

# The Badminton Return To Play Guidance - Tier 1 (medium)

Version 1 published December 8th 2020



## Introduction

This document provides all the information clubs and coaches require to run sessions in tier 1. It provides practical guidelines to follow so that badminton can be played where local conditions allow it. Before reading the below guidance we would recommend you check our latest tier guidance which can be found [here](#). Our aim is to provide as much information as possible and to support you as best we can to make your return to play as easy as possible. To do this, we are also providing the following:

- FAQs – we have already started to answer your questions and will continue to update this as more questions arise.
- Resources and tools – this includes access to Re-Activate COVID awareness training, risk assessment template and Covid-19 Officer details.

You will find these at our return to play hub on [www.badmintonengland.co.uk](http://www.badmintonengland.co.uk); if you can't find the answer to any questions you may have, please contact us directly via our [contact form](#).

## Alignment to Government guidance

These guidelines have been developed in accordance with Government guidelines, are accurate at the date of publication but are subject to change in line with government guidance. You will be aware how rapidly the situation can change but we continue to remain in close contact with the Government and, should any of the restrictions change, including Government mandated local lockdowns, we will issue revised guidance to all our members, clubs, counties and leagues as soon as we are able to. You can keep up to date with the latest guidance through our [website](#) and social media channels.

## GENERAL GUIDELINES

### Before playing

- Review the government guidelines on [how to play safely](#):
  1. Self-assess for COVID-19 symptoms and if you have one or more of the below symptoms you should not attend any sporting activity, and must follow [NHS and PHE guidance on self-isolation](#).
    - A high temperature
    - A new, continuous cough
    - A loss of, or change to, their sense of smell or taste
  2. Check your [local COVID alert level](#) and then review the Badminton England guidance for this tier to ensure you are able to play according to the guidelines.
  3. Follow best practice for travel, avoiding travelling with someone from outside your household or support bubble. In addition you should:
    - Tier 1 areas - if you travel to an area in a higher tier you should follow the rules for that area whilst you are there. Avoid travel to tier 3 areas.
    - Tier 2 areas – reduce the number of journeys you make where possible.
    - Tier 3 areas- you are advised not to travel into or out of tier 3 areas, including for sport, unless it is for one of the following reasons:
      - To enable individual exercise (or exercise for people from the same household or support bubble).
      - To enable organised activity for U18s, disability badminton and education.
      - For work or education purposes e.g. coaches, elite athletes, officials
- Good hand hygiene is essential, wash your hands regularly with soap and water for at least 20 seconds. You should wash your hands before leaving to play and on your return to home.

### Playing Exemptions

- Exemptions are in place for some groups to allow for additional badminton activity in Tier 2 and Tier 3, these groups are:
  - **Disabled people:** Sport for people with disabilities is exempt from legal gathering limits. This means that people with disabilities can take part in sport in any number (indoor and outdoor).
  - **Under 18s:** All supervised activity for children (including outside school) is exempt from legal gathering limits. This includes organised team sports and all supervised sport and physical activity for under-18s. This includes young people who were 17 at the start of the academic year, even if they turn 18 during the remainder of that year.
  - **Education:** Sport for the purpose of education is also exempt. This means that school sport such as PE, and curriculum-related sport for students in further and higher education (e.g. a student studying a sport course being able to practice), are exempt from legal gathering limits. However, this does not cover extra-curricular sport (such as playing for a college team) so these activities can only take place within the relevant guidance.

## Social Interaction

- Social interaction before during and after playing should be extremely limited and only take place in line with legal gathering limits and other relevant restrictions. You should check the rules which apply to your [local area](#).
- Observing the rules during play but then disregarding them after (e.g. by socialising in breach of the wider restrictions) is unlawful, irresponsible and jeopardises both public health and the case for safe sport to continue.

## Venue

- It is the responsibility of each user (individual, coach, club, group) to understand the specific requirements of the venue you are using.
- You must follow the venue's guidance to maintain social distancing on entering and leaving the venue and whilst moving around it.
- We recommend that you arrive prior to your players, changed and ready to coach. Shower at home and do not use the venue's changing area.
- Face coverings are required in most indoor settings. However, while this does not include gyms, leisure centres and other sport facilities, when not engaging in sport and physical activity visitors are encouraged to wear masks in enclosed public areas where possible and practical.

## Safe sessions (coaching, clubs & competition)

- Sporting activities have been permitted to return despite wider restrictions because of the benefits of sport and physical activity for people's physical and mental wellbeing. However if people act irresponsibly when participating in sport (including when off the court, and when socialising before and after activity) they jeopardise public health and undermine the case for safe sport to take place.
- Clubs, coaches, and the wider badminton community should ensure that activity is run safely in line with the guidance within this document, putting in place any additional measures or sanctions required.
- The following guidelines apply to any club session, coaching session, match, No Strings session or group activity and must be in place before delivering activity:
  - You must complete a risk assessment for each session or match based on the venue, the activity you plan to deliver and your players to ensure the session can be delivered safely and in line with government guidelines – you can find a template [here](#).
  - All clubs/groups must appoint a [Covid-19 officer](#) for each session including league matches. This should be the coach if delivering a coaching session.
  - All coaches, officials, No Strings coordinators and Covid-19 officers should complete the [ReActivate COVID awareness training](#).
- To support your members to return to play you should ensure that you have communicated how sessions will be run safely and any guidelines they will need to follow.
- As a National Governing Body, it is our responsibility to ensure that coaches, clubs, leagues etc are running their activities safely and take action to address any issues. If you become aware of any activity that is not following the guidelines please report these using our [contact form](#) and selecting non-compliance.

## Spectators/Parents

- Supporters, parents, and other spectators must adhere to legal gathering limits whilst attending organised sessions or events. Spectators should however be minimised or avoided where possible.
- It is important that spectators adhere to these limits; in addition to being legal requirements punishable by fines, those violating the measures are endangering public safety and undermining the case for safe sport to be allowed to take place. If spectators do not follow these legal requirements, the club or provider can ask them to leave or not to attend again.
- One parent/guardian may be permitted per child to supervise while following social distancing guidelines.
- As long as social distancing guidelines are met, parents/carers do not count towards the group size.
- Spectators should minimise shouting or raising their voices.

## Safeguarding

- Clubs must ensure that all safeguarding requirements are in place prior to any junior activity commencing. This means there is a designated Welfare Officer to manage all concerns from parents and young people.
- It is very important to be aware of, and to focus on, mental health and well-being at times of uncertainty. Remember that many of your players may have been through a difficult period and need reassuring on their return to play.

## Inclusion

- Remember, some players may need additional support or adaptations to support their participation. Further guidance is available [here](#).

# BADMINTON ACTIVITY GUIDANCE

## Playing badminton

- Both singles play and doubles play can take place in groups of people from different households, as long as you remain 2 metres apart as far as possible.
- You can play singles and doubles using all areas of the court, within the respective court markings – if social distancing between adjacent courts cannot be maintained, you should only use the singles court markings.
- We recommend that you do not change ends. If you adopt the club match play option 2 for your club sessions or are playing league matches, you must not change ends.
- Players are advised to limit their interactions with anyone outside of the group they are playing in (e.g. players in another group).
- Other than where players are from the same household or part of a support bubble, follow Government advice on staying alert and safe, and:
  - Stay at least two metres away from other players (including during play) as much as possible, when taking breaks and before and after play.
  - Do not make physical contact with other players (such as shaking hands or high fiving).
  - Avoid chasing the shuttle down towards another court if other players are using it.
  - For doubles, consider agreeing in advance which player will take the shot if a shuttle travels to the centre of the court.

## Managing Shuttles and Equipment

- As a club or coach organising a session or match, you should ensure that you provide hand sanitiser for your players.
- Players and coaches must take all their own equipment they need for the session keeping to essential items. You should only use your own racket.
- You should not share equipment, and should clean and wipe down your equipment before and after use.
- Shuttles should be allocated to a group of players in line with how you are organising the session in the hall. Players within that group can share shuttles but should adhere to strict hygiene rules and should not handle any shuttles allocated to other groups.
  - We recommend that shuttles should be changed after each match if changing opponents.
  - Players should avoid using their hands to pick up shuttles from other courts; where possible - use your own racket to return them.
- Bring a full water bottle, clearly marked and do not share food or drink with others.
- Equipment bags should be stored behind the court you are playing on and at least 2 metres from the back of the court and any other players.
- Ensure you take all your belongings with you at the end of the session and do not leave anything on court.
- Avoid using/touching other equipment such as nets, posts, court mops where possible. If you have to set up or take down nets, for example, ensure you wash your hands immediately afterwards in line with Government guidance.

## Organising your session (coaching, clubs, competition)

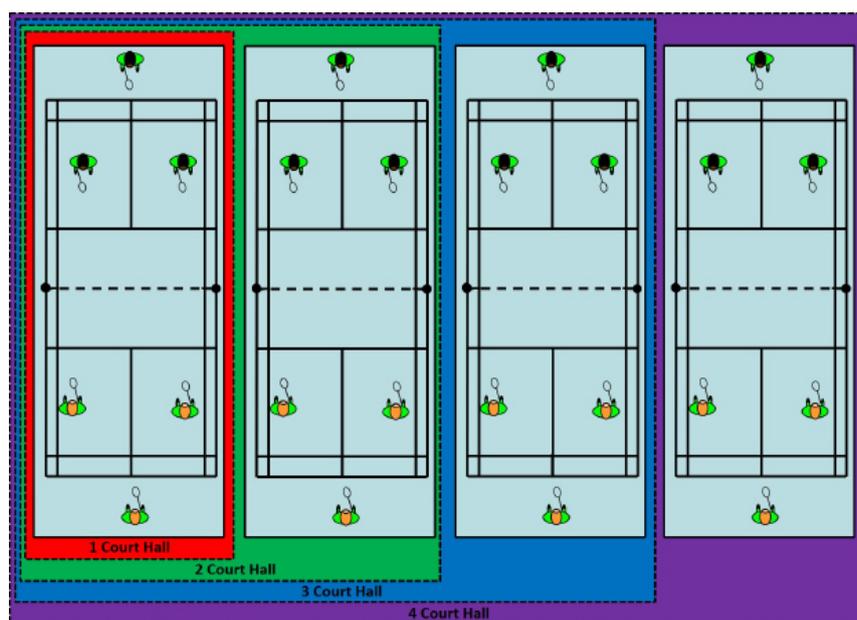
- Sessions should be managed by the identified Covid-19 Officer, who is able to take part in play providing they are able to manage the session and do not exceed playing numbers.
- All movement on and off court and around the hall must be controlled by the designated session Covid-19 Officer. You should adopt a one-way flow around the hall where possible.
- You must implement a pre-booking system which will enable you to keep attendance records for all sessions and matches, including who played in what groups for a minimum of 21 days in order to comply with the NHS Test and Trace. Badminton England has made a booking system available to affiliated clubs to manage your sessions and groups.
- If collecting monies from players, you should use online or contactless payment wherever possible.
- If delivering back to back sessions, end the first session early and start the next session late in order to reduce the risk and provide safe change overs of players. If you run back to back club sessions, no players from the first session can attend the second session.
- More advice and tools to help you run and organise sessions can be found [here](#).

## Running a club night or group session

**Adults:** You now have two options when delivering your club night:

### Option 1 – Casual club play

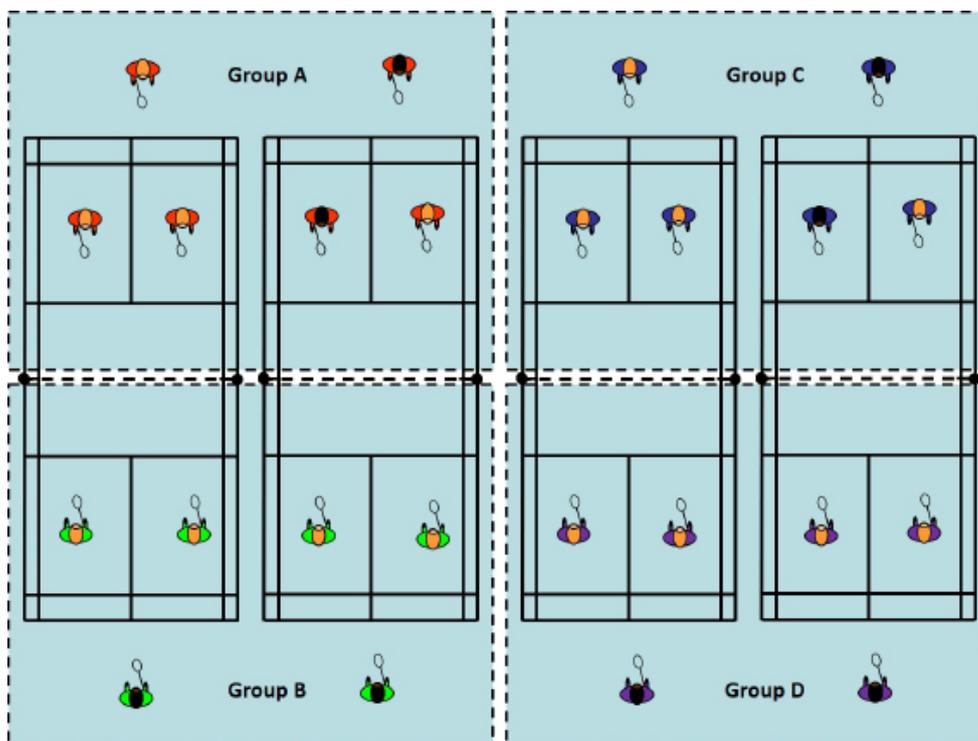
- A maximum of 6 players can be grouped together; depending on the total space available ensuring that social distancing is maintained.
- Players must stay within their allocated group during a session, but they can rotate within the group providing social distancing is maintained within the group.
- If you use a pegboard within your club nights then you must have one for each group of players where someone is designated to run the pegboard or the session Covid-19 Officer must manage a pegboard for each group in the session



## Option 2 – Club match play

- This format mirrors that now allowed for the return of league matches and offers clubs greater flexibility in club match play whilst maintaining the required group size.
- Players can be placed in groups of up to a maximum of 6 players; they can partner for a match with any other player in their group.
- To facilitate match play, one group of 6 (Team A) is able to play against another group of 6 (Team B). There can be no rotation between the groups, i.e., no player from Team A can partner a player from Team B, but any combination of players in Team A can play any combination of players in Team B. for example
  - Match 1: A1 & A2 vs B1 & B2
  - Match 2: A3 & A4 vs B3 & B4
  - Match 3: A5 & A6 vs B5 & B6
  - Match 4: A1 & A6 vs B1 & B6
  - Match 5: A2 & A4 vs B2 & B4
  - Match 6: A3 & A5 vs B3 & B5

The diagram below illustrates how this could be organised within a four court hall

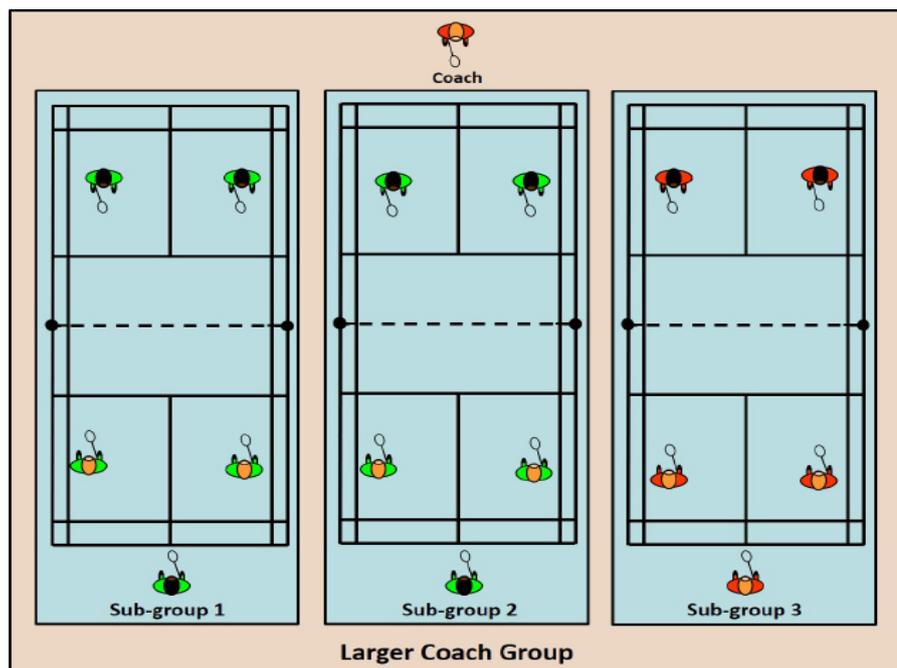


### Juniors:

- A maximum of 15 players can be grouped together; depending on the total space available ensuring that social distancing is maintained.
- Players must stay within their allocated group during a session, but they can rotate within the group providing social distancing is maintained.
- You can have more than one group in a hall and groups should be spread over an appropriate number of courts to allow for social distancing to be maintained.

## Coaching

- Coaching can take place in groups of people from different households. As the guidance on group (gathering) sizes changes regularly, please check our [website](#) for the latest advice.
- A coach can coach on a ratio of up to 1: 15
  - If coaching adults players should be split into separate sub-groups of no more than 6 players. (See figure 1). Players can rotate within their individual smaller sub-group but social distancing must be maintained within this sub-group. They cannot move sub-groups or to another larger group within a session.
- You can have more than one group (up to 15) in a hall. This depends on the space available and your ability to maintain social distancing.
- Groups should be spread over an appropriate number of courts to allow for social distancing to be maintained within the group.
- A coach (or assistant coach) is needed for each group (up to 15) if any coaching is to take place. Players cannot move between groups during a session.
- Coaches are permitted to coach another group after the conclusion of the first session.
- Additional guidance has been provided for coaches on how to [manage sessions](#). This may also be useful for other groups to help them organise sessions.
- One parent/guardian may be permitted per child to supervise while following social distancing guidelines. This should be minimised or avoided where possible.



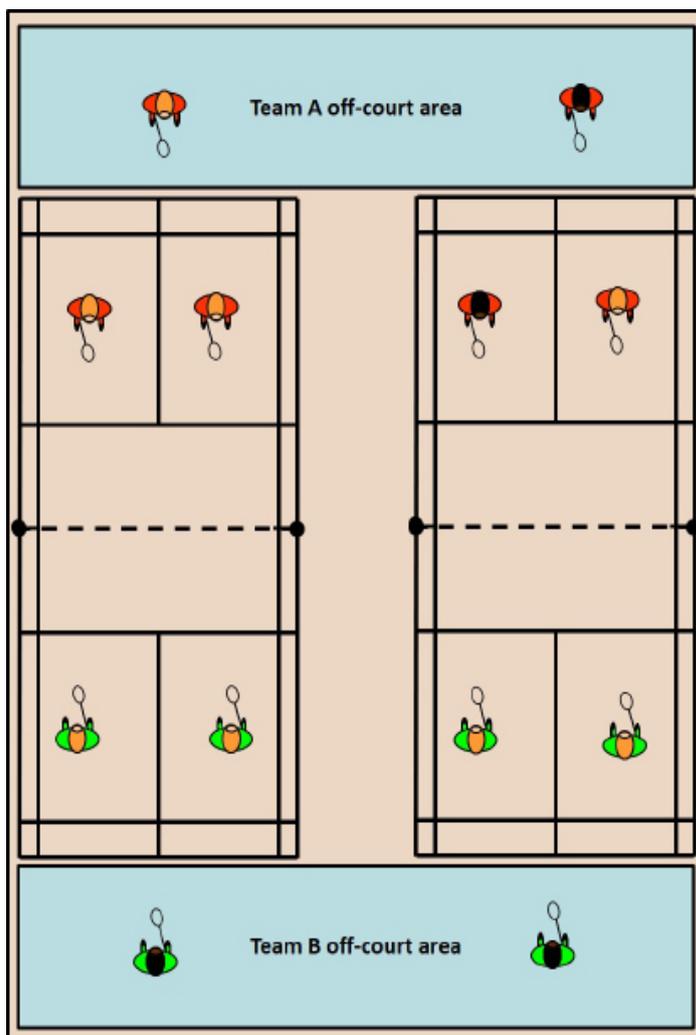
## Competition

- All guidance around pre-planning, organising and running safe sessions; playing badminton and the use of equipment, including shuttles, as set out in this document, must be followed by anyone organising competition at any level.
- Players can be placed in groups of up to a maximum of 6 players; they can partner for a match with any other player in their group.
- To facilitate a match, one group of 6 (Team A) is able to play against another group of 6 (Team B). There can be no rotation between the groups, i.e., no player from Team A can partner a player from Team B, but any combination of players in Team A can play any combination of players in Team B. for example
  - Match 1: A1 & A2 vs B1 & B2
  - Match 2: A3 & A4 vs B3 & B4
  - Match 3: A5 & A6 vs B5 & B6
  - Match 4: A1 & A6 vs B1 & B6
  - Match 5: A2 & A4 vs B2 & B4
  - Match 6: A3 & A5 vs B3 & B5

### Team Matches (e.g. local leagues):

- League matches can take place between two teams of up to six players. Players in each team can partner with any other player from their team and play against any combination of players from the opposition – see above for example.
- Matches should be managed by the identified Covid-19 Officer, who is able to take part in play providing they are able to manage the match and do not exceed playing numbers. The role of Covid-19 officer can be shared amongst players in the same team and it is the responsibility of the home team to fill this role.
- The home team shall be responsible for ensuring that visiting teams are aware in advance of any venue specific guidance and match arrangements.
- Each team in the match should be allocated one side of the court/hall and play from that side for the duration of the match, i.e., teams pick an 'end' and there is no changing of end between games/sets/rubbers.
  - Match/league organisers may want to introduce a ruling to direct how sides are allocated, such as 'away team chooses end'.
  - Players from different groups should not share the same the side of the net at the same time, even during warm-ups. It may be necessary to warm-up with the opposition, unless you can allocate different courts or times to warm-up.
- It is recommended to allocate teams separate areas when off court, ideally the side of the courts they are playing on.
- Players may not play more than one match over a day.

- The diagram shows a typical league match between two teams of 6 players - teams are allocated sides of the court for play and off-court seating, with off-court seating placed at 2m intervals. NB: There may be play on adjacent courts that is not linked to the match in any way



## Disclaimer

Please note that the subject matter covered in this guidance is in no way exhaustive and the material does not stand on its own nor is intended to be relied upon as a substitute for obtaining specific legal advice. Individual circumstances will differ. The information contained in this guidance is given in good faith but any liability of Badminton England or its professional advisors (including their respective members or employees) to you or any third party which may arise out of the reliance by you or any other party on the contents of this guidance is hereby excluded to the fullest extent permitted by law. Badminton England and its professional advisors accept no duty of care or liability for any loss occasioned, whether caused by negligence or otherwise, to any person acting or refraining from actions as a result of any material in this guidance. We would strongly recommend that you consult professional advisors on specific issues before acting or refraining from action on any of the contents of this guidance.

