



Swifts Junior
Badminton Club

***If the training is easy
the match will be hard,
but if the training is
hard the match will be
easy.***

Safe Badminton Guidelines

Swifts is fully committed to safeguarding and promoting the well-being of all its members. The club believes that it is important that members, coaches, administrators and parents associated with the club should, at all times, show respect and understanding for the safety and welfare of others. Therefore, members are encouraged to be open at all times and to share any concerns or complaints that they may have about any aspect of the club with the club chairman or any member of the club committee.

1. Do what the coaches ask you to do, immediately you are asked. Safety will always be their first priority.
2. Take special care when involved in group practices.
3. Do not attempt to hit the shuttlecock if there is a risk of colliding with another player.
4. Never aim the shuttlecock at the head or face of another player.
5. Do not turn to look at your partner in a doubles match. This can be very dangerous.
6. Do not run or walk across any part of a court that is in use.
7. Keep the area around the court clear.
8. Do not congregate, chatting, at the back or side of a court.
9. Do make sure there are no loose shuttlecocks on the court.
10. Stop playing immediately, and replay the point as a let, if a shuttlecock comes onto your court from an adjacent court.
11. Do not attempt to strike another player with your racquet.
12. Always change into badminton shoes immediately on arrival at the hall.
13. Do not clutter the floor area near the courts with bags, shoes, racquets, track suits etc.
14. Stop playing immediately and tell a coach or official if you find a wet patch on the court due to a leak or a spilled drink.
15. Do not leave the hall without the permission of the coach or team manager.
16. No horseplay.
17. Always warm up thoroughly before the start of a training session, match or tournament – without needing to be nagged about it by your coach!