

TUNBRIDGE WELLS LAWN TENNIS CLUB

Coronavirus

I am sure that you are all fully educated about this subject from the media so apologise for adding to the information overload! However, there are various things that we can all do to minimise the risk to TWLTC becoming a centre for spreading this virus.

Specifically, in relation to tennis, please do not feel obliged to shake hands at the end of a match. Elbow bumping, bowing or just saying thank you at the net are all acceptable.

During this period, we are disinfecting the booking screen keyboard every morning and ask that you please wash your hands before use. **We are also suspending requiring members to confirm their courts until further notice.** We will also be disinfecting the self-service coffee machine, toilet door handles and the TV remote controls on a daily basis.

James has carried out a separate risk assessment in relation to coaching and will ensure that physical contact, including high-fives, coaches physically holding someone to demonstrate a technique etc will cease until further notice. Any children going to the toilet will be asked to confirm that they have washed their hands. Coaches will follow government advice and James has trained them all accordingly and will update them as the virus situation evolves.

More generally:

Signs and Symptoms of Coronavirus and Hygiene Requirements

It is important that everyone is aware of the signs and symptoms of Coronavirus.

Common signs of infection include respiratory symptoms, fever, cough, shortness of breath and breathing difficulties. Public Health England promotes the 'Catch it. Bin it. Kill it' method of preventing infections spreading. TWLTC will be promoting this preventative measure.

Keeping up to date

TWLTC will be keeping up to date with any developments relating to Coronavirus. However, we strongly recommend you also keep up to date with news and the advice and guidance relating to this.

If someone becomes unwell, they should be isolated from others and should contact the local health authorities for further guidance:

- Get at least 2 metres away from other people
- Go to a room behind a closed door
- Avoid touching anything
- Sneeze into a tissue or the crook of your elbow
- You should use your own mobile to call either 111 for NHS advice, or 999 for an ambulance if you are seriously ill.

Displaying Symptoms of Coronavirus and those more at risk

Anyone with symptoms of coronavirus needs to refrain from coming to TWLTC. If the virus starts spreading within the community, those with even a mild cough or low-grade fever (37.3C or more) will need to stay at home. For those who could be more at risk (e.g. older people and those who are pregnant or have underlying health issues) extra measures may need to be taken if the health risk heightens.

I hope that this is helpful and don't mean in any way to patronise anyone. Hopefully, we can all keep playing tennis (assuming the rain decides to stop at some point!) and stay well.

Kind regards,

Laura Byers, Club Manager