

Edinburgh Sports Club



Using the club under Covid 19 Restrictions

- Please do not make bookings or leave your home to use our facilities if Government advice means you should stay at home, for example because you have returned from a country that is not covered by the 'travel corridor' exemption, or you or someone you live with has or has had symptoms of COVID-19, or you are in the most vulnerable category and have been advised to shield from the coronavirus, or you are required to self-isolate following contact with someone who has (or is suspected of having) coronavirus. If you develop symptoms or test positive for COVID-19 after visiting us, you should notify us immediately.
- The Club has taken steps to make the environment and arrangements for play as safe as possible. But members who choose to come to the club to play are taking responsibility for their own safety.
- Please observe the social distancing guidelines and keep two metres away from other players when accessing or leaving the courts Do not make physical contact with other players. Do not enter the courts until the previous players have left.
- Do not congregate or stop to socialise with other players before or after play. You should go directly to the court and leave as soon as you have finished play.
- **We would ask all members to use their common sense and stay alert to, and avoid, any situations that may breach these guidelines.**

Restricted Play Guidelines for Squash

Following the Scottish Government's recent announcement and with guidance from sportscotland and Scottish Squash the following outlines how members will be able to book and access the squash courts and more importantly, it gives the guidelines that all members must follow to ensure compliance to social distancing and to minimise the risk of transfer of Covid-19 infection.

Who is allowed to play?

1. Solo practice and household squash is now allowed. Household squash includes extended Households as defined by the Scottish Government. <https://www.gov.scot/publications/coronavirus-covid-19-phase-3-staying-safe-and-protecting-others/pages/seeing-friends-and-family/#Extended%20households>
2. Unconditioned/regular squash is permitted for juniors under the age of 18. Juniors playing under the age 12 must be supervised by arrangement with a member of the coaching staff. For further details email coach@edinburghsportsclub.co.uk
3. Please wear a mask to and from the court and in all public areas within the club.
4. No spectators.
5. Courts must be booked in advance; it is not allowed to just turn up and go on a court.
6. Bookings must be made online. If you are booking for solo practice , type in solo as opponent and your booking can be made.
7. Courts are 45minutes long and are available to book from 10am to 9pm
8. The usual 7 days advance booking is in operation.
9. We have created a 15 minute buffer between bookings to allow players to keep a safe distance.
10. The changing facilities are not open.
11. Please travel changed and change your shoes to indoor shoes at the court entrance. Do not wear squash shoes outside.
12. Only take the minimum amount of equipment with you that you need to play.
13. Bring your own FULL water bottle.
14. Please make sure you leave the court promptly at the end of your allotted time.
15. Do not leave anything behind.
16. Avoid unnecessarily touching surfaces. Please don't wipe your hands on the walls.
17. There is sanitizer throughout the club, please use before and after playing

Restricted Play Guidelines for Tennis and Padel

Who is allowed to play?

1. Singles play is allowed. Doubles can also be played
2. Singles versus a guest (non member) is permitted. When booking please make sure you enter your guest name email and contact number, this is mandatory. We will charge (£9) all guests to member accounts and send a statement out at the end of the month.
3. If you are playing doubles with a guest please contact us by email to let us know that you have brought a guest. We will charge all guests to member accounts and send a statement out at the end of the month.
4. Junior members can play but those aged under 14 will require adult supervision. They cannot be left on their own at the club.
5. No spectators.

How to get a court.

1. Courts must be booked in advance; it is not permitted to just turn up and go on a court.
2. Bookings can be made online only, however those experiencing difficulty can contact the club on 0131 332 0088
4. All player names should be listed on the booking.
5. Booking additional time under another name is not allowed. No back to back booking.
7. Courts are available to book from 8:30AM to 8:30PM
8. The usual 7 days advance booking is in operation.
9. We have created a 5 minute buffer between bookings to allow players to keep a safe distance. Tennis booking is now for 55 minutes and Padel is for 1hr15minutes.

Restricted Play Guidelines for Table Tennis.

Following the Scottish Government's recent announcement and with guidance from sportscotland and Table Tennis Scotland this document outlines how members will be able to book and access the table tennis courts and more importantly, it gives the guidelines that all members must follow to ensure compliance of social distancing and to minimise the risk of transfer of Covid-19 infection.

In the short term, we have changed Court 6 to specifically a table tennis court and set up a table there, there is no need to move the table on and off the court. Only court 6 and court 7 maybe used for table tennis.

Please be aware our return to TT play is more restrictive (specifically regarding players in bubbles), than the guidance allows as we are taking a more gradual response to the opening up due to the nature of the facility.

1. Play is allowed between members 1 to 1, doubles is not permitted. Guests are allowed under usual club rules.
2. Do not swap partners from another court. At the moment we are not permitting bubbles. This is under review.
3. No spectators.
4. Please wear a mask to and from the court and in all public areas within the club.
5. Courts must be booked in advance online. It is not permissible to just turn up and go on a court. No ad hoc play. Courts are open from 10am until 9pm Monday to Friday and 1pm until 7pm at the weekends.
6. We have created a 15 minute buffer between bookings to allow players to keep a safe distance.
7. Players may make a maximum of two bookings a day.
8. The usual 7 days advance booking is in operation.
9. The changing facilities are not open. Toilets are available at reception but please only use as a necessity.
10. Please travel changed to play and change your outdoor shoes to indoor shoes at the court entrance. Do not wear your indoor shoes outside.
11. Only take the minimum amount of equipment with you that you need to play.
12. Players should bring their own bats and balls, equipment should not be shared.
13. Table tennis etiquette that requires contact (shaking/slapping hands etc) must be suspended for the time being.

14. Players must wipe down their side of the table and any other equipment (hopper and catcher) after finishing their session. Sanitiser and wipes are made available This is in addition to our enhanced cleaning schedule.
15. Bring your own FULL water bottle. There is no facility to fill this up.
16. Please make sure you leave the court promptly at the end of your allotted time.
17. TT balls should be washed regularly to minimise risk.
18. Do not leave anything behind.
19. Avoid unnecessarily touching surfaces. Please don't wipe your hands on the walls.
20. There is sanitizer throughout the club, please use before and after playing.

Using the Gym

Following the Scottish Government's recent announcement and with guidance from sportscotland this document outlines how members will be able to book and access the Gym and more importantly, it gives the guidelines that all members must follow to ensure compliance to social distancing and to minimise the risk of transfer of Covid-19 infection.

1. Only members may access the gym.
2. The gym will be open from 10am until 9pm Monday to Friday and 1pm until 7pm at the weekends.
3. Sessions will last 1hr maximum.
4. Please wear a mask to and from the gym and in all public areas within the club. you do not have to wear a mask in the gym, but you may choose to do so.
5. Bookings must be made online.
6. Only 3 members will be allowed in the gym in any one session.
7. There are 3 slots bookable, **1 x free weights area** and **2 x Cardio equipment**.
- 8. If you are booked in for free weights area you may also use the resistance machines and the cardio machines**
9. If you are booked in for cardio you may only use the resistance machines and no equipment in the matted area.
10. Please communicate with the other gym users to ensure each other's safety.
11. At all times keep a safe distance.
12. Touch points of equipment must be cleaned after each use by the user. It is the user's personal responsibility to ensure that they have wiped down any surfaces that they have touched. Failure to do this may lead to a loss in booking rights for the gym. Sanitising equipment will be provided. This is in addition to our enhanced cleaning schedule.
13. The usual 7 days advance booking is in operation, bookings open at 10am.
14. We have created a 30 minute buffer between bookings to allow users to keep a safe distance and to allow staff to clean.
15. The changing facilities are not open.
16. Please travel changed and change your shoes to indoor shoes at the gym entrance. Do not wear outdoor shoes in the gym.
17. Bring your own **FULL** water bottle. There are no taps to fill up from.
18. Please make sure you leave the gym promptly at the end of your allotted time. You may leave via the rear fire door.
19. Do not leave anything behind.
20. Avoid unnecessarily touching surfaces.
21. There is sanitizer throughout the club, please use before and after using the gym
22. Contact a member of staff if you have any concerns.

Social Facilities

The bar and lounge are open, however members must be aware of the current restrictions regarding social distancing. If you are unsure of the restrictions please ask, please do not assume.

Changing rooms and showers remain closed.

Snooker room remains closed.