



Returning to badminton



- Book online – don't turn up to sessions you are not booked for.
- Do not attend a session if you have COVID symptoms or are required to self-isolate.
- Don't travel to sessions with people from other households. Wear face coverings on public transport.
- Pack tissues, drink, racket and training kit. Turn up ready to play. No changing rooms, water fountains or rackets will be available to use.

It is everyone's responsibility to adhere to the Scottish Government guidelines on the COVID-19 pandemic (www.gov.scot/coronavirus).



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- Enter via the Primary School gate. A staff member will meet you at the gate no earlier than 10 minutes before your session starts. Arrive on time, as the gate will be locked five minutes after the session starts.
- Wash your hands with hand sanitiser or soap & water, then check-in and pay (if required and only by card) in the Sports Hall. Enter the Sports Hall by the furthest away door.
- No spectators allowed in the Sports Hall. Remember to physically distance when off court.
- No handshakes, fist pumps, high fives etc.

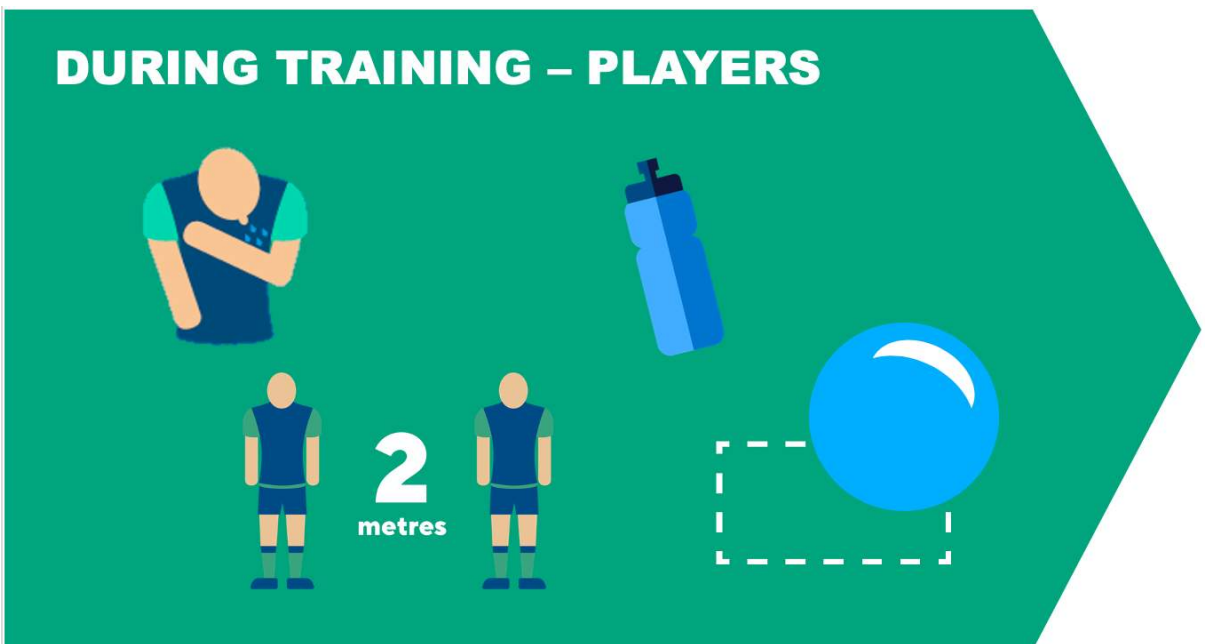
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DURING TRAINING – PLAYERS



- Avoid shouting, unduly raising your voice, spitting, clearing your nose, or touching your eyes, nose or mouth. Apply cough and sneeze etiquette.
- Do not share water bottles, drinks, food, equipment etc.
- Maintain physical distancing when not playing on court.
- Stick to your allocated “bubble of play” – e.g. designated court and surrounding area.

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- Before leaving the venue, wash your hands for at least 20 seconds with soap and water or hand sanitiser.
- No access to changing rooms.
- Leave the venue when your session ends and you have washed your hands. Change and shower at home.
- Sanitise your equipment.

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