

RETURN TO PLAY

GUIDANCE FOR VENUES, CLUBS AND PARTICIPANTS

PHASE 3: OUTDOOR PLAY ONLY



BADMINTON
SCOTLAND



Badminton Scotland

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INTRODUCTION

Some sporting activities can now be undertaken **outdoors**, providing all activity is consistent with current Scottish Government guidance on health, physical distancing and hygiene – you will also need to make sure that your club, facility and participants are made aware and can adapt to changes in guidance at short notice. Information on Scottish Governments approach to managing covid-19 is available at [Scottish Government: Coronavirus in Scotland](#) .

People who are shielding are permitted to undertake activities providing strict physical distancing is adhered to.

People who are symptomatic should self-isolate for 10 days; household members for 14 days as per info on NHS guidance. No one who is self-isolating should attend an outdoor sports facility/activity.

Clubs and participants should be aware that the easing of restrictions does not mean that all facilities/venues will open immediately. Owners and operators will require time to consider all the implications of opening facilities/venues and put plans in place to re-engage staff and to set up operations that ensure the safety of participants, staff and volunteers. This is a difficult time for everyone so please be patient.

GENERAL GUIDANCE

1. Only outdoor Badminton can be played at this time in line with the other restrictions outlined by the Scottish Government.
2. The club committee or venue operator should ensure all appropriate management processes are in place so that they can effectively oversee and maintain the implementation of measures outlined herein. Venues are advised to take time to ensure they reopen safely.
3. It is the responsibility of each venue, club and deliverer to undertake documented risk assessment, based on their local circumstances, prior to activity taking place. Consider safety first, particularly focusing on minimising the risk of infection/transmission.

Appropriate measures must be put in place to ensure participants, staff and volunteers are always protected.

4. Clubs, deliverers and operators should check with their insurance company that correct and full insurance cover is in place and valid before any activity takes place.
5. Indoor and outdoor hospitality, including club houses which provide catering and bar services, can reopen providing they adhere to Scottish Government guidance. (Indoor hospitality only from 15 July).
6. At all times, participants and venue operators should adhere to the Scottish Government's physical distancing guidelines in force at the time.
7. Travel guidance outlined by the Scottish Government should always be adhered to. Guidance is available at [Staying Safe and Protecting Others: Travel](#)
8. Guidelines will be updated as we progress through the different phases of the Scottish Government Covid-19 route map. Current information is available at [Scottish Government: Covid-19 Framework for decision making](#) .

FACILITY / VENUE GUIDANCE

9. From a Badminton viewpoint, all indoor venues are closed at present and will not be open until later in the route map. There will still be restrictions in place when this happens. It may be appropriate to start preparing for your clubs/Players return to their usual venue/facility and the guidance below could be of use.
10. The majority of Badminton is played in Leisure Trust and Local Authority venues/facilities. As referred to previously, owners and operators will require time to consider all the implications of opening facilities/venues and put plans in place to re-engage staff and to set up operations that ensure the safety of participants, staff and volunteers.

11. **sportscotland** has produced the [Getting your Facilities Fit for Sport](#) guidance to help owners and operators of sports facilities as they prepare for when sport/activity resumes. The guidance is applicable to all phases of the Scottish Government Covid-19 route map and can be adapted to support other planning-based work being undertaken by sports, clubs and community organisations.
 12. Indoor facilities including, changing/locker rooms, meeting areas, storage and activity areas should remain closed to the public.
 13. Clubhouses can reopen to provide indoor bar and restaurant services if following SG guidance. Further information is available at [Scottish Government: Tourism and Hospitality Guidance](#) .
 14. Sports facility operators and clubs may now open toilets for public use if they follow the guidelines outlined on the Scottish Government website [Opening Public Toilets Guidelines](#).
 - 14.1 Public toilets are defined as any toilets accessible to the public. The opening of toilets should be accompanied by local risk assessment, and control measures should be proactively monitored by clubs/operators.
 - 14.2 All appropriate cleaning procedures and equipment/disinfectant should be provided as per Health Protection Scotland guidance.
- 15. Outdoor Courts/Open Spaces**
- 15.1 Venues and clubs may re-open all **outdoor** sports areas, courts and pitches if documented risk assessments are undertaken and all appropriate measures are put in place to ensure the safety of participants, staff and volunteers. Indoor exercise areas remain closed.
 - 15.2 Please refer to additional guidance produced by **sportscotland** at: [Getting Your Facilities Fit for Sport](#).
 - 15.3 Activity or exercise undertaken in sports areas, courts and pitches must fully comply with Scottish Government household, physical distancing guidance with appropriate hygiene and safety measures also in place.

16. Organised Outdoor Sport for Children

- 16.1 Organised outdoor Badminton activity can be undertaken by children and young people, using the following guidance agreed with **sportscotland**.
- 16.2 Scottish Government has also provided an indicative date of 24 August 2020 for this to be extended to include outdoor contact sport for adults subject to the following guidance being applied:
- 16.3 All sports organisations/clubs providing children's activity must abide by any relevant Badminton Scotland guidance and have a named 'Covid Officer' who will complete documented risk assessments and ensure all appropriate mitigations are put in place by the sports organisation/club before any children's outdoor activity is undertaken.
- 16.4 Physical distancing:
 - 16.4.1 Children aged 11 years and younger are not required to physically distance, as set out in Scottish Government guidance. This extends to organised sports activity and the field of play/court.
 - 16.4.2 For all other participants a 'field of play/court bubble' can be created during organised sports activity that allows contact whilst the activity is taking place, in effect suspending physical distancing guidelines for the duration of the activity. Normal physical distancing guidelines will however apply before and after the activity takes place.
 - 16.4.3 Coaches and other adults supporting organised activity should attempt to keep physically distant where possible, but it is recognised that this will not always be possible. In such circumstances the club 'Covid Officer' should consider appropriate mitigating actions as part of the risk assessment.
 - 16.4.4 Specific consideration should be given to supervision of children under the age of 5 years as it is not appropriate for young children to maintain the models of physical distancing that are suitable for older children, either practically or in terms of child development. You may, for instance, ask a parent to be present.
 - 16.4.5 Where an employee is providing an activity, relevant work placed risk assessments and consultation should take place in advance of any activity being undertaken. See the Businesses, workplaces and self - employed people section at [Scottish Govt: Covid-19](#)
 - 16.4.6 Parents/guardians who are supervising their children should abide by Scottish Government physical distancing guidance and stay at least 2m away from those out with their own household. Groups of parents from different households should not congregate before, during or after the activity.

16.5 Health, safety & hygiene measures for children's activity should be in line with guidance provided within this document.

16.5.1 In the event of first aid treatment being required it is recognised that a suitably qualified coach/supervising adult may require to attend to a child. The sports organisation 'Covid Officer' should consider processes for managing this as part of the risk assessment. This could include but not be limited to:

- Provision of suitable PPE
- Training of coaches/supervising adults
- Presence of one parent/guardian being required at the activity

16.6 Participant numbers and duration of organised activity:

16.6.1 Where there is likely to be close contact between children in an organised sporting activity mitigation should be put in place to minimise risk and keep participants safe.

16.6.2 The focus should be on delivering the organised activity with as few participants as possible interacting with each other and for the minimum amount of time, whilst still allowing the activity to be run effectively.

16.6.3 The focus of activity at this stage should be non-competitive, essentially a return to training. No competition matches or other activity between sporting clubs/organisations should be arranged.

16.6.4 Holiday camps or extended sports activity should refer to the appropriate local authority, umbrella body or care commission guidance. Organisers of these activities may wish to use Badminton Scotland guidance but if not applicable Scottish Government household, physical distancing and group size limits should be applied.

17. Outdoor Non-Contact Sport Competition

17.1 Organised non-contact sports competition for adults and organised contact competition for children can now take place where the following guidance is followed;

17.2 All sports organisations/venue operators providing such competitions must abide by Badminton Scotland guidance and have a named 'Covid Officer' who will complete documented risk assessments and ensure all appropriate mitigations are put in place by the sports organisation/venue operator before any outdoor competition or event is undertaken.

17.3 Physical distancing;

17.3.1 Physical distancing in line with Scottish Government guidelines must be in place before and after a competition takes place with

participants and support staff asked to immediately vacate the court after they have completed the competition.

- 17.3.2 During competition it is recognised that physical distancing may not always be possible however physical contact between adult participants should always be avoided and competition risk assessments should consider mitigating actions to limit the risk of participants encroaching within 2m of each other.
 - 17.3.3 For instance, competition organisers may consider, where appropriate, different formats of competition or staggered starts.
 - 17.3.4 Coaches, officials and others involved in the running of the competition should physically distance at all times.
 - 17.3.5 Where an employee is involved in running the competition, relevant work placed risk assessments and consultation should take place in advance of any activity being undertaken. See the Businesses, workplaces and self-employed people section at [Scottish Govt: Covid-19](#)
 - 17.3.6 Parents/guardians who are supervising their children should abide by Scottish Government physical distancing guidance and stay at least 2m away from those out with their own household. Groups of parents from different households should not congregate before, during or after the activity.
- 17.4 Health, safety & hygiene measures for all activity should be in line with guidance provided within this document.
- 17.4.1 In the event of first aid treatment being required it is recognised that a suitably qualified person, coach or supervising adult may require to attend to the injured participant. The sports organisation/venue 'Covid Officer' should consider processes for managing this as part of the risk assessment.
- 17.5 Participant numbers and duration of non-contact competition;
- 17.5.1 For adults 5 households (or extended households) (maximum of 15 people) can combine to essentially create a 'competition bubble' as long as physical distancing measures are maintained. Competition organisers should ensure no two 'bubbles' come into contact with each other at any time throughout the day. This may be achieved with staggered starts etc.
 - 17.5.2 While children 17 and under or under are exempt from household and physical distancing rules during sporting activity, competition organisers should still seek to reduce risk by minimising the numbers of children taking part in competition where possible.

- 17.5.3 The focus should be on delivering the competition with as few participants as possible in attendance at any given time, whilst still allowing the activity to run effectively.
- 17.5.4 No formal presentation ceremonies should take place during or after an event and the focus should be on reducing numbers in attendance at any one time.
- 17.5.5 Spectating, other than by a parent/guardian or coach should not be permitted.
- 17.6 Sporting competitions which do not follow approved Badminton Scotland guidance should not take place at this time.
- 17.7 Adult involvement and ratios:
 - 17.7.1 All adults involved in coaching / actively engaging with children in an organised environment should have undertaken appropriate safeguarding and, where available, Covid-19 training.
 - 17.7.2 Sports organisations should always ensure appropriate ratios of coach/adult to child as per Badminton Scotland's "Safe in Care" guidance and follow all related safeguarding advice.
 - 17.7.3 Health, safety and welfare policies should always be risk assessed and implemented.

18. Health, Safety & Hygiene

- 18.1 Ensure access to first aid and emergency equipment is maintained. Where equipment is stored indoors please ensure public access to enclosed indoor areas is restricted as much as possible with hygiene and safety protocols reviewed as part of the risk assessment.
- 18.2 Please ensure that first aid equipment has been updated appropriately for the COVID pandemic and first aiders have appropriate training.
- 18.3 Cleaning of equipment, hand and respiratory hygiene are core measures to be implemented and provision should be made for these.
- 18.4 Clear guidance and plans are needed for cleaning of facilities and equipment, and waste disposal. For instance, common touchpoint surfaces (gates, door handles, handrails etc) should where possible be left open but if not possible, regular cleaning with disposable gloves should be undertaken.

- 18.5 Make hand sanitizers or wipes available for use at entrance/exit to venue/facility where possible. Hand sanitiser should be at least 60% alcohol based and detergent wipes appropriate for the surface they are being used on. Cleaning products should conform to EN14476 standards.
- 18.6 A checklist for health, hygiene and cleaning considerations and actions is available here: [Getting your Facilities Fit for Sport](#)
- 18.7 Further guidance is available at;

[Health Protection Scotland: General guidance for non-healthcare settings](#)

[Health Protection Scotland: Cleaning in a non-healthcare setting](#)

[Health Protection Scotland: Hand hygiene techniques](#)

[St. John's Ambulance: Covid-19 advice for first aiders](#)

<https://www.hse.gov.uk/coronavirus/first-aid-and-medicals/first-aid-certificate-coronavirus.htm>

19. Maintaining physical distancing

- 19.1 At all times, venues and clubs should ensure participants adhere to the Scottish Government's physical distancing guidelines before, during and after the activity or when taking breaks.
- 19.2 Please ensure to follow guidance from Badminton Scotland, club or operator on maximum numbers able to take part in the activity.
- 19.3 Access through an indoor area can be provided if suitable risk assessments and safety measures are put in place. These should include restricting access to one person at a time, ideally with a one-way system in operation, and no contact with hard surfaces such as door handles. Persons moving through the area should not stop or congregate at any time.
- 19.4 A checklist for physical distancing considerations and actions is available here: [Getting your Facilities Fit for Sport](#)

- 19.5 Further information on physical distancing guidance is available at [Staying Safe and Protecting Others](#) .

20. Coaching and Instructing

Guidance for coaches, leaders, personal trainers, and instructors is available at [Getting your coaches ready for sport](#) .

- 20.1 Some coaching activities can be undertaken but these must be **outdoors** and follow all Government guideline.
- 20.2 From the 3rd August 2020 restrictions will be lifted on the number of households (or extended households) that can be coached per day.
- 20.3 Scottish Government has indicated that the size of groups/household numbers that can be coached at any one time is being reviewed. An update will be provided as soon as it is available.
- 19.4 Coaches and instructors working with children should familiarise themselves with the additional considerations developed by **Children 1st**: [Child Wellbeing and Protection Considerations](#) .

GUIDANCE FOR PARTICIPANTS

Please remember that only **outdoor** exercise and activity can be undertaken at this time, within the Government guidelines. Participants should:

21. Stay up to date

- 21.1 Scottish Government information is available at [Scottish Government: Coronavirus in Scotland](#) .
- 21.2 Be aware that guidance can change, and restrictions may be reintroduced - ensure you have checked the latest version of guidelines for your activity.

22. Travelling to and from an activity/venue

- 22.1 Please check before you leave that toilet facilities will be available at the venue.

- 22.2 Wash your hands with soap and water for at least 20 seconds before leaving home. Information on hand hygiene is available at: [Health Protection Scotland: Hand hygiene techniques](#)
- 22.3 Where possible avoid using public transport and adhere to Scottish Government physical distancing and travel guidelines: [Scottish Government Phase 2: Staying safe and protecting others](#) .
- 22.4 Arrive as close as possible to when you need to be at the venue/facility and allow others to leave before you enter. If you need to wait, then do so away from the facility and clear of the gates.
- 22.5 Take your own hand sanitiser to the venue and use regularly throughout the activity.
- 22.6 Take your own hydration / food to the venue.
- 22.7 If driving, park your car in such a way as to facilitate physical distancing.
- 22.8 Avoid touching fixed equipment including gates, fences or benches.
- 22.9 After completing your exercise/activity return directly to your car (if appropriate) and leave.

23. Health & Hygiene

- 23.1 If you need to sneeze or cough, do so into a tissue or upper sleeve. Dispose of your tissue into an appropriate bin supplied at the venue or place in a plastic bag and take home. Wash your hands afterwards for 20 seconds.
- 23.2 Avoid touching your face and ensure to clean your hands with at least 60% alcohol gel when you finish participating.

24. Maintaining physical distancing

- 24.1 At all times, participants should adhere to the Scottish Government's physical distancing guidelines including before, during and after the activity or when taking breaks.

- 24.2 Coaches, officials, parents and guardians must continue to observe physical distancing as part of children's activity.
- 24.3 Please ensure to follow guidance from Badminton Scotland, club or operator on maximum numbers able to take part in the activity.
- 24.4 Where access through an indoor space to an outdoor facility/venue is provided, access should be for one person at a time, ideally with a one-way system in operation. Participants should ensure not to make contact with hard surfaces such as door handles and move through the area without stopping or congregating at any time.
- 24.5 Further information on physical distancing guidance is available at [Scottish Government: Coronavirus in Scotland](#).

25. If you have children with you

- 25.1 You can exercise with members of your household, including children, or with members from up to 4 other households (or extended households), with a maximum of 15 people participating in total.

26. Spectators

- 26.1 No spectating should take place other than where a parent/guardian is supervising a child or vulnerable adult. In all cases physical distancing should always be followed.

27. Clinically vulnerable people

- 27.1 The advice for clinically vulnerable groups has been updated.
- 27.2 People who were shielding can now undertake outdoor exercise activities. Further information is available at [Scottish Government: Staying safe outdoors](#)
- 27.3 People who are symptomatic should self-isolate for 10 days and household members for 14 days as per NHS guidance. No one who is self-isolating should attend an outdoor sports facility/activity.

28. Be aware guidance can change and restrictions may be reintroduced - ensure you have checked the latest version of your governing body Covid-19 guidance.

29. Competitions

29.1 Organised non-contact sports competition for adults and organised contact competition for children can now take place. Competitions must take place outdoors and behind closed doors. They should also conform to the following guidance:

- only competitors and essential competition staff in attendance
- no spectators
- no family members (except for parents or guardians of children or vulnerable adults)
- a register of all attendees should be maintained
- travel to and from competition must not mix households i.e. no car sharing

29.2 Participant Bookings

29.2 Where a venue operator allows, book in advance and made payment online.

29.3 Exercise and physical activity can only take place outdoors with all indoor exercise facilities remaining closed.

30. Equipment & Facilities

30.1 Where possible take your own equipment with you.

30.2 Only take the minimum amount of equipment that you need to participate.

30.3 Clean and wipe down your equipment, including water bottles before and after use.

30.4 Bring a full water bottle, and do not share food or drink with others.

30.5 Ensure you take all personal belongings and equipment with you at the end of the session and do not leave or store anything at the venue/facility.

30.6 Be aware that most onsite indoor facilities will be closed.

WHAT THIS MEANS FOR BADMINTON

With the announcement of the progression through Phase 3 of the Scottish Governments route map, it still means that only outdoor Badminton can be played at this time. However, restrictions have been lifted in the number of households that can meet up and in children's activities.

For children's activities, you can now play outdoors with unlimited of numbers or time. Children under 11 years and under do not have to physically distance and children 12 to 17 do not have to physically distance when taking part in the activity. They do need to maintain physical distancing before and after taking part. Therefore, parks and other outdoor spaces can be used to play. This will give opportunities for clubs to get back together and start to play organised sessions again.

Coaches and other adults supporting any activity should attempt to maintain physical distancing where possible. We would also recommend that all participants use hand gel before and after the activity.

Outdoor competitions can be organised if completed behind closed doors with no spectators and physical distancing is maintained out with the court.

Badminton Scotland has developed guidance and information on how Outdoor Badminton can be played, available here link:

<https://www.badmintonscotland.org.uk/outdoor-badminton/>

This resource pack provides information on games and activities, as well as courts sizes and ways to mark out the court. The use of the new AirShuttles will be ideal for this activity and are available from Badminton Scotland.

Until all restrictions have been lifted it is imperative that all players use their own equipment and do not share rackets, shuttles, drinking bottles or any other equipment that is used. Shuttles should be individually marked, and players should only handle their own shuttles.

People who are symptomatic should self-isolate for 10 days and household members for 14 days as per NHS guidance. No one who is self-isolating should attend an outdoor sports facility/activity.

The route map for returning to sport is fluid and could change at short notice. Plus, the phases will not be linear and changes in advice and the lifting of restrictions could also change at short notice or further restrictions put in place should the need arise. The below is a basic outline of a Return to Badminton as it exists at this time.

Phase 3	<p>Outdoor Badminton Only</p> <ul style="list-style-type: none"> • You can play outdoors, without time limit, with members of your household • You can also meet others in a “field of play bubble” to participate in outdoor badminton. This includes doubles play (children and young people from now and adults from 24 August). Physical distancing should be maintained prior to and after the activity. • Personal training or coaching is permitted if it is outdoors and physical distancing can be maintained. The “field of play bubble” means that participants do not have to maintain physical distancing when taking part in the activity (adults from 24 August). • Coaches, personal trainers, and instructors can deliver outdoor sessions. • Outdoor Children’s activities can be undertaken, in line with the guidance set out in section 16. Children 11 years and under do not have to physically distance and 12 to 17 year olds do not have to physically distance when taking part in badminton activity outdoors. • Outdoor competitions can now be organised following the guidance detailed above (Section 29).
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Key Questions & Answers

Q. **What can I do to play badminton just now?**

A. You can play badminton outdoors with members of your own household, or up to 15 people from out with your household (maximum of 4 households) ensuring that you follow the social distancing rules. The new Air Shuttles would be ideal for use in these outdoor situations.

Q. **The government advice says that I can meet people from other households as long as we maintain physical distancing. Does that mean that we can play either side of the net?**

A. If you are playing with someone from another household, outdoors, children and young people up to the age of 17 can now play singles and doubles as part of the “activity bubble”. This will be extended to adults from 24 August. Physical distancing must be maintained prior to and after the activity.

Q. **Can I coach players in a park?**

A. You can now see others from a different household in an open public space. Further information around coaching can be found at: <https://sportscotland.org.uk/covid-19/getting-your-coaches-ready-for-sport/>

Q. **Can I share equipment?**

A. There should be no sharing of equipment. Shuttles should only be handled by individual players. They should be made distinct with a personal mark, with the exception of when you are playing with members of your own household.

Individuals should follow all guidance on hygiene, for example by using antibacterial spray and washing hands thoroughly/use hand gel before and after use and ensure they clean and wipe down equipment, including rackets and water bottles before and after use.

Q. **When will indoor badminton return?**

A. Indoor badminton still appears to be some time in the future, with a possible indicative date of 14 September 2020. However, this is still provisional and will also depend on venue operators.

We will be issuing further guidance to our clubs, coaches, and regional associations as soon as we have the go ahead from the Scottish Government and **sportscotland** to prepare to return to badminton.

We remain in regular contact with Scottish Government departments, **sportscotland** and other key partners, including Community Leisure UK (Scotland).

Q. What guidance will you be issuing about restarting play?

A. The Scottish Government is starting to relax some lockdown conditions and hence much of the badminton community is starting to think about restarting play. In consultation with the Scottish Government and **sportscotland**, we are drafting guidance that will be published once any easing of restrictions is known. This guidance will align with Scottish Government guidelines and our ambition to get badminton back on court as soon and as safely as possible.

Q. When will the competition calendar commence?

A. There is no proposed date at present for competition to resume and we continue to follow Scottish Government advice.

Q. If players have been entered into a tournament/competition will they automatically be withdrawn, and the tournament levy refunded?

A. All players will be withdrawn, and no further action is required. Any payments will be refunded.

Q. When will elite athletes be able to train indoors?

A. We will continue to follow Government advice and **sportscotland** guidance on any resumption of performance sport activities

Q: Why can indoor sports, such as Badminton be played in England when in Scotland we still cannot play indoors?

A: We continue to follow Scottish Government guidance which is different from that issues by the UK Government which only covers England. The announcement on 30 July 2020 has provided an indicative date of 14 September 2020 when indoor facilities can be reopened. We are continually working with Scottish Government, **sportscotland** and the venue operators to ensure access at the earliest opportunity.