

BEFORE TRAINING – PLAYERS/PARENTS



- 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.

It is everyone's responsibility to adhere to the Scottish Government guidelines on the COVID-19 pandemic (www.gov.scot/coronavirus).



- 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.

It is everyone's responsibility to adhere to the Scottish Government guidelines on the COVID-19 pandemic (www.gov.scot/coronavirus).



- Avoid shouting, unduly raising your voice, spitting, clearing your nose, or touching your eyes, nose 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.

It is everyone’s responsibility to adhere to the Scottish Government guidelines on the COVID-19 pandemic (www.gov.scot/coronavirus).



- 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.

It is everyone's responsibility to adhere to the Scottish Government guidelines on the COVID-19 pandemic (www.gov.scot/coronavirus).