

INSTRUCTIONS FOR PLAYERS PARTICIPATING SMASH-ESPOO TRAINING ACTIVITIES

We closely monitor the progress of the Coronavirus epidemic in our society, and in cooperation with the sports federation, we will do our best to prevent the progression of the Coronavirus by all possible means, including the introduction of hygiene practices in our club.

We will immediately introduce the following guidelines for coaching at Olmas Tennis Hall in Smash-Espoo.

WE HOPE THAT YOU READ THE INSTRUCTIONS AND GUIDELINES BELOW CAREFULLY AND ALSO HELP YOUR DEPENDENTS COMPLY WITH THESE RULES.

- We hope that only participating players will come to our premises
- Wash your hands or use a disinfectant hand sanitizer immediately upon arrival in the hall.
- Staying in the lobby should be avoided. We hope that you will come to the hall so that you can move to the courts without any waiting.
- If you have to wait for the lesson start in the lobby, a safety distance of 2 meters must be kept
- Olarin Tennishalli oblige to use face mask when visiting Olari Tennishall (Over 15yr olds)
- If a person has symptoms of the flu, playing and staying on the tennishall is prohibited. The player must have one asymptomatic day before coming to the venue.
- If a player has arrived from abroad (within 14 days) or the player has been placed in isolation, playing is prohibited until the end of the isolation measures.
- We do not recommend the participation of players from risk groups in our coaching activities.
- Avoid close contacts and keep a distance of at least 2 meters with your training partners during lessons if possible. Refrain from handshakes that are part of tennis standards.
- Use only your own equipment = racket and drinking bottle