

# Return to Play schools guidance

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## Return to Play – Secondary Schools

We have had our singles & doubles guidance agreed by DCMS and Public Health England. Singles & Doubles play has been approved as the face to face interaction is minimal. However, we are advising players to remain 2 metres apart whenever possible both on and off court.

This document provides a condensed version of the key information from the **Return to Play** guidance on our [website](#), specifically aimed at the Secondary school setting (curricular and extra-curricular).

Schools have the flexibility to decide how physical education, sport and physical activity will be provided whilst following the measures in their system of controls. Pupils should be kept in consistent groups, sports equipment thoroughly cleaned between each use by different individual groups, and contact sports avoided (Department for Education)

Schools can refer to the following advice:

- **Guidance on the phased return of sport and recreation** and guidance from **Sport England** for grassroots sport
- Advice from organisations such as the **Association for Physical Education** and the **Youth Sport Trust**

Schools are able to work with external coaches, clubs and organisations for curricular and extra-curricular activities where they are satisfied that this is safe to do so. Schools should consider carefully how such arrangements can operate within their wider protective measures.

Coaches should adhere to the ratios identified by the setting in which they deliver - i.e. if it's the schools decision to utilise the services of a coach within school time or as part of an after school club then the coach should comply with the school social distancing guidelines and ratios. If the coach is working as part of a community booking at the school facility they should abide by the NGB social distancing guidelines and ratios.

## Social Distancing (recommendations on the assumption schools are teaching up to groups of 30)

- Wherever possible, the whole court area (including the side/back tramlines) can be used if social distancing can be maintained.
- Anybody not playing on court must remain at least 2 metre from those playing and each other. Consider marking out areas in the hall where those off court must stand.
- Players can rotate within the group, but social distancing must always be maintained.

## Equipment

- Schools to provide hand sanitiser and make sure players wash their hands before and after play (in accordance with government guidance). Players to try and avoid touching their face.
- Where possible equipment should not be shared - i.e. each player must use the same racket throughout the lesson. Where this is not possible, ensure the equipment is cleaned and wiped thoroughly before somebody else uses it.
- The sharing of shuttles within a group / class is permitted.
  - However, consider using dedicated tubes of shuttles for each group / class.
  - If this is not possible, ensure they are cleaned before and after use.
- Players should avoid picking up shuttles from other courts and where possible return all shuttles using their racket.
- Other than the essential equipment needed (nets, posts, rackets, shuttles) consider using as little other equipment as possible i.e. instead of using hoops/cones use floor markings instead. Always remember hands should be washed before and after touching equipment.

## On court

Most badminton practices and games are achievable, although there are some adaptations we would recommend.

Please find below some activity considerations to support delivery based on our secondary resources on the **Badminton England Community Resource Hub**:

- Playing guidance,
- Some general recommendations for both KS3 and KS4 lesson plans
- Session specific adaptations
- 'SmashUp!' games and activity considerations

## Singles and Doubles Play Guidance

- Singles play and doubles play can take place as long as players remain 2 meters apart as much as possible
- Singles and doubles can take place using all areas of the court, within the respective court markings (if social distancing between adjacent courts cannot be maintained, consider using the singles court markings only).
- Lessons should always consider 'staying alert and safe':
  - Players staying at least two metres away from other players as far as possible, for example when taking breaks, before and after play.
  - Players do not make physical contact with other players (such as shaking hands or high five).
  - For doubles, consider getting players to agree in advance which player will take the shot if the shuttle is hit to the centre of the court.
  - Doubles pairs should be conscious of social distancing whenever possible - i.e. when their partner is serving/receiving, between points and when passing the shuttle back to their partner/opponent.

## Lesson Specific Considerations

- Avoid sharing of equipment where possible (rackets etc.)
- Encourage players to use their rackets to pass the shuttle back rather than picking the shuttle up (For a bit of fun teach your players how to pick up the shuttle with their racket using **this** guidance).
- In 'skill' activities when 4 players are working on a court, ensure social distancing can be maintained wherever possible – i.e. players do not chat at the net.
- Think about how players will move safely around the courts. For example, if it is suggested that 'winners move up and losers move down', a safer option maybe for players to play someone different from the same court or rotate with someone who is currently resting at the back of their court
- Consider marking areas out around the hall for players to stand when they are not on court.
- Players should work in pairs where classes are large. It is much harder to maintain social distancing between both players and courts when there are 6 or 8 players to each court (i.e. in these situations consider whether the use of 'umpires' or 'coaches' is safe/practical)
- We would discourage practices where both players are at the net (Key Stage 3 & 4 Forehand and Backhand Net shots) for safety reasons. Here there is reduced distance between players for longer periods which increases the risk of transmission. These sessions are still achievable with the adaptations mentioned below, but the choice as to whether to use these is at the teacher's discretion.

## Session Specific Adaptations

All KS3 & KS4 lesson plans can be found on the [Badminton England Resource Hub- SmashUp! Group](#) (if the sessions are not mentioned below, they are able to be delivered as per the lesson plan, taking into account the considerations above).

### KS3 & 4 Serving (Lesson Plan 1)

- Ensure all serving is done straight if 4 players are working on a court. Players should stand centrally (width wise only) in their half court while practicing their serve.

### KS3 & 4 Net shots (Lesson Plan 2 & 8)

- Feeder always feeds from behind the front service line
- Hitter must have their non-racket foot behind the front service line at all times – encourage players to step in, use their reach and their whole racket length, to play the shuttle.
- KS3 – A Get net is not required, in the skill practice players can try to catch the shuttle on their racket.
- KS4 (Lesson Plan 2) – Net shot game on card not to be used due to it being hard to control social distancing.

**Alternative:** Players start with a normal short backhand serve, thereafter the shuttle must land before the service line to encourage players to practice their net shots. Points are scored normally, but if a player wins the point by getting an unreturnable net cord (where the shuttle clips the net and goes over) they get 5 points. This encourages players to play the net shot more tightly to the net.

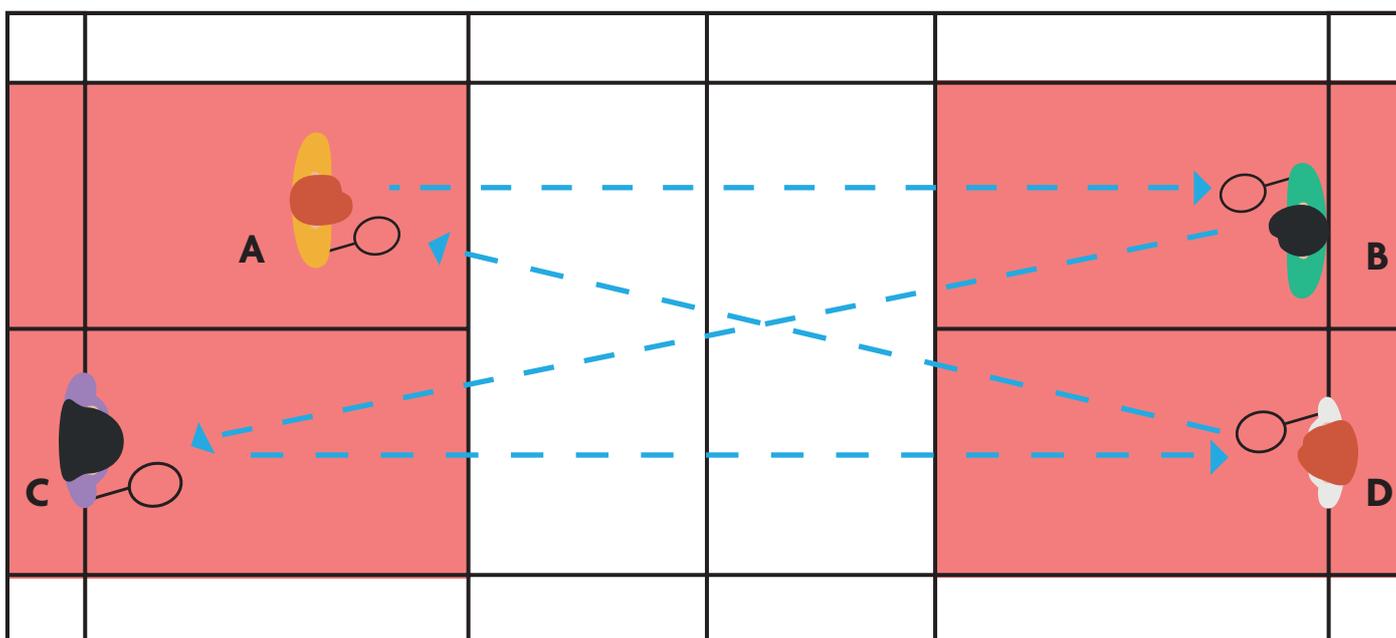
### KS3 & 4 Forehand & Backhand Underarm Lift (Lesson Plan 3 & 9)

- Feeder always feeds from behind the front service line
- KS4 (Lesson Plan 9) – ‘Skill’ to be done in pairs. Player A feeds the shuttle from the mid-court (underarm hand feed with their racket in their other hand). Once Player B hits the shot, Player A then uses their racket and reach to try to intercept Player B’s lift (note the feeder cannot move off their spot in the mid-court).

## KS3 & 4 Overhead Clear (Lesson Plan 4)

- KS3 – Session can be delivered as on the card
- KS4 – ‘Skill’ practice is fine, but ‘Skill Progression’ and ‘Game’ are not compatible with social distancing restrictions due to large volume of movement.

**Alternative:** Replicate ‘Skill Progression’ and ‘Game’ from Forehand Drop Lesson Plan 5. Player A high serves to Player B, Player B clears to Player C, Player C clears to Player D, Player D clears to Player A and so on. Can be developed further by players being able to choose whether they clear straight or cross court. During the ‘Game’ points can only start once the routine of clears has been completed



## KS3 & 4 Forehand Overhead Smash (Lesson 5)

- When working with 4 players on a court (two half courts), feeders should be on opposite sides of the court.
- KS3 - Use court markings and not equipment as the targets

## KS3 & 4 Forehand & Backhand Drive (Lesson 6)

- KS3 – ‘Game’ element, all players should be standing on the court (i.e. C & D), to make social distancing between players and courts easier. A & B on one half court and C (scorer) and D (umpire) on the other half court observing.

## Game Play

Below is the 'SmashUp! Game Cards' we recommend using whilst still adhering to social distancing guidelines

### Game Card 1: **Badders Badminton**

(Note: 'Remix' 3 v 3 and 3 v 2 should not be played).

### Game Card 2: **Battleground**

**Adaptations:** Can be done ensuring teams strictly stick to their own half court and are always socially distanced from all other players. Would suggest using court marking for each players spot. Each team to have two catchers (one on the front service line and one on the back doubles service line as the danger zone spots) that stand in the middle of their half court. When trying to catch both feet must remain on the danger zone spot or if there is room, one foot may be used to step away from the spot, with the other foot still touching. To reduce bodies on court the front catcher also becomes the feeder to throw over shuttles to the hitter. Only one hitter per team should be on court at a time. Players to rotate so all have a go in each position.

**'Remix'** – Spots can be changed if social distancing can still be observed. Players should not be encouraged to lean over and intercept the shuttle from the opposing team. Get players to catch the shuttle on their racket to make it harder.

### Game Card 3: **Blackout**

### Game Card 4: **Boom Box**

**Adaptations:** Mark an area down the middle of the court (either through court markings or masking tape) that is not in use to stop players on the same side coming together if their opponents shots are hit to similar places.

### Game Card 5: **Boss the Court**

Consideration needs to be given as to where players wait when they are off court to ensure they are socially distanced.

Note: 'Remix' 3 v 2 formats should not be played

### Game Card 6: **Crossfire**

Players should remain on their half of the court. If 4 players are on each half court nominate which players should cover the middle before starting, for example all players in the left hand box.

## Game Card 7: **Danger Zone**

## Game Card 10: **Flying Colours**

We would recommend having just two people on each side of the court. Encourage 'calling' so it is clear who is going for the shuttle.

## Game Card 11: **Freefallers**

**Adaptations:** Can be done with 4 players on each side, but where they stand must be clearly marked out to ensure players are appropriately distanced (two in the rear court per side and two just behind the front service line, all in the middle of their respective half courts). Players must remain on their marking only stepping off with one foot to play a shot (other foot must remain touching). Players should stand, stand on one leg, kneel, and sit but NOT lie down.

## Game Card 18: **Smash n Grab**

**Adaptations:** Ensure the feeder and catchers are all appropriately social distanced by marking an area (either through court markings or masking tape) where they can stand. Provide enough space so that catchers can take one step in each direction to try to catch the shuttle in their area. Hitters who are waiting should also have an area where each of them is to stand marked out. To reduce movement hitters should not swap places with catchers, hitters can have 'x' number of goes and see how many points they can score (1 point per winner hit). Once they have had their go the next hitter should have a go. Game can be played in two teams of 4 (1 hitter and three waiting / 3 catchers and one feeder). The number of catchers should not increase.

## Game Card 20: **Time Attack**

## Game Card 21: **Total Zonal**

If played as half court singles and have four players on court, consider marking out an area down the middle of the court that is not in use - this stops players going for shots in the same areas. Could be marked with masking tape.

Please also see our 'Ideas for Singles Play' Cards [here](#) for additional game ideas. All of these playing cards are practical under the current guidance.

To see the extensive version of our Return to Play document, please visit [here](#)

