

## County Cup Captains: Way of Working Summer 2020 County Training

**KEY PRINCIPLE: Anyone experiencing any symptoms or are self-isolating – DO NOT attend the session. Please let Sangeeta and Andrew know as soon as possible.**

### Before:

- Lead Coach to prepare session plan and circulate to the coaching team 48 hours prior to start of the session.
- Ensure each member of the coaching team is aware of players who make up their designated group and the configuration of the courts.
- To notify coaches of any adjustments to the group, well ahead of time and preferably by email.
- Balls (8 or 12 per court) will be provided and marked for each court. These must only be used per one court per session.
- Sanitising gel and wipes will be provided to be used by the players and coaches before, and after the session.
- To be available to communicate with parents around any specific questions they may have.

### On Court Session:

One of the most important considerations is that players and coaches are socially distanced at all times. This will mean:

- Ensure one coach is at the venue at least 20 minutes before the session starts.
- It is recommended, only one coach opens and closes the gate to provide access to courts
- Government and LTA guidelines prohibit gatherings of more than 6 people; therefore, we need to organise each session in bubble of 5 or 6 including the coach.
- There must not be any mixing of players or coaches across groups or courts.
- Where necessary players must be reminded of 1 metre distancing at all times.
- Players must be instructed around using **only balls designated to their own court**, and this needs to be applied in a disciplined manner.
- Coaches need to keep gatherings of players on their own courts to a minimum.
- The emphasis should be on hitting lots of tennis balls, and where instruction is necessary this to be done without calling the group in.
- No Basket Feeding, please. Live training and hitting drills only.
- No other on court equipment should be used outside of Mini Tennis. (With the 9U Session, orange lines may be used)
- Players should have access to sanitising gel and wipes for each court.

### Following the session:

To submit a short report to both Andrew and Sangeeta, summarising the following points:

- Attendance list and bubbles – **vitaly important**, in case required by NHS Track and Trace programme.
- How the session went overall.
- Logistical issues around the facilities and courts.
- Any points of note and or concern.
- To safely store all of the equipment, including the tennis balls and ensure they are not used in own, or club training sessions