



Junior Badminton Training Centre

Gym/Club Re-opening Guideline for COVID-19

June 2020

RE-OPENING DATE

- ✧ Gym and Courts Booking --- June 5th
- ✧ Club Training --- June 15th

GYM HYGIENE & CLEANING

- ✧ Increase ventilation by opening the loading doors when possible
- ✧ Clean and disinfect contact points between each class or each hour, using an approved disinfectant. This includes training aids, door handles, washrooms, front desk/reception
- ✧ Remove all the equipment which is hard to be disinfected
- ✧ Clean the doors and courts daily with increased deep cleaning
- ✧ Keep liquid soap, paper towel and toilet paper available in all bathrooms

SIGNING THE DECLARATION OF COMPLIANCE -- COVID 19

- ✧ Anyone into the gym, including customers, athletes/parents, coaches, and staffs, is required to read carefully and sign the “**Declaration of Compliance -- COVID 19**” which is requested by Badminton Canada and Badminton Nova Scotia.

SANITIZING/SOCIAL DISTANCING

- ✧ Put signs at the entrance and around the facility indicating our procedures and policies.
- ✧ Have tape on the non-court surfaces indicating two (2) meter spacing.
- ✧ Have hand sanitizers at the entrance as well as on all operational courts.
- ✧ With this we will enforce players to sanitize both before and after play as well as every additional hour they are in the gym.
- ✧ Remove seating and tables to minimize areas where germs can linger.
- ✧ Limit access to the washrooms as well as sanitize them every hour (more frequently).
- ✧ Enter and exit the facility through different entrances. Enter through the hallway, exit through the side door – prevents interacting with different groups of people.

PUBLIC BOOKINGS

- ✧ Accept a maximum of ten (10) players at all times.
- ✧ Only accept bookings made in advance, no drop-ins.
- ✧ Players should pay with either the exact change or by card to minimize exchanging any objects/money between the front desk and players.
- ✧ Only be booking every other courts (i.e. courts 1, 3, 5) to put further distancing between groups of players.
- ✧ Players should come to/leave the gym as close to their scheduled time as possible to prevent players waiting.
- ✧ Players should come dressed to play, limiting time in washroom.
- ✧ Players should not change ends during play.

CLUB TRAINING/COACHING

- ✧ The club will do to minimize interactions between players and coaches while still providing intermediate to advance trainings.
- ✧ Coaches will request all players for their travel records 15 days prior to participating in the training.
- ✧ Coaches will not be on court with players to prevent interactions and to keep the six (6) feet distancing.
- ✧ Coaches will limit the number of players per court
- ✧ Coaches will ask players to pick up their own shuttles and then sanitize themselves after every round during multi-bird drills.
- ✧ No parents or spectators during the training.

ATHLETES AND STAFF

- ✧ Maintain 6 feet of distance all the time outside the courts.
- ✧ Minimal belongings to be brought into the gym (come ready including sneakers on).
- ✧ Do not share any belongings. Athletes should bring their own filled water bottle (labeled with their name on it) and do not share with anyone.
- ✧ Arrive to the gym ready and on time (no more than 5 minutes prior to start of practice time).
- ✧ Clean your hands before and after training.
- ✧ Avoid touching your face.
- ✧ Cover cough/sneeze.
- ✧ No high-fives, handshakes, or hugs, etc.

FIRST AID PROCEDURES

- ✧ If first aid is required, try to limit the number of individuals in contact with the person in need of aid
- ✧ If possible, have the person requiring aid use a face mask over their nose and mouth
- ✧ First aid providers should perform hand hygiene after interaction with a person requiring aid
- ✧ Clean and dispose of any PPE used
- ✧ Use protective gloves, if available. If you are uncomfortable or haven't been trained to perform traditional CPR, have someone call 9-1-1 and start Hands-Only CPR (continuous chest compression without any mouth to mouth contact) until someone else takes over or emergency help arrives
- ✧ Ensure mouth-guard rescue products are available if mouth-to-mouth CPR is required

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