



# CROSSHILL TENNIS CLUB SAFETY RULES FOR COACHING

Please arrive on time – and ready to go. **Not like Late Lazy Latif** who comes late and then disturbs everyone

Please bring your own water



bottle.



Put coats on the bench and not the floor. Don't throw your rackets on the floor when you finish – PLACE them against the wall or return them to the bag.

If you see anything dangerous (like a loose nail, gates left open, twigs and other debris on the courts) – please report it to your coach



When you have finished the session – you are expected to help put all the equipment away and then WAIT for your coach for permission before leaving.

Listen to instructions and ask.



Dress appropriately for sport. Jeans are a no no. Trainers or pumps are to be worn. Bring something warm and something waterproof.



We like cooperation. Keep an eye open, help others when you can but your own learning is important too.

If you are not well – let the coach know. Sometimes you arrive all keen and ready but are not quite up to it once the session starts.



If you go for a toilet break YOU MUST RETURN TO THE COURT STRAIGHT AWAY.