

THE CAMPUS GENERAL RULES

- Sanitize hands before entering;
- Use of facial mask/visor is required to enter and exit the facility;
- Keep social distancing – 2 meters and when exercising 3 meters
- Classes and Gym usage must be booked in advance online at: www.thecampusqdl.com or +351 910 153 041
- Preference to electronic payment;
- Members are not permitted to use the facilities at The Campus if:
 - They have been in touch someone infected with COVID-19 in the last 14 days;
 - They are experiencing COVID-19 symptoms;
 - They are within a high-risk group.



CHANGING ROOMS

- Use designated showers;
- Keep social distancing;
- Hand dryers are disabled but paper towels are available;



MOVEMENT

- To avoid too much close contact and crossing, an oneway movement flow will be in place;
- The direction and flow will be marked by directional arrows;
- Doors to each area will have an in and out path to avoid crossing;
- The corridors will have a direction of travel marked down each side;
- The gyms will have a direction of travel round the gym floor;
- Class areas will have in and out paths for entry and exit;



GYM USE AND RULES

- An oneway movement system will be operating in each gym area;
- Hand sanitizers, alcohol cleaning spray and wipes will be available in each gym area;
- Signage will be displayed showing the rules of use of the gym;
- The gym equipment is organised to ensure a social distance space of two meters between each active piece of equipment;
- Where this is not possible a piece of equipment will be taken out of action to enable the 2 meter space;
- The gym will work with a booking system to control the maximum numbers training at one time. This will be managed though reception if possible through Concept;
- Only 8 persons at a time will be able to use each gym facility;
 - Total of 16 per hour;
- Time slots of 1 hour can be booked for using the gym areas;
- A 45 min timeslot will be allocated to allow a deeper clean (floors etc) by the cleaning team;
- Gym staff and PTs will be available to ensure rules are adhered to and assist with cleaning of equipment during the day;
- The cleaning team will assist during the day and do deep clean at 14.00 and at end of day;
- Sanitising stations are provided and courts are cleaned between use;
- All touchpoints and surfaces are frequently cleaned;
- Key information on how to stay safe at The Campus is available on the Notice boards.



CHANGES TO OUR SERVICES

- Tennis and Padel courts open for rental daily;
- Tennis coaching available for up to four people;
- Padel coaching available for up to four people;
- The courts will be sprayed after each session;
- Preference to electronic payment;
- Sanitising stations are provided and courts are cleaned between use;
- Bookings are limited and spaced to restrict the number of people inside The Campus and to allow cleaning;
- When your session is over, please leave the court to be possible to disinfect the area;
- Pavilion Terrace is open - maximum 4 people per table;
- No seating will be available in the court area;
- Bookings should be made in advance online at www.thecampusqdl.com or +351 910 153 041.



BOOKING & ARRIVAL

- Members and Guests must book in advance;
- Guests must pre-pay at the time of booking;
- All players should be aware of social distancing rules and maintain a minimum of 2-meter distance;
- Players should arrive at the The Campus facility with a maximum of 20 minutes prior the appointment;
- Players are not permitted to use the facilities at The Campus if:
 - They have been in touch someone infected with COVID-19 in the last 14 days;
 - They are experiencing COVID-19 symptoms;
 - They are within a high-risk group.



CHECK-IN & PAVILION

- Check-in for all players, including members, is at the The Campus Tennis reception;
- Maximum of 1 person is permitted inside the Pavilion at one time;
- Social distancing should be maintained (2 meters);
- Preference to electronic payment;
- Hand sanitising stations are available;
- All touchpoints and surfaces are frequently cleaned;
- Key information on how to stay safe at The Campus is available on the Notice board next to the Padel Courts;
- Players should check-in at reception individually, unless they are minors or people with disabilities.



PAVILION

- Pavilion Terrace is open - maximum 4 per table;
- Pavilion toilets are available;
- Hand dryers are disabled but paper towels are available;
- Hand sanitising stations are available;



ON THE COURTS

- Social distance between groups must be maintained at all times during game and at recess;
 - Maximum of 4 players per court;
 - No more than 2 players on the same side of the court;
- Change of courtside must be limited;
- No spectators are permitted;
 - We recommend you use new balls;
 - The ball in play must only be handled by one person on the court;
 - The player serving must use their own (new) ball.



ON THE COURTS

- Players must not touch the equipment of other players;
- Players must refrain from handshakes or high five;
- No seating will be available in the court area;
- Courts are disinfected daily and in between court usage;
- It is not permitted to lend or rent any equipment such as balls or rackets;
- Do not share water bottles;
- Please avoid any unnecessary contact with any surface or object on the court (net, equipment, fences, etc.);
- The maintenance and cleaning of the court is exclusively done by The Campus team;
- Players should follow the prevention measures of COVID-19.



TRAINING

- Tennis coaching available for up to four people, maintaining social distancing of 2 meters;
- Padel coaching available for up to three people, maintaining social distancing of 2 meters;
- No more than 2 players on the same side of the court at any time;
- Coaching sessions for 4 people will have 1 coach;
- Coaching sessions must maintain social distancing of 2 meters – feedback and at rest;
- The ball in play must only be handled by one person on the court;
- The player serving must use their own (new) ball.