & SUPERVISION	<ul style="list-style-type: none"> Spectating not allowed Parent/guardian supervision permitted (one per player) 	<ul style="list-style-type: none"> Spectating not allowed Parent/guardian supervision permitted (one per player) 	<ul style="list-style-type: none"> Spectating not allowed Parent/guardian supervision permitted (one per player) 	<ul style="list-style-type: none"> Spectating not allowed Parent/guardian supervision permitted (one per player) 	<ul style="list-style-type: none"> N/A
	TRAVEL FOR INDOOR EXERCISE	<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 within Scotland and the UK 	<ul style="list-style-type: none"> N/A
	SOCIALISING RULES BEFORE/AFTER PLAY	<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 2 households (public place) 	<ul style="list-style-type: none"> N/A
	PHYSICAL DISTANCING	<ul style="list-style-type: none"> Physical distancing to be maintained before and after play at all times across all levels 				

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	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"> 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 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"> 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	LEVEL 0	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4
COACH EDUCATION	<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"> 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

- At level 3
 - Singles and doubles social play for adults and children is permitted in line with indoor and outdoor social contact group limits. Players 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 with a maximum of 30 people involved at any one time (including the coaches) as part of a 'field of play bubble'
 - Competition for both adults and children (including inter club competition) is permitted, subject to competition size limits (no more than 200 per day outdoors)
- 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

TOILETS, CHANGING & SHOWER ROOMS

- For Level 3, use of changing rooms and showering facilities can be used but should still be avoided where possible, although these 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

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](#)
- 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

- Unrestricted travel to all Level 3 areas is permitted – currently this means that unrestricted travel is permitted throughout Scotland
- Should areas be moved to different levels, adults in Level 3 areas must not enter Levels 0-2 or Level 4 areas unless for a permitted reason. Participants aged 17 years or under can travel to and from Level 3 areas to take part in organised sport, training, and competition
- Travel to and from other areas of the UK is permitted – however, 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](#).

TRAVEL SUMMARY

- Organised sport and physical activity:

Age Group	Level 0	Level 1	Level 2	Level 3	Level 4
U18s	✓	✓	✓	✓	✓
18+ (Adults)	✓	✓	✓	L3 Travel Only	Local Travel Only