

## County Cup Captains: Way of Working Winter 2020-2021 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 due to attend
- 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 that one coach ensures all players sanitise their hands when they come onto court, especially after touching / opening doors or gates
- Where necessary players must be reminded of 2 metres distancing at all times.
- Coaches need to keep gatherings of players 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 8U an 9U Sessions, where orange lines may be used\_
- Players should have access to sanitising gel and wipes throughout the session

### Following the session:

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

- Attendance list **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

## Venue

A maximum of 1 spectator per player at all VENUES.

### Hazelwood

- A maximum of 1 spectator per player at all VENUES.
- Please use hand sanitiser on the way into the dome. There is some located by the entrance.
- If you have a smart phone, please scan the QR code on the NHS Covid-19 App
- Please wear masks inside of the clubhouse should you need to use toilets.
- Please do not mingle whilst spectating
- There may be a limit on number of players and parents allowed in the bubble so parents may be asked to wait in their car or the Clubhouse during the session

### Islington

- A maximum of 1 spectator per player at all VENUES.
- Please wait in your car if you are driving for as long as possible. Please only enter the centre just before the start time pm to avoid any gatherings or crowds in the balcony or reception areas.
- If you have a smart phone, please scan the QR code on the NHS Covid-19 App
- Please use hand sanitiser on the way in
- The centre do require everyone (11+ ) to wear masks inside and on the balcony. (If you are exempt from wearing a mask, please let us know by 1pm today to avoid any queries on the day)
- Please do not mingle whilst spectating

### DL Northwood – Training to be held on indoor courts 9/10/11

- A maximum of 1 accompanying adult per player please.
- All coaches, player and parents will have to register at Reception on the way in.
- Names will be given to reception in advance of the sessions therefore vital to know who is attending.
- Please use hand sanitiser on the way in
- Please wear masks inside the club. They may be taken off on court, and whilst sitting down to consume food and drink
- If you have a smart phone, please scan the QR code on the NHS Covid-19 App
- Spectating may not be possible at this venue.

### VA Riverside Chiswick – Bubble will be used for these sessions. Wrap up warm

- A maximum of 1 spectator per player please.
- Please use hand sanitiser on the way into the dome. There is some located by the entrance.
- If you have a smart phone, please scan the QR code on the NHS Covid-19 App
- Please wear masks inside of the clubhouse on they way into the dome.
- Please do not mingle whilst spectating

### Ealing

- A maximum of 1 spectator per player please.

- Please use hand sanitiser on the way into the dome. There is some located by the entrance.
- If you have a smart phone, please scan the QR code on the NHS Covid-19 App
- Please wear masks inside of the clubhouse should you need to use toilets.
- Please do not mingle whilst spectating