

BEC guidelines for playing badminton during the COVID-19 situation

The following guidelines are based on general considerations in relation to organizing indoor badminton. BEC is aware of the diversity of the restrictions each country faces and BEC recommends always to follow the specific guidelines from the government of the specific countries under which the Member Association (MA) belongs.

The BEC guidelines encourage all badminton players, clubs and sport centres to follow the guidelines in order to secure that badminton is played under the most safe conditions with the necessary precautions taken to avoid any spread of the COVID-19 virus.

The BEC guidelines must be seen as good advice upon how to specifically organize badminton in a hall and still ensure the required distance between players, general hygiene is kept, and fewer people are together at the same time.

Indoor badminton

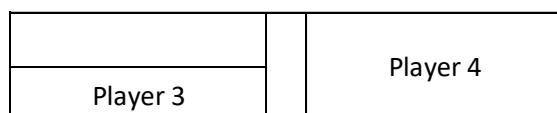
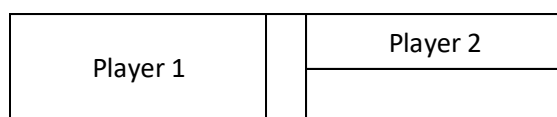
Open: The hall, toilets

Closed: Dressing rooms, restaurants, bars, meeting rooms

BEC guidelines for organizing badminton

- All players and coaches are informed of the guidelines for playing badminton and shall do their absolute best to follow them. If the guidelines are not being followed the player shall be excluded from the training.
- Only symptom free players will enter the hall and take part in the training (persons with symptoms like coughing, muscle pain, fever, nausea, diarrhea and disturbance of the sense of smell or taste should immediately contact a doctor).
- Before the training a list of selected players is provided to all players. Only players listed for the specific training can enter the hall and take part in the badminton session – no spontaneous participation in the training is allowed. The training groups must be the same throughout the period with the COVID-19 restrictions.
- No spectators are allowed in the hall before, during or after the badminton session.
- Players must arrive not earlier than 5 minutes before the start of the training dressed in badminton clothes.
- Multiple alcohol sanitizer sprays must be available in the hall and be close to the playing courts.

- All players shall use their own equipment, such as rackets, shoes, drinking bottles etc. The equipment must not at any point be shared with other players. Make sure you have enough rackets with strings as you can't borrow rackets from others.
- If the club provides used shuttles for play, each training must have their own box of used shuttles.
- During the badminton session all body contact on and off court must be avoided and a distance of 2 metres are to be upheld between players. This also means no handshakes before, during and after the training.
- It is only allowed to play singles and do singles exercises. This means that only 2 players are allowed on 1 court.
- Each court must have a marked area behind or next to it where the 2 players can keep their equipment and be when having a break. It is only those 2 players who are allowed inside the marked area.
- The same players and the same coach shall always train together. In case one of the players show signs of COVID-19 symptoms, immediate and necessary measures must be taken. An immediate direct communication shall be established to the rest of the training group.
- Warm up must be done outside of the hall or on the designated court/-s for training.
- Half court games and exercises can be played as long as there are only 2 players on each full court and there is at least half a court of no play to both sides.
- The following division of courts can also be used to ensure a distance of at least 2 metres between players on the courts:



One player plays on a full court and the other player plays on a half court.

- If full courts are being used, there must be one court with no play in between two used courts. This must be organized like this:



- 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.

Setting up the hall before training and cleaning up afterwards

- The players and the coach who are setting up posts, nets and other equipment used for the training should use disposable gloves.
- 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.