## Return 2 Play Training Guidelines

### Badminton

<table>
<thead>
<tr>
<th>Activity</th>
<th>Sport Risk</th>
</tr>
</thead>
<tbody>
<tr>
<td>Singles</td>
<td>Low: Phase 1, 2, 3, 4</td>
</tr>
<tr>
<td>Doubles</td>
<td>Slight: Phase 2, 3, 4</td>
</tr>
</tbody>
</table>

### Guidelines

**Phase 1**
- Social Distance during group trainings
- Coach maintains social distance during instruction
- No contact in body placement or demonstration of skills
- Specific training groups remain small (10 or less) and consistent
- If a larger group, choose different nights or times to train
- No shared water, towels, equipment, bags, shoes, clothing
- No hydration stations
- If possible, clearly mark separate Entrance and Exit for gym/space
- If possible, doors should be opened to lessen common contact points on door handles and bars
- Replace shared equipment (birdie) between each point with new or cleaned
- Coach should pick up birdie at end of each point
- Locker room use should be minimal
- Limit use of coaching equipment such as target cones

**Phase 2**
- Same as above EXCEPT
  - When possible try to coordinate with partner placement of each of your play on court

**Phase 3**
- Same as above EXCEPT
  - Trainings can have 50 or less people

- **Phase 1:** Low Risk Sports: 10 people or less, follow guidelines above
- **Phase 2:** Slight Risk Sports: 10 people or less, follow guidelines above
- **Phase 3:** Moderate Risk Sports: 50 People or less, follow guideline above
- **Phase 4:** High Risk Sports: No Restrictions