

BADMINTON / PICKLEBALL

In order to return to the courts this document provides guidance for the restart of indoor sports in a safe manner. During this initial phase, the games will look and feel different from what players are used to so that play is safe but that the opportunities to play is created.

In general, only singles play will be permitted; the only exception where doubles can be played is where each member of a pair comes from the same/extended household.

Players will be required to comply with the rules on distancing throughout unless the players are from the same/extended household.

Keep a record of all persons attending.

Ensure COVID self declaration are made by members.

You must stay at home if you:

Have been in contact with someone with COVID-19 in the last 14 days.

Have been overseas or exposed to someone with COVID-19 in the last 14 days.

Have flu-like symptoms or are feeling unwell.

A continuous high temperature.

A loss of taste or smell.

A new continuous cough.

Live with a person over 70 years of age or a person who is considered vulnerable.

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.

ORGANISING SAFE SESSIONS

Session must be managed by the appointed session COVID officer / Responsible Person.

Players should travel to training by bike / car with from members of the same household. If players are using public transport please follow government guideline

Pre-booking attendance must be implemented by the club to enable the COVID officer to manage/limit the amount 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.

As well as providing them with all the relevant information required to attend you should o
Communicate how the session will be managed safely for those looking to attend so they know what to expect.

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.

EQUIPMENT

It is recommended that players should bring their own hand sanitiser in addition to the provision at the venue.

Players must bring and only use their own equipment. This includes any training equipment, towels and water bottles.

Players should not share this equipment with or use the equipment of other members.

Players are encouraged to bring the following to ALL sessions:

Drinks for whole session - water bottle labelled with players name.

Rackets- no sharing of equipment

Anti-bacterial hand gel /Antibacterial wipes • Towels

Bring own Anti-bacterial wipes/hand sanitiser

PPE if required provided- face masks/gloves maybe worn during sessions – maintain distancing regulations wherever possible.

You must only touch your own equipment

Allocated seating area which you are responsible for clearing at the end of every session

Although there is no specific evidence that equipment 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.