



COVID-19 Protocols for **Badminton Coaches**

during Phase 3 of the Roadmap for Reopening Society

Phase 3





Return to Restricted Play

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

The guidelines in this document relate to Phase 3 of the Irish Government's Roadmap for Reopening Society and Business.

This phase:

1. Permits sporting activities and events can resume "behind closed doors", where arrangements are in place to enable participants to maintain social distancing.
2. Permits people to travel within their own country

Safe every step of the way

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|--------------------------------|------------------------|-----------------------|
| 1. Before you Coach | 4. During the lesson | 7. Departing the hall |
| 2. Preparing a coaching lesson | 5. Shuttlecock | 8. Contact tracing |
| 3. Prior to the lesson | 6. Setting up the hall | |

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 Phase 3 of the Roadmap for Reopening Irish Society and Business, 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 Coach

You must:

- Develop and prepare a risk assessment and consult with the club on how lessons can be delivered safely.
- If coaching in a club, ensure you get permission to carry out the lesson.
- If you are privately coaching it is your responsibility to ensure the venue is compliant with government guidelines.

You or your student 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. Preparing for coaching a lesson

- Coaching should take place only where full physical distance is possible.
- Pre-book your court time with the club or venue provider and advise who will be in attendance.
- Let your student know, preferably in writing, before the lesson how you expect them to act to help ensure a safe environment for themselves and others, and what precautions you have put in place. Advise parents in the case of younger students. Parents should be asked to reiterate the advice to their children pre-lesson.
- Coaches can work with two players who are not from the same household on one court but only when players are at opposite sides of the net to each other. Coaching should not take place where players are side-by-side on one half of a court.

- Coaches can coach a maximum of 4 players from the same household on one court at any one time, provided the coach is off court. physical distancing measures should always be followed, and such procedures for doing so should be outlined in the risk assessments being prepared by Coaches.

3. Prior to the lesson, inform your student that:

- Only people core to your session be in attendance.
- Players should arrive and leave as close as possible to their scheduled session.
- Only one parent/guardian should accompany younger children, where possible.
- Players should arrive ready to play as changing room access will not be allowed.
- Players and coaches should wash their hands with soap and water or hand-sanitiser when available, before and as soon as possible after the session.

4. During the lesson

- Live shuttle drills and game-based Play is recommended rather than using multi-feed.
- Limit the use of coaching equipment such as target cones and drop-down lines/ladders.
- Do not let the players handle any coaching equipment.
- The coach should pick up the shuttles.
- Encourage players to use their racket or gloves to lift and return shuttles rather than pick up with their hands.
- Be aware of what surfaces you or your student touch and if you touch the on-court equipment such as net or net posts you must clean these before you leave. Coaches should always have access to disposable disinfectant wipes.
- Always maintain physical distancing including when giving feedback and while players are resting.
- Payments should be made online – avoid handling cash.
- When Play finishes players should leave the club promptly.
- If coaches witness poor practice, it should be addressed immediately in a polite fashion, and ongoing disregard for protocols should be reported to the club or venue as soon as possible.

**5. Shuttlecock**

- Practice caution with the shuttles and avoid letting the participants touch them.
- Although there is no specific evidence that shuttles can spread COVID-19, we know that contamination by respiratory droplets from an infected person can potentially survive on hard surfaces for up to three days.
- Try to restrict shuttles to a group, court, or day of the week. One idea is to label them with a permanent marker.
- Replace all shuttles if someone suspected of having COVID-19 comes in contact with them.
- Consider spraying shuttles with a disinfectant spray after Play.
- For private lessons, students should bring their own tube of shuttles.

6. Setting up the hall/Cleaning

- Coaches should liaise with the club and confirm who is responsible for setting up and cleaning (Coach, Club or Venue Provider).
- If players and the coach are setting up posts, nets and other equipment used for the training they should use disposable gloves.
- After the training, the players and the coach should also use disposable gloves if they are cleaning up the hall.

7. Departing the hall

- The players must leave the hall immediately after training, and they must shower at home.
- Between 2 consecutive training sessions, there must be enough time to ensure that the players from the first training can leave the hall before the next group of players enter the hall.
- After each training, ventilation of the hall must be done by opening windows and doors to get fresh air inside.
- After the training, the players and the coach should also use disposable gloves in cleaning up the hall.
- If more players are to leave the hall at the same time, then the players closest to the exit must leave the hall first.

8. Contact tracing/positive testing

- Coaches should maintain a list of all students they coach to aid in contact tracing.
- If a coach tests positive, they should inform any clubs or individual players they have recently coached.
- Coaches who test positive or have symptoms of COVID 19 should not accept or offer any coaching until they have passed the incubation period.



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