

# **BADMINTON**



## 2020-21 Badminton Considerations

In support of the Guidance for Opening Up High School Athletics and Activities, NFHS offers some basic guidelines for state associations to consider whether any possible rules could be altered for the 2020-21 season. The considerations outlined are meant to decrease potential exposure to respiratory droplets by encouraging social distancing, limiting participation in administrative tasks to essential personnel and allowing for appropriate protective equipment.

Note: This is not an exhaustive list and there might be additional steps in each school, city, and state to help prevent the spread of virus. Even when taking all precautions, there will still be risk of transmitting illnesses. Everyone should stay vigilant about the health of members of their teams. Lastly, the situation with Covid-19 is rapidly changing. These considerations may quickly become outdated. Please keep up with the latest from the CDC and other health officials in your state.

### General Considerations:

- Make sure that your state and regions allow badminton play, that follows the Governor's Orders.
- Enforce social distancing for all athletes and officials.
  - To limit contact: athletes can provide their own shuttlecock/birdie and retrieve their own implements.
  - If athletes cannot provide their own implements, then it is recommended that implements be sanitized between each use.
  - Display signage reminders when possible.
- Recommendations for students to wear a cloth facial covering when not actively competing.
- Disinfectant soap, hand sanitizers and/or wipes available at all main contact points.
- Do not participate or be a part of badminton if:
  - Exhibiting any symptoms of Covid-19 identified by the CDC.
  - Have been in contact with someone with Covid-19 in the last 14 days.
  - Are a vulnerable individual with underlying health conditions.
- Wash your hands with a disinfectant soap and water (for 20 seconds or longer), going before going to the court.

**Considerations for Officials (when applicable):**

- Wash hands frequently. Bring personal hand sanitizer.
- Do not share equipment.
- Follow social distancing guidelines.
- Consider using electronic whistle.
- Do not shake hands and follow pre-game and post-game ceremony guidelines established by the state association.
- Officiating personnel may always wear cloth face coverings.

**Considerations for Coaches:**

- Communicate guidelines in a clear manner to students and parents.
- Limit the use of coaching equipment such as target cones.
- Encourage players to use their racquet/foot to return shuttlecocks.
- Conduct workouts in “pods” of same students always training and rotating together in practice to ensure more limited exposure if someone develops an infection.
- Disinfect the nylon birdies before and after using them.
- Keep accurate records of those athletes and staff who attend each practice in case contact tracing is needed.

**Considerations for Students:**

- Each student is responsible for their own supplies.
- Wear their own appropriate workout clothing (do not share clothing), and individual clothing/towels should be washed and cleaned after every workout immediately upon returning home.
- Clean and wipe down equipment, including racquets, shuttlecocks and water bottles. Hand sanitizer should be plentiful at all contests and practices.
- Avoid changing sides of the court.
- Notify coaches immediately when they are not feeling well.
- Cloth face coverings are permitted.
- Bring your own labeled water bottle.

**Considerations for Parents:**

(A family’s role in maintaining safety guidelines for themselves and others):

- Make sure your child and immediate household members are without symptoms of illness before participating in practice and competition (if there is doubt stay home).
- Provide personal items for your child and clearly label them.