



Coronavirus  
**COVID-19**  
Public Health  
Advice

# COVID-19 Protocols for **Badminton Players/Members** From June 7<sup>th</sup>





## Return to Restricted Play

### Always follow the Government Guidelines of Good Hand Hygiene – Respiratory Etiquette – Social Distancing

The protocols in this document relate to the 'Path Ahead' of the Irish Government's Roadmap for Reopening Society and Business.

This phase:

Permits individual training that is physically distanced, non-contact activity, completed in a pre-defined area, within a controlled environment and without the sharing of equipment.

### Safe every step of the way

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|-----------------------------------|--------------------------------|--------------------|
| 1. Before you Play                | 3. Social Distancing Behaviors | 6. Contact Tracing |
| 2. Attending Badminton Activities | 4. When Play finishes          |                    |
|                                   | 5. Shuttlecock                 |                    |

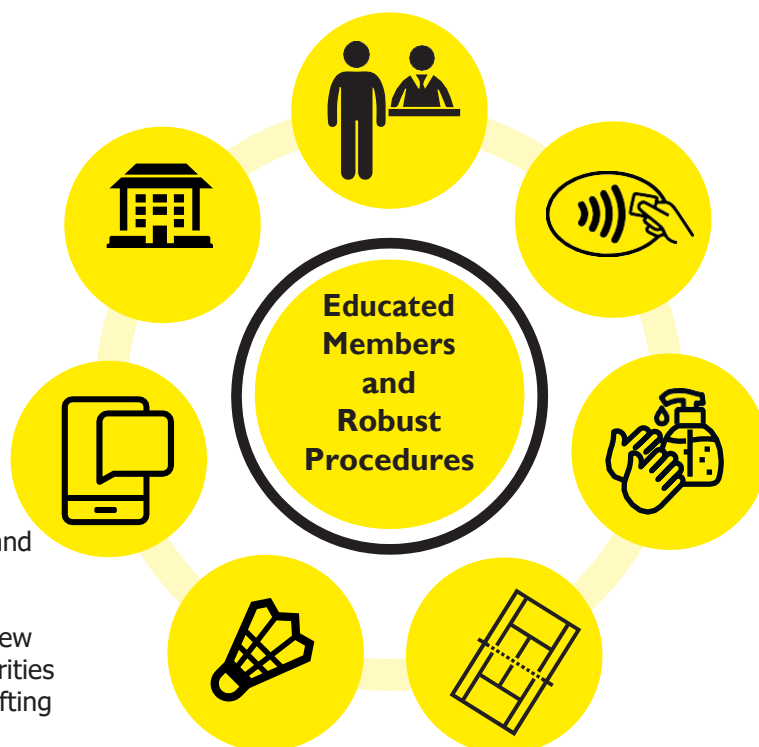
Badminton is a safe, life-long, and family-friendly sport that caters for players of all abilities. Badminton provides both great physical and mental health benefits for our players. However, we must ensure that all those participating in the sport can do so within a safe environment.

These protocols, prepared by our team and reviewed by the Return to Sport Expert Group outlines the robust measures Badminton Ireland would like clubs to implement and individual members to follow to maintain to help safeguard staff and members during the COVID-19 pandemic. This will allow all of us to get back on court, safely, improving the wellbeing of members across the country.

The protocols, which relate to the easing of the current Covid-19 restrictions, cover each step of the journey from home to the club and back home again.

These protocols should be in place seven days a week and until further notice.

Our protocols and procedures are under constant review and updated as advice from government, health authorities and governing bodies evolves in line with the gradual lifting of social restrictions.





## 1. Before you Play

### **You must:**

- Check with your GP prior to playing if you are in a high-risk health category.
- Ensure your club has conducted a risk assessment and check what protocols they have in place.
- Ensure your club has up-to-date contact details for you.

### **You must stay at home if you:**

- Have been in contact with someone with COVID-19 in the last 14 days.
- Have been overseas in the last 14 days.
- Have flu-like symptoms or are feeling unwell.
- Are in a high-risk health category.

## 2. Attending Badminton Activities

- Pre-arrange your court time with your clubs so you know exactly what time you will be on-court.
- Clubs should provide members with a scheduled breakdown of play for the evening at least three hours before the start of club play that evening. This schedule should have members dedicated to time slots so that everyone is aware exactly what time to enter and vacate the facility.
- Arrive and leave as close as possible to when you are due on court.
- Only people core to playing should attend badminton activities such as players, coaches and appointed officers.
- Only one parent/guardian may accompany any player under 18 years.
- Play should be limited to full court singles only during this phase of reopening. The only exception for doubles is if playing partners are from the same household. Further doubles play will be considered in future

phases.

- Players should arrive ready to play as there may be no access to dressing rooms during this phase.
- Players should use the toilet facilities in their own home prior to arriving at the club, where possible.
- Players should, ideally, bring a small bottle of hand sanitizer with them and keep it in the pocket of their bag for use.

## 3. Social Distancing Behaviors and Playing Practices

- Players must refrain from handshakes and high fives
- Always keep 2 metres away from other people
- Wash your hands frequently with soap and water or hand-sanitiser when available, before and after eating, after going to the toilet, sneezing, and coughing.
- Cover your coughs and sneezes and dispose of any used tissue in your own bag and bring it home with you.
- Avoid touching your face and if coughing, do so into the crease of your elbow.
- Try not to touch any surfaces, but if you do, sanitise your hands as soon as possible.
- Do not share food, water bottles, or any equipment.
- Use your racket to pick up shuttles and hit them to your opponent.
- Remain apart from other players when taking a break, always maintaining social distancing parameters.
- If a shuttle from another court comes across, send it back with a hit from your racket.
- Players should warm-up prior to entering the venue or in a designated warm up area so they are prepared to begin playing immediately.
- Players should keep any kit/equipment in a reserved area at the back of the court they are using. There should be no kit/equipment left at any point along the length of the court.



- Do not change ends of the court at any stage during sessions. Remain on the same side of the court for the entirety of each playing slot you have.
  - Players should play in the same groups each time they use the facility where possible. Clubs should ensure minimal crossover of players in groups through appropriate scheduling.
  - Arranging a court time in advance is mandatory for all players, preferably via a court booking system, website, app, or phone. This will assist in managing social distancing and contact tracing should it be required.
  - All players should ensure their club has their up-to-date contact details (phone and email).
  - All players participating on the night should be recorded in a log. If there is a change to who is playing, it is mandatory to update the log.
  - Players should travel to the club alone, or only with a member of the same household.
  - Ample car parking spaces should be available to ensure social distancing. If players must park next to another car, they should wait for the other person to exit or enter before doing so themselves.
  - Players should arrive at the court entrance no more than 5 minutes prior to the reserved playing time. It is important that players maintain social distancing and wait in a pre-designated waiting area that allows for social distancing.
  - Players should always observe social distancing and resist the temptation to mingle.
  - Locker rooms should remain closed during this phase.
  - Players should sanitise their hands and practice caution with the handling of shuttles.
  - If a player becomes unwell after playing, they should first contact their GP/HSE and then inform their club. The club will then follow advice provided to them by the HSE on the next steps.
- Members should be encouraged to remind other members of the protocols, in a gentle way, when they witness poor practices. Poor practice should be reported to the club as soon as possible.
  - Club scheduling should ensure there is a minimum 10-minute layover between one group of players leaving the facility, and the next group of players entering the facility.
  - With the exception of playing on court, players should wear a mask when in the facility.
- 4. When Play Finishes**
- Once play has finished players should leave the facility immediately.
  - Hands should be washed and sanitised as soon as possible.
  - Ensure equipment is cleaned thoroughly after use.
- 5. Shuttlecock**
- Although there is no specific evidence that shuttlecocks can spread COVID-19, we know that contamination from respiratory droplets from an infected person can potentially survive on hard surfaces for up to three days.
  - Replace shuttles if someone suspected of having COVID 19 comes in contact with them.
  - More regular rotation of shuttles is encouraged.
- 6. Contact tracing/positive testing**
- Players should ensure they sign into each session and where possible maintain a list of players you train with.
  - If a player tests positive, they should inform any clubs or individual players they have recently trained with.
  - Players who test positive or have symptoms of COVID 19 should not return to play until they have passed the incubation period.



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