



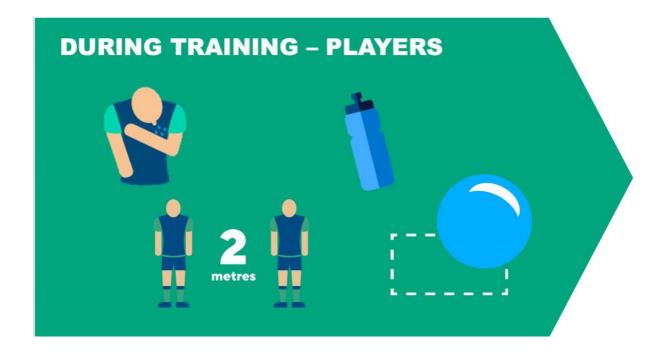
- Book online don't turn up to sessions you are not booked for.
- Do not attend a session if you have COVID symptoms or are required to self-isolate.
- Don't travel to sessions with people from other households.
  Wear face coverings on public transport.
- Pack tissues, drink, racket and training kit. Turn up ready to play. No changing rooms, water fountains or rackets will be available to use.





- Arrive no more than five minutes before session start time.
  Follow the signs at the Academy of Sport & Wellbeing. Enter the Sports Hall by the furthest away door (what we would consider the back of the hall).
- Before entering the Sports Hall, wash your hands with hand sanitiser or soap & water, then check-in and pay (if required and only by card) in the Sports Hall.
- No spectators allowed in the Sports Hall. Remember to physically distance by two metres.
- No handshakes, fist pumps, high fives etc.





- Avoid shouting, unduly raising your voice, spitting, clearing your nose, or touching your eyes, noise or mouth. Apply cough and sneeze etiquette.
- Do not share water bottles, drinks, food, equipment etc.
- Maintain two metres distancing when not playing on court.
- Stick to your allocated "bubble of play" e.g. designated court and surrounding area.





- Leave the Sports Hall by the middle door. Before leaving the venue, wash your hands for at least 20 seconds with soap and water or hand sanitiser.
- No access to changing rooms.
- Leave the venue when your session ends and you have washed your hands. Change and shower at home.
- Sanitise your equipment.