



Return 2 Play Training Guidelines

Badminton

Activity	Sport Risk
Singles	Low: Phase 1,2,3,4
Doubles	Slight: Phase 2,3,4

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