

COVID-19 Level 3 Junior Coaching Rules for Juniors, Coaches and Parents/Guardians.



All the protocols we have in place are as per Tennis Ireland, the HSE and the Government Guidelines for Level 3. This document will change as we move up and down the levels. We will advise you of the changes via WhatsApp and Email.

We have applied the pod system as we used during the summer camps as follows:

- Red Ball - 8 per Pod
- Orange Ball 6 per Pod
- Green Ball & Full Ball 6 per Pod

We have increased the number of assistants, sessions, and coaches to ensure the ratio of 6:1 is maintained throughout the coaching sessions.

If an activity requires the pods to interact together it will be completed with social distancing e.g. Doubles Pod 1 is on one side and Pod 2 is on the other side of the court. Juniors will not be swapping ends or be less than 2 metres apart.

Should there be a need to change children in their pods we will take note of this change for contact tracing, an example of this would be when a junior is moving up to an orange ball from Red Ball or vice versa.

We are incredibly lucky that Tennis as a sport can still be played and as such we need to adhere to these guidelines as much as possible for everyone's health and safety. The Junior Committee and Coaching Team will assist as best we can to make the next few weeks as easy as possible on everyone.

For your queries please contact the following:

Kathryn Leonard 087 6544051 Head Coach
Pamela Pouch 087 6089615 Junior Officer
Clodagh Weber 087 7977738 Junior Committee
Niamh Leech 087 9893241 Junior Committee
Eilish Moloney 086 8287189 Junior Committee
Anja Decker Shorten 087 7434164 Junior Committee
Lorraine Allen 087 6815337 Junior Committee
Kaela Power 086 8505285 Junior Committee
Conal Cleere 086 1069083 Junior Committee

Now to the changes and rules:

1. Masks must be worn by everyone over 12 years of age while on the grounds of Templeogue Tennis Club. The only exception to this rule will be whilst juniors are playing tennis or in coaching sessions i.e. when they are on court.
2. Under no circumstances can a junior complete coaching or play tennis if any of the following scenarios apply:
 - a) Displaying Covid Symptoms
 - b) Awaiting Test Results
 - c) Awaiting Test Date
 - d) Someone within the household is awaiting test results or date
 - e) Junior has travelled to a non green list country and have not finished their 10/14 Day restriction of movements
 - f) Someone in the household has travelled to a non green list country and has not finished their 10/14 Day restriction of movements.
3. Social Distancing must be adhered to when:
 - a) One Parent or Guardian is observing the coaching sessions.
 - b) Within the club house
 - c) On the club grounds

Note: This will require your full cooperation and if it is not adhered to you may be asked to return to your car for the duration of the coaching
4. Please arrive at the back carpark for coaching, if you can operate a drop off and not get out of your car that would be the optimum scenario but we are aware that there may be some parents/guardians that would like to observe the coaching and this can take place for juniors under the age of 16 but only if the following is adhered to:
 - a) Wear Face Masks at all times
 - b) Conduct Social Distancing of 2 metres at all times
 - c) Complete the contact tracing form which will be available to sign in with your name and mobile number and time
5. All Juniors must proceed to their court for coaching and wait until the previous coaching session has left the court before entering the court.
6. Coaches will wear masks when social distancing can not be maintained and also when they are not on a court completing coaching activity or playing tennis.
7. Toilets: The toilets remain open but we will be applying the following protocol strictly for your children's safety: Hand Sanitise on entering the club house, if over 12 years of age a mask will need to be worn, use the facilities and wash and hand sanitise hands before going back on court to re-join the coaching session.
8. It has been really nice to see the juniors being able to hang around the club and play with their friends, until further notice this is not allowed and the junior room is not to be used by any junior.
9. All juniors must come down to the club at their appointment time for coaching or playing tennis and leave when this is finished.

10. Unfortunately, if there is any breach of these rules we will be forced into a position to escalate which could involve no access to coaching.
11. Should we be in a level of COVID that results in coaching being put on hold, we will be postponing rather than cancelling and will commence with the coaching term as soon as we are permitted to do so.
12. Covid wardens will be on site during the busy times of coaching and we would ask you to be aware that these persons are volunteers and are there to support all juniors during the Level 3 status.

The Grid below shows the main points for Dublin's Level 3

GUIDE SHEET

Coronavirus COVID-19 National Programme

Dublin Risk Level 3

These are the restrictions that now apply in Dublin City and County:

Social & Family Gatherings home or garden 	Max: 6 from 1 household	Religious Services 	Services move online – Open for private prayer	Workplace 	 Work from home unless absolutely necessary
Weddings 	Up to 25 Guests	Funerals 	Up to 25 Mourners	Travel – Out 	Stay in Co. Dublin except for education, work and other essential purposes
Organised Indoor Events 	 No organised events	Bars serving food Cafés & Restaurants 	15 outdoor dining Takeaway and delivery	Travel – In 	Do not come to Co. Dublin except for education, work and other essential purposes
Organised Outdoor Events 	Up to 15 People	Hotels, Guesthouses B&Bs 	Open Services limited to Residents Only	Public Transport 	Use only if essential – Walk or cycle as much as possible  Mandatory face coverings
Indoor Sports Training 	Individual only No classes	Wet Pubs 	 Closed	Swimming Pools, Leisure Centres, Gyms 	Individual Training Open with protective measures
Outdoor Sports Training 	Non-contact, pods of up to 15 Specific exemptions apply	Retail & Personal Services 	Open with protective measures  Mandatory face coverings	Indoor Cultural Venues 	 Closed
Matches & Events 	 No events Specific exemptions apply	Schools, Early Learning, & Childcare Services 	Open with protective measures	Local Amenities 	Libraries available for e-services/call & collect Playgrounds and parks open
Long-term Residential Care Facilities 	Visits suspended apart from critical/compassionate grounds	Adult/Higher Education 	Open with protective measures	Over 70s & Medically Vulnerable 	Use your judgment Stay at home as much as possible Limit social contacts