

Return to Play Recommendations – September 19, 2020

Badminton is a unique sport with many benefits – the main one being health and wellbeing (both physical & mental). With a few modifications, badminton can still be enjoyed safely and can play a vital role for the benefit of the community as we endure the COVID-19 pandemic. If the Government relaxes restrictions and the Badminton Nova Scotia (club) can be re-opened, here are the key issues:

Until a vaccine is created, it will most likely not be ‘business as usual’ and any activity with multiple participants will need to have modifications to allow for safe participation. The most important action the entire badminton community and facilities can take is to fully comply with all directives provided by all levels of Government and health care officials.

Badminton Nova Scotia is issuing its ‘return to play’ recommendations for players and badminton clubs. These are based on the Badminton Canada Badminton Facility Planning During the COVID-19 Pandemic document and public health directives from the Province of Nova Scotia.

Before playing badminton or entering a badminton club:

- Ensure that your city or region allows badminton play based on the Government authorities’ criteria for the progressive lifting of confinement measures, and that your municipality permits the use of badminton courts.
- Consider who you might be playing or training with. Training solo or playing with healthy family members or persons quarantining in your household for at least 14 days offer the least risk.
- Do not play or enter a badminton club if you:
 - i. exhibit any COVID-19 symptoms, i.e., fever, cough, difficulty breathing. More information: <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/symptoms.html>
 - ii. Have been in contact with someone who has been diagnosed with COVID-19 in the last 14 days.
 - iii. Have travelled outside of the Atlantic bubble in the last 14 days.
 - iv. Are considered vulnerable or at risk (i.e., if you are elderly, or suffering from health problems, notably high blood pressure, pulmonary diseases, diabetes, obesity and asthma).
- It is highly recommended that competitive players ease their way back into play prior to competition. Given the layoff from competing, players may be more susceptible to injuries stemming from under-training, acute over-use and other related injuries. Badminton Nova Scotia strongly recommends several weeks of on-court and off-court conditioning before competitive play begins.

To do your part, Badminton Nova Scotia recommends that players and clubs follow these guidelines. These guidelines are designed to allow for badminton activity, but minimize the risks associated with COVID-19 while participating in badminton activities:

- The coaching/facility staff will be tasked to ensure all distancing and hygiene protocols are followed.
- Players/Clients must sign and adhere to the “Declaration of Compliance – COVID-19” document attached. The club must also keep a registry of all players/clients.
- The club should take all actions possible to minimize the need for Front Desk interaction by doing everything by phone/electronic prior to arriving. Including but not limited to payments being electronic and court bookings being done by phone or online.
- Practice physical distancing of 2 metres between yourself and any players, coaches, or staff. Non-playing areas must be arranged to accommodate physical distancing guidelines.
- Under the current Nova Scotia health regulations, it is required to wear masks while in indoor facilities, except during an activity where a mask can't be worn. Some exceptions to this rule would be for children 2 and under or 2-4 when the caregiver can't get them to wear a mask, and people with valid medical reasons.
- Masks are not recommended during strenuous activity
- **Organized sporting events are permitted to have a maximum of 50 people in a group without distancing.**
- Bathroom areas must remain fully stocked and cleaned often, along with hand-cleaning stations being readily available.
- Badminton clubs should adhere to the current limit of gatherings as defined by the Province of Nova Scotia.
- **Groupings are limited to 10 when the group is unstructured (drop-in play times) and not distanced**
- If you have any flu or cold-like symptoms (regardless how minor) please stay home. Respect people's concerns and please do not bring them to the club.
- Participants should come changed and prepared to play to reduce the need for change rooms.
- Please only use the washroom if necessary. When required, washroom access will be limited to one person at a time.
- Arrive and leave as close to the scheduled times as possible to reduce your time at the club. Loitering, hanging around or chatting at badminton clubs should be minimized.
- Clubs should identify the common touch point areas on the premises and sanitize often.
- Players should avoid touching any surfaces to minimize common contact and touch points (e.g. stair railings, seats, entry doors, benches, net posts).
- Players should not change ends between games/matches.

- Although there is no published evidence the Covid-19 virus can be transferred off a shuttle, players and coaches must be aware of the potential risks associated. Players and coaches should avoid touching the shuttles with their hands, and use their racquets, as much as possible. The following options are potential recommendations for players and coaches to minimize the risk associated with shuttles:
 - Each participant should bring their own shuttles (with distinguishing numbers or felt pen marks). Whomever is serving only uses their own shuttles. Players should pass shuttles by using their racquet, not their hands.
 - During lessons, only the coach will handle the shuttles (players can pass shuttles to the coach with their racquets)
 - During lessons, coaches will reduce the shuttles in use by reducing 'feeding drills' and by having players play with each other more frequently than normal.
- Players should not shake hands or high five with an opponent.
- A communication or poster should be visible in the club to help inform players and coaches of the potential risks. The following are examples that could be used at your badminton club:
 - <https://novascotia.ca/coronavirus/docs/COVID-19-prevention-plan-checklist.pdf>
 - <https://novascotia.ca/coronavirus/docs/Hand-Washing-Poster.pdf>
 - <https://novascotia.ca/coronavirus/docs/Self-Isolation-Information-for-Travellers-EN.pdf>

It must be understood that Government and public health directives must be followed at all times and supersede any guidelines or recommendations in this document. More information on the current public health directives: <https://novascotia.ca/coronavirus/what-it-means-for-nova-scotians/>.

Lastly, club or facility management may implement certain measures and precautions to reduce the risk of infection transmission while in the facility and while practicing or playing badminton.

DECLARATION OF COMPLIANCE – COVID-19

Individual Name (print): _____

Individual's Parent/Guardian _____
(if the individual is younger than 19 years old)

Email: _____

Telephone: _____

WARNING !

ALL INDIVIDUALS ENTERING THE FACILITY MUST COMPLY WITH THIS DECLARATION

Badminton Canada, Badminton Nova Scotia, and the [insert Club] (the "Organization") require the disclosure of exposure or illness in order to safeguard the health and safety of all participants and limit the further outbreak of COVID-19. This Declaration of Compliance will be kept safely and personal information will not be disclosed unless as required by law or with your consent.

An individual (or the individual's parent/guardian, if the individual is younger than 19 years old) who is unable to agree to the terms outlined in this document is not permitted to enter the Organization's facilities or participate in the Organization's activities, programs, or services.

I, the undersigned being the individual named above and the individual's parent/guardian (if the individual is younger than 19 years old), hereby acknowledge and agree to the terms outlined in this document:

- 1) The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization and COVID-19 is extremely contagious. The Organization has put in place preventative measures to reduce the spread of COVID-19 and requires all individuals (or their parent/guardian, when applicable) to adhere to the compliance standards described in this document.
- 2) The individual has not been diagnosed with COVID-19. **OR** If the individual was diagnosed with COVID-19, the individual was cleared as noncontagious by provincial/territorial or local public health authorities.
- 3) The individual has not been exposed to a person with a confirmed or suspected case of COVID-19. **OR** If the individual was exposed to a person with a confirmed or suspected case of COVID-19, the date of exposure was more than 14 days prior to the date this Declaration of Compliance was signed.
- 4) The individual is attending or participating voluntarily and understands the risks associated with COVID-19. The individual (or the individual's parent/guardian, on behalf of the individual (when applicable)) agrees to assume those risks, including but not limited to exposure and being infected.

- 5) The individual has not, nor has anyone in the individual's household, experienced any signs or symptoms of COVID-19 in the last 14 days (including fever, new or worsening cough, fatigue, chills and body aches, respiratory illness, difficulty breathing, nausea, vomiting or diarrhea, pink eye, or loss of taste or smell).
- 6) If the individual experiences, or if anyone in the individual's household experiences, any signs or symptoms of COVID-19 after submitting this Declaration of Compliance, the individual will immediately isolate, notify the Organization, and not attend any of the Organization's facilities, activities, programs or services until at least 14 days have passed since those symptoms were last experienced.
- 7) The individual has not, nor has any member of the individual's household, travelled to or had a lay-over in any country outside Canada, or in any **province/territory** outside of Nova Scotia in the past 14 days. If the individual travels, or if anyone in the individual's household travels, outside Nova Scotia after submitting this Declaration of Compliance, the individual will not attend any of the Organization's facilities, activities, programs or services until at least 14 days have passed since the date of return.
- 8) The individual is following recommended guidelines, including but not limited to practicing physical distancing, trying to maintain separation of six feet from others, adhering to recognized hygiene best practices, and otherwise limiting exposure to COVID-19.
- 9) The individual will follow the safety, physical distancing and hygiene protocols of the Organization.
- 10) This document will remain in effect until the Organization, per the direction of the provincial/territorial government and provincial/territorial and local public health authorities, determines that the acknowledgements in this Declaration of Compliance are no longer required.
- 11) The Organization may remove the individual from the facility or from participation in the activities, programs or services of the Organization at any time and for any reason if the Organization believes, in its sole discretion, that the individual is no longer in compliance with any of the standards described in this document.

Signature: _____ Date: _____
Individual (If 13 and over)

Signature: _____ Date: _____
Parent/Guardian (if the individual is younger than 19 years old)

