

BADMINTON WALES MEMBERS & CLUB GUIDANCE

Introduction

From the [26th December 2021](#), the First Minister for Wales reintroduced Alert Level 2 restriction in Wales which Badminton Wales Members and Clubs will now need to adhere to as we Return to Court in 2022.

[Alert level 2:](#)

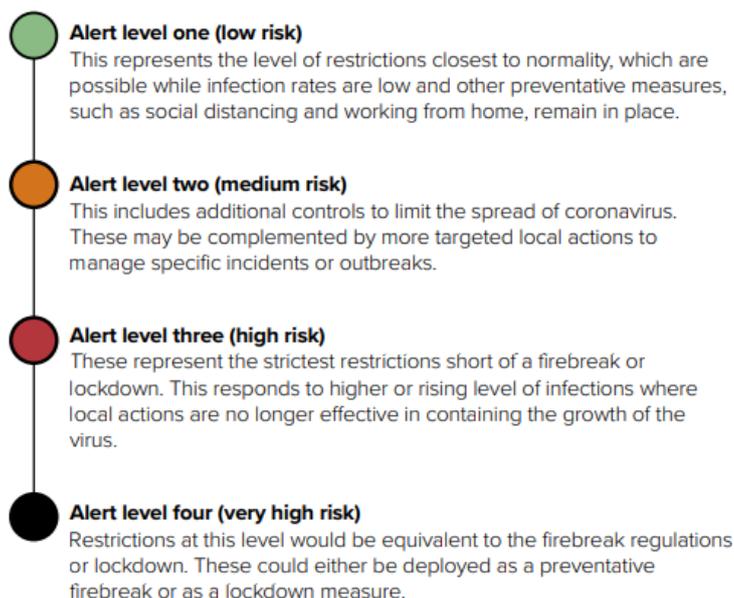
- Wear a face covering (unless you have a reasonable excuse not to wear a face covering) in all indoor public places, including when not seated.
- Meet no more than 5 other people at a café, restaurant, pub or other public premises (unless with your household of a larger number). This applies to both outdoor and indoor areas of the premises.
- Work from home if you can.
- Self-isolate for 10 days if you test positive for COVID-19. If you are a close contact of someone who has tested positive and you are aged 18 or over and not fully vaccinated, you must also self-isolate for 10 days.
- Not take part in an organised event indoors of more than 30 people.
- All organised events must be organised by a responsible body and have a risk assessment.

At alert level 2 you should:

- Follow guidance on limiting the number of people you meet who you don't live with.
- 'Flow before you go'. Take a lateral flow test if you don't have symptoms before going out, especially when meeting others. If it is positive, do not go out and take a PCR test within 24 hours.
- If you meet people other than your household meet them outdoors wherever possible. If meetings indoors make sure it is well ventilated.
- follow social distancing rules with people you don't live with or who aren't in your exclusive extended household

See [Frequently Asked Questions \(FAQs\) about the alert levels](#).

[Coronavirus Alert Levels in Wales](#)



Return to Court

As we return to COVID restrictions this document will help to provide practical guidelines and reasonable measures to follow to ensure that we continue to play our part in keeping Wales safe.

BW aim to review this document regularly however this document may not be fully up to date on the day you read it.

Specific venues will provide their procedures so please check with your venue provider to ensure you comply with their guidance.

Members and Clubs Return to Court experience is divided into 9 categories:

Specific venues will provide their procedures to ensure compliance with government restrictions, the following aspects of the Members and Clubs Return to Court experience is divided into 9 categories:

1. Hall set up
2. Before Play
3. Organising safe sessions
4. Equipment / Coaching
5. Spectators / parents
6. Safeguarding
7. After Play
8. Alert Level Phased Return
9. #CLUBREADY Toolkit

All Clubs must appoint a COVID Officer and each activity session must have a Responsible Person (usually the Coach) present.

- Take a register of attendees
- Ensure COVID self-declarations are made
- Ensure the reasonable measure are communicated to participants
- Ensure COVID risk assessment has been completed

All COVID Officers, Responsible Persons & Coaches must be aware of Covid-19 related risks and the reasonable measures that should be taken to mitigate against the spread of the infection. [Covid-19 Awareness Course for the Sports and Recreation Sector](#) is available at a discount for all affiliated clubs and registered members of Badminton Wales.

A risk assessment must be completed before each session – you can find a template in the #COURTREADY Toolkit.

In a club setting, a disclaimer document (template available in the #COURTREADY Toolkit) signed and dated by all members of the club returning to play is advisable. Clubs should keep a copy of the fully

completed document on file for Insurance purposes. These measures should be in place until further notice.

1. HALL SET UP

Venue Operator guidelines should be followed.

2. BEFORE PLAY

Face coverings are required by law to be worn in all public spaces which includes indoor public places unless you are participating in sport/exercise, have an exemption.

Follow guidance on limiting the number of people you meet who you do not live with.

'Flow before you go'. Take a lateral flow test if you don't have symptoms before going out, especially when meeting others. If it is positive, do not go out and take a PCR test within 24 hours.

If you meet people other than your household indoors make sure it is well ventilated.

Continue to use COVID self-declaration by members.

You must stay at home if you:

- Have coronavirus symptoms
 - a new continuous cough
 - a high temperature
 - loss of or change to sense of smell or taste
- Returned a positive LFT before going out
- If you are a close contact of someone who has tested positive for COVID-19, you should follow guidance. If you are not fully vaccinated, you are legally required to [self-isolate](#) as a close contact for 10 days.
- Have been overseas – please read the [Foreign Travel Government Advice](#)

You must:

- Check with your GP prior to playing if you are in a high-risk health category.
- Find out what protocols are in place at the club/venue.
- Ensure club has up-to-date contact details for its members.
- Ensure club COVID Officer is known to the members.

3. ORGANISING SAFE SESSIONS

All players shall use their own equipment, no handshakes before, during and after the training.

During the badminton session all body contact off court must be avoided and a distance of 2 metres maintained between players.

On-court: -

Singles Play – no restrictions

Double Play – same household/exclusive extended household – no restrictions

Doubles Modification - restrictions

Matches

- The modifications include: -
 - Players break for 1 minutes every 10 points played
 - Move to their own designated space to towel down before resuming play to ensure that close contact time in a match is reduced
 - 1-minute break after 20 point | 30 points until the match is won
 - At 20-20 there is a sudden death rather than the 2 clear points again reducing the time
 - Partnerships would remain for the same for the entire session
 - Maximum match length – 15 mins with a minimum of 15-minute break before resuming doubles match play

The same doubles pair shall play together during the session. In case one of the players show signs of COVID-19 symptoms, immediate and necessary Venue Operator guidelines should be followed.

An immediate direct communication shall be established to the rest of the training group at the venue.

- Session must be managed by the appointed session COVID officer / Responsible Person.
- Check venue specific guidelines /restrictions on Indoor group capacity of 30 people max may vary whilst ensuring 2m distancing in maintained. This should be known when planning.
- The 30 people excludes
 - U11 year olds – max capacity is venue dependant
 - 11-18 year olds excluded in group size number if activity is exclusive for U18
- Pre-booking attendance should be implemented by the club to enable the COVID officer to manage/limit the number of players attending. We recommend that players should not be allowed to join the session without pre-booking.
- Venue specific guidelines will determine the amount of time needed to minimise the risks between any back to back sessions.
- Players should arrive ready for the session – check venue specific guidelines regarding changing rooms facilities and toilet facilities.
- Player to arrive and leave as close as possible to session timings.
- It is recommended that only one parent/guardian should accompany younger player where possible minimising the number of individuals in the venue.
- As well as providing them with all the relevant information required to attend you should
 - Communicate how the session will be managed safely for those looking to attend so they know what to expect.
 - Share clear guidelines they need to follow before they attend including facility specific guidance (car parking, access, arriving and leaving), player guidelines, and session information.

To protect against infection:

- Players must refrain from handshakes and high fives.
- Follow government guidelines on distancing at all times.
- Do not share food, towels, drinks, equipment.

- Wash your hands frequently with soap and water or hand-sanitizer, 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.
- Keep your distance from people who are obviously sick and notify session COVID Officer-Responsible Person / Venue COVID Officer.
- Try not to touch any surfaces, but if you do sanitize your hands as soon as possible.
- Remain apart from other players when taking a break.
- Any player not on court must remain at least 2 metres from those playing and each other.

4. EQUIPMENT / COACHING

- Players should continue to bring their own hand sanitiser in addition to the provision at the venue.
- Players / Coaches should continue to only use their own equipment and not share equipment. This includes any training equipment, towels and water bottles.

Players should continue to bring the following to ALL sessions:	Coaches / Volunteers	Equipment
<ul style="list-style-type: none"> • Drinks for whole session - water bottle labelled with players name. • Rackets– no sharing of equipment (enough to cover the whole session in case of strings breaking – recommended minimum of 6) • Anti-bacterial hand gel /Anti-bacterial wipes • Towels • Spare kit as required (plus separate bag to put dirty kit in) 	<ul style="list-style-type: none"> • Face covering is not required if Coach is actively participating in the session. • Coaches instructing from back/side of the court should use face shield/face covering as best practice. • Bring own Anti-bacterial wipes/hand sanitiser • Maintain distancing regulation 	<ul style="list-style-type: none"> • You must only touch your own equipment • Allocated seating area which you are responsible for clearing at the end of every session

- Be aware of high touch points and continue to wash your hands (in accordance with Government guidance) or used hand sanitiser and avoid touching your face.
 - Shuttles
 - Nets
 - Posts
 - Court mops
 - Door handles
 - Light switches
- You should avoid touching your face.
- A coach (or assistant coach) is the Responsible person for the session.

5. SPECTATORS / PARENTS

Spectators should be discouraged unless a child is playing in which case, we recommend that one parent/carer may be permitted per child to supervise their child whilst following distancing guidelines.

Government guidelines on 2m distancing between players maintained off court. Singles and Double play (between the same household/exclusive extended household), plus Modified Double between separate households. Indoor group size of 30 people maximum (excluding U18 if activity is exclusive for U18) ensuring 2m is maintained with max capacity venue dependent.

6. 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.

Remember, some players may need additional support or adaptations to support their participation.

7. AFTER PLAY

- Continue to wash hands or sanitise after play.
- If a player becomes unwell after the session, they should first contact their GP/ NHS and then inform their club COVID officer / session Responsible Person. The club will then follow advice provided to them by the NHS on the next steps.

[Frequently asked questions](#)

9. ALERT LEVELS IN WALES

ALERT LEVEL 4– LOCKDOWN	ALERT LEVEL 3	ALERT LEVEL 2	ALERT LEVEL 1	<u>ALERT LEVEL 0</u>
<p>Exercise with members of your own household. Outdoor Badminton can be played with family members, at home.</p> <p>BW Shuttle Time Programme</p> <ul style="list-style-type: none"> • Badminton At Home • Couch to Court <p>Face to Face Club activity cancelled, clubs maintain remote engagement with members.</p> <p>Solo training, or with family members, at home or within walking distance of home.</p> <p>Clubs to plan for return to facility use and engage with facility operators/providers to develop a safe Return to Use Plan at the dedicated Badminton facilities where appropriate.</p>	<p>Indoor Facilities to open with venue specific guidelines and protocols in place.</p> <p>Indoor Badminton to restart with restrictions on group numbers (15).</p> <p>Only singles be played with distancing measures in place.</p> <p>Double can be played where each member of a pair comes from the same/exclusive extended household.</p> <p>Groups of 15 excluding U11</p> <p>U18 excluded in group size number if activity is exclusive for U18</p>	<p>Indoor Badminton with restrictions on group numbers (30).</p> <p>Double can be played where each member of a pair comes from the same/exclusive extended household.</p> <p>Groups of 30 excluding U11</p> <p>U18 excluded in group size number if activity is exclusive for U18</p> <p>Modified version of Doubles training and matches can be played at Alert Level 2.</p>	<p>Groups of 50 excluding U11</p> <p>U18 excluded in group size number if activity is exclusive for U18</p> <p>Double can be played where each member of a pair comes from the same/extended household.</p> <p>Modified Doubles training and matches can be played at Alert Level 1.</p> <p>League badminton may resume whilst maintaining distancing in line with PHW / WG and BW guidance on doubles and modified doubles.</p>	<p>No modifications to training or match play.</p>

BW ARE CURRENTLY IN ALERT LEVEL 2 (27TH DEC 2021)

10. #COURTREADY Toolkit

Badminton Wales want to ensure that all Clubs and Members can deliver Badminton safely. Badminton Wales will support you every step of the way. We have provided a Toolkit with resources, templates and training links so that together you can get back on court as quickly and as safely as possible. #COURTREADY gives you the tools and checklist to complete before recommencing Badminton activities.

1. #COURTREADY Checklist
2. Disclaimer
3. Risk Assessment
4. Register
5. Access to First Aid Statement
6. Visuals Inc. Posters
7. [Covid-19 Awareness Course for the Sports and Recreation Sector](#)
8. Duty of Care and Guidance for Clubs
9. Test, Trace, Protect Procedure
10. #BeActiveWales Fund
11. FAQ

If you have any further questions or queries please get in touch.