

BADMINTON IRELAND

Irish Sport HQ, Sport Ireland Sports Campus, Blanchardstown, Dublin 15

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Introduction

This declaration document has been developed by Badminton Ireland as part of the return to play protocol.

This document **MUST** be read in fully and signed by all members prior to them returning to training. Members under the age of 18, **MUST** also have the document signed by a parent/guardian prior to the member returning to training/playing.

The document **MUST** be signed and dated by a staff member of the Baldoyle Badminton Centre. The centre is expected to keep a copy of the fully completed document on file. The measures outlined in this document should be in place seven days a week and until further notice. The measures and procedures outlined in this document 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.

***NB: Centres MUST ensure the availability to hand washing stations, alcohol- based hand gel and hygiene facilities at multiple locations in their facility. Centres should encourage all members to regularly practice good hand hygiene throughout the session while observing the strict 2 meters social distancing guidance.**

Disclaimer

Please be advised, Baldoyle Badminton Centre accept no responsibility for any Covid-19 issues members may experience from returning to training or from using the facilities of Baldoyle Badminton Centre.

All members are expected to strictly adhere to government guidelines and keep up to date in relation to any change to this guidance (please see applicable links below):

<https://www2.hse.ie/coronavirus/>

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

Before you Train

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 any flu-like symptoms or are feeling unwell.
- Live with a person over 70 years of age or a person who is cocooning due to medical reasons.

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.
- Ensure your centre has up-to-date contact details for you.



Attending Training

- Arrive and leave as close as possible to when you are due at the club.
- Only one parent/guardian should accompany younger players where possible.
- Players should arrive ready to train as there will be no access to dressing rooms during this phase.
- Players should ensure that they utilise toilet facilities in their own home prior to arriving at the club as toilet facilities will not be available during this phase.
- Players should, ideally, bring a small bottle of hand sanitizer and antiseptic wipes with them to train.
- Players should only travel to training by car from members of the same household

Physical Distancing Behaviours

To protect against infection:

- Players must refrain from handshakes and high fives.
- Keep 2 metres away from other people at all times.
- Do not share food, towels and drinks.
- Wash your hands frequently with soap and water or hand-sanitizer, 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.
- Keep your distance from people who are obviously sick.
- 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.

When Training/Play Finishes

- Once training has finished players should leave the centre promptly.
- Hands should be washed and sanitised as soon as possible.
- Ensure equipment is cleaned thoroughly after use.
- If a player becomes unwell after training, they should first contact their GP/HSE and then inform the centre. The centre will then follow advice provided to them by the HSE on the next steps.

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- Members should be encouraged to remind other members of the guidelines, in a gentle way, when they witness poor practices.
- Repeated poor practice should be reported to the centre as soon as possible.

Equipment

- Practice caution with the equipment. Sanitise all handheld implements prior to and after use e.g. Rackets and Shuttles.
- Coaches 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.
- 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.
- Clean equipment with a disinfectant spray at the beginning and conclusion of training. Equipment should be clean when applicable throughout training sessions.

DECLARATION:

I confirm that I have read the guidance in full and agree to adhere to all the provisions outlined in this document.

Name of Member:

Signature:

Name of Parent/Guardian (For under 18s only):

Signature of Parent/Guardian (For under 18s only):

Name of Baldoyle Badminton Centre Official:

Signature of Baldoyle Badminton Official:

Date: _____