

Covid-19 Restrictions

Government Rules

Keep up to date with Covid-19 government guidelines – www.gov.uk/coronavirus .

If you have symptoms or someone in your household has a possible or confirmed Covid-19 infection, do not attend.

Wash your hands before leaving to play and on your return to home.

Car sharing should be avoided but it is better than someone taking public transport. If you live in a tier 2 area, you should not car share.

An NHS Test and Trace QR code will be displayed, you should check-in. Your contact details will be kept (whether you check-in via the QR code or not) in case they are required by NHS test and trace.

Ventilation should be optimised by opening all doors and windows.

Venue Rules – Aberdour School

Entry/Exit - Parking will be in the lower car park adjacent to the tennis courts. Drive into the school, through the barrier, through this car park and continue to the far end of the school.

Once parked up with the tennis courts on your right, entry to the sports hall will be to the left of the building, following the path next to the pitches.

The (rear sports hall) fire exits will be open. Red and yellow court players enter at near side, green and blue court players enter at far side. When leaving, drive close to the gate to make it open automatically.

Hygiene – Only use toilets in an emergency.

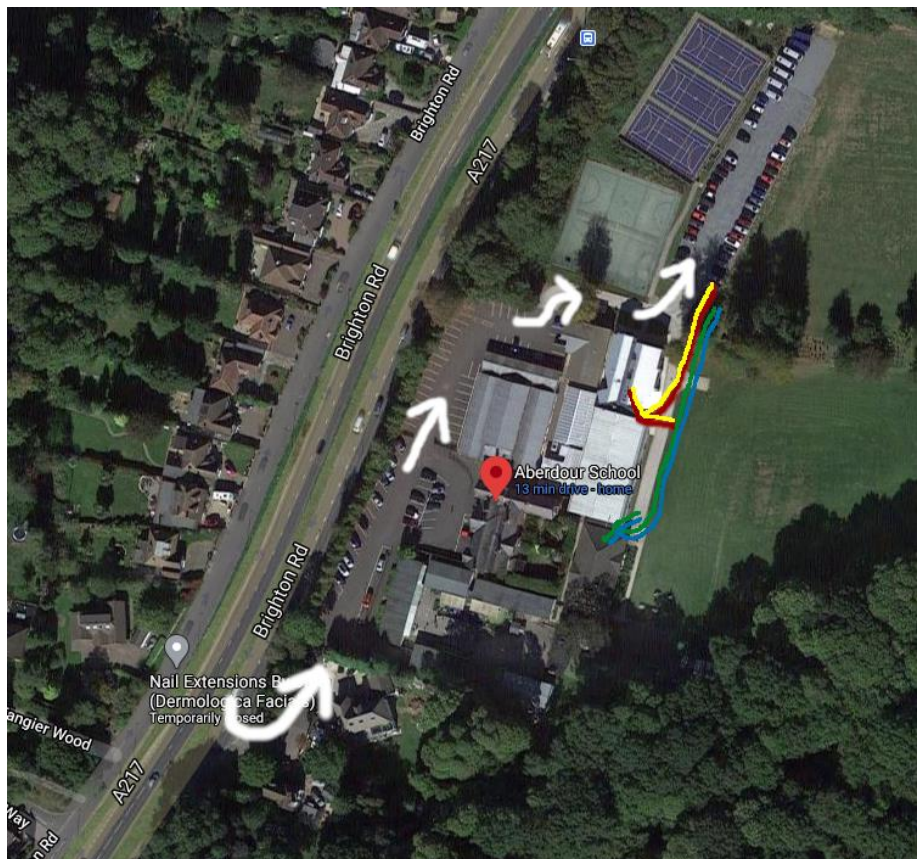
Equipment – Posts must be disinfected after use.

No changing facilities

No food and bring your own drink. Do not leave any rubbish behind.

No spectators or parents.

A risk assessment must be completed by the club.



Club Rules

The club must appoint a Covid-19 officer (Neil, 07798 854729, neilbarty@gmail.com). You must notify your Covid-19 officer should you get symptoms of Covid-19.

You will be assigned a specific court for the session and space to sit. Follow directions to get to your court. Yellow and green courts must not use shortcuts. Do not mix with other courts. Do not walk on other courts. Do not chat with people on other courts.

Try to stay 2 metres apart. No physical contact (no handshaking).

Shuttles will be assigned per court. Only use your courts shuttles. Do not retrieve your shuttles from other courts. Return shuttles from other courts by using your racket.

Do not share equipment. Try not to touch net or posts. No borrowing of rackets (break a string, bring a spare). Bring your own water. No food.

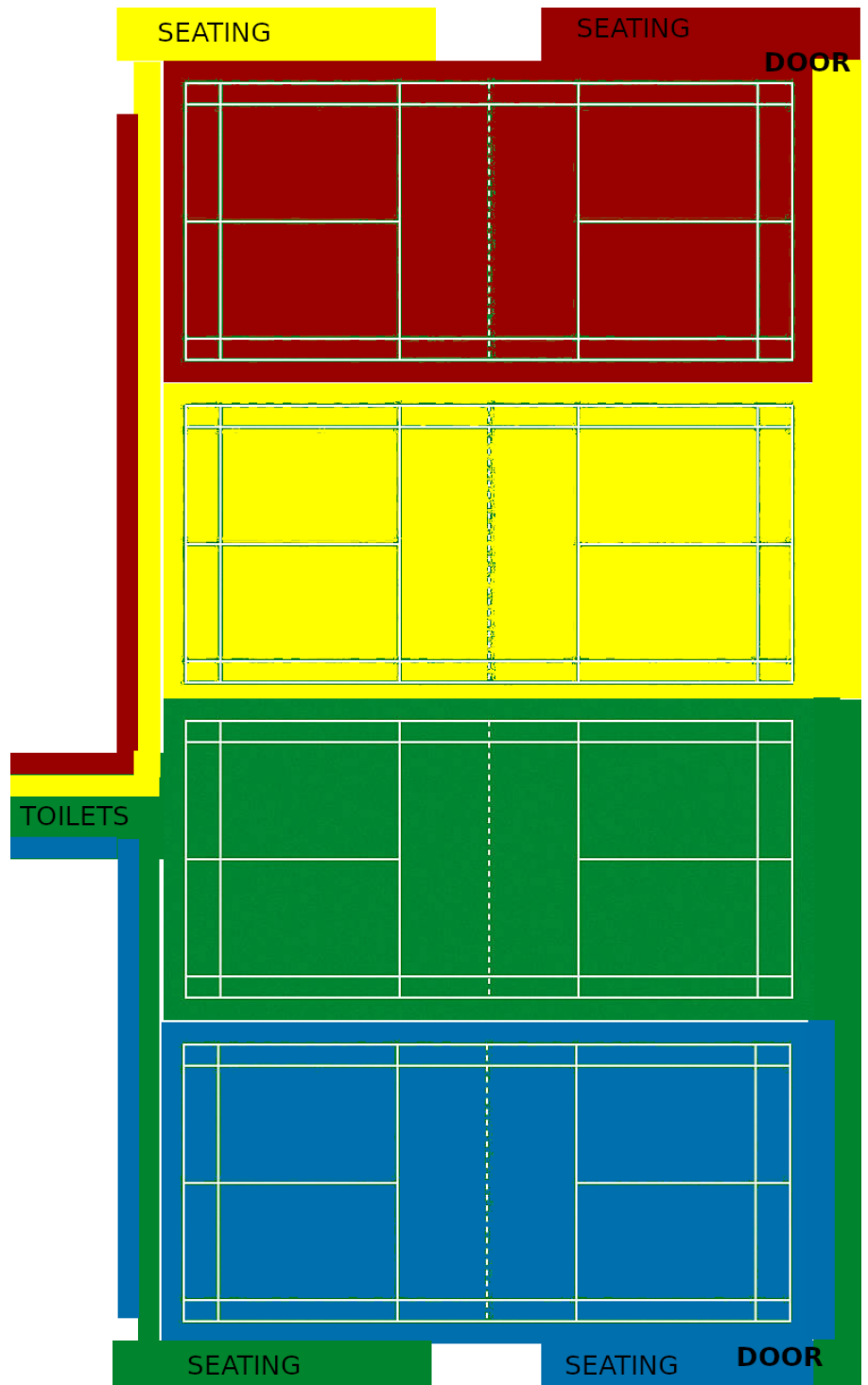
Each session must be booked and paid for in advance. We are using an app called "Spond". You do not need to download it, but it has advantages (e.g. you can see how full a session is getting). You will be sent a message to register (for free), offering you a place in a session. More players will be offered a place than there are actual places. Places are limited to six players per court, 24 players in total. Places are released at about 7pm on Friday for the following Monday and Saturday for the following Wednesday. Last time to book your place is 6pm on the night of a session. The cost is currently £6 per session.

If you have credit you can accept your place by contacting Neil. This is a manual process and if the session is near closing or near capacity you may miss out. See credit information at:

Mondays - www.suttoncheambadminton.co.uk/LadderMon.htm .

Wednesdays - www.suttoncheambadminton.co.uk/LadderWed.htm .

Follow the instructions to pay by card. This is an automated process and your place will be confirmed quicker by this process.



You can cancel your participation in a session for any reason at any time before the start of the session. Money will be held as credit for the next session. Forget to cancel or forget to turn up and you will be charged.

On the day before the session starts you will be assigned a court.

Posts, nets and shuttles will be cascaded down the courts. This means no one should have to leave their assigned court areas. Someone on your court must put your posts and net up, and pass other posts down to other courts. At end of play, posts must be cascaded back up the courts. After touching posts or nets you should sanitise your hands.

Play will involve a competition where you play one game with four different players on your court. Scores will be totalled and used to assign courts for the next session. If a game gets to 20-20, you may decide to play to 21 or to two clear points but the score must be entered as 21-20. Someone on your court (with a smart phone) must enter the scores and send them in. An extra lady in a pair means that pair starts with +4 points (e.g. Mixed pair v men's pair, starts on +4. Ladies pair v men's pair, starts on +8). Enter scores at:

Mondays - www.suttoncheambadminton.co.uk/LadderMonInput.htm .

Wednesdays - www.suttoncheambadminton.co.uk/LadderWedInput.htm .

Extra session time can be used by playing friendly games with the players on your court.

Play on Monday starts at 7.45pm and finishes promptly at 9.45pm, do not start another game after 9.40pm.

Play on Wednesday starts at 7.45pm and finishes promptly at 9.45pm, do not start another game after 9.40pm.

Do not hang around after you have finished. Chat outside.

Don't abuse the rules. Many of these rules are enforceable by law. While you or the club are unlikely to be fined, we all have a moral duty to try to avoid taking Covid-19 back into our households.