

Are you ready to take up squash or tennis training?

If you already have a membership deal on AvtaleGiro you can open this on our homepage: <https://www.toppform-treningscenter.no/medlemskap> Here you choose the offer named Åpne treningsavtale squash og tennis.

Guidelines for Squash and Tennis

Coronarules;

1. Only healthy people without symptoms can play if the authorities' infection control rules are followed.
2. To avoid gathering people, do not show up at the centre before booking time. Court must be booked prior to arrival.
3. All players must have their own Antibac available. This must be used on arrival, during and after training.
4. There must always be a minimum of 1 meter between each player.
5. It can only be run self-training. Ordinary match play is not recommended, except between family/household members. (Max 4 persons on tennis)
6. One should avoid joint touching of the ball. The same person should pick up and put the ball to start during the whole training session. You can also have your own ball where only your own ball is touched. (Tennis balls can be marked)
7. We recommend use of your own racket. Rackets are sold in the reception. If renting a racket, this will be disinfected before and after use.
8. Avoid unnecessary touching of hard surfaces such as glass, poles, benches, nets etc.
9. Make sure to always bring a sweat towel.
10. Changing rooms are closed; you must change before arrival.
11. Remember to bring something to drink.
12. You must take home empty bottles and trash.
13. You must end your session 5 minutes earlier so that you can be out of the court/centre before the next player arrives.

Although it is a pleasure to have you back, but sadly we must make your visit as short as possible.

We must follow guidelines set up for training. Violations that may lead to an increased risk of infection for those around us can lead to a ban.