

# Badminton for Disabled People in Scotland



This fact sheet provides an overview of Badminton for disabled people in Scotland. It also provides useful contact details to signpost you to your local club to develop your skills and start to play, volunteer or coach disabled people in Badminton.

## The Development of Para-Badminton

Badminton is a dynamic game where players not only challenge an opponent(s) but also their own abilities as they develop their skills. The development of eye-hand co-ordination and movement skills as well as improving strength and speed make Badminton an excellent all round sport for Health and Fitness and also fun and enjoyment.

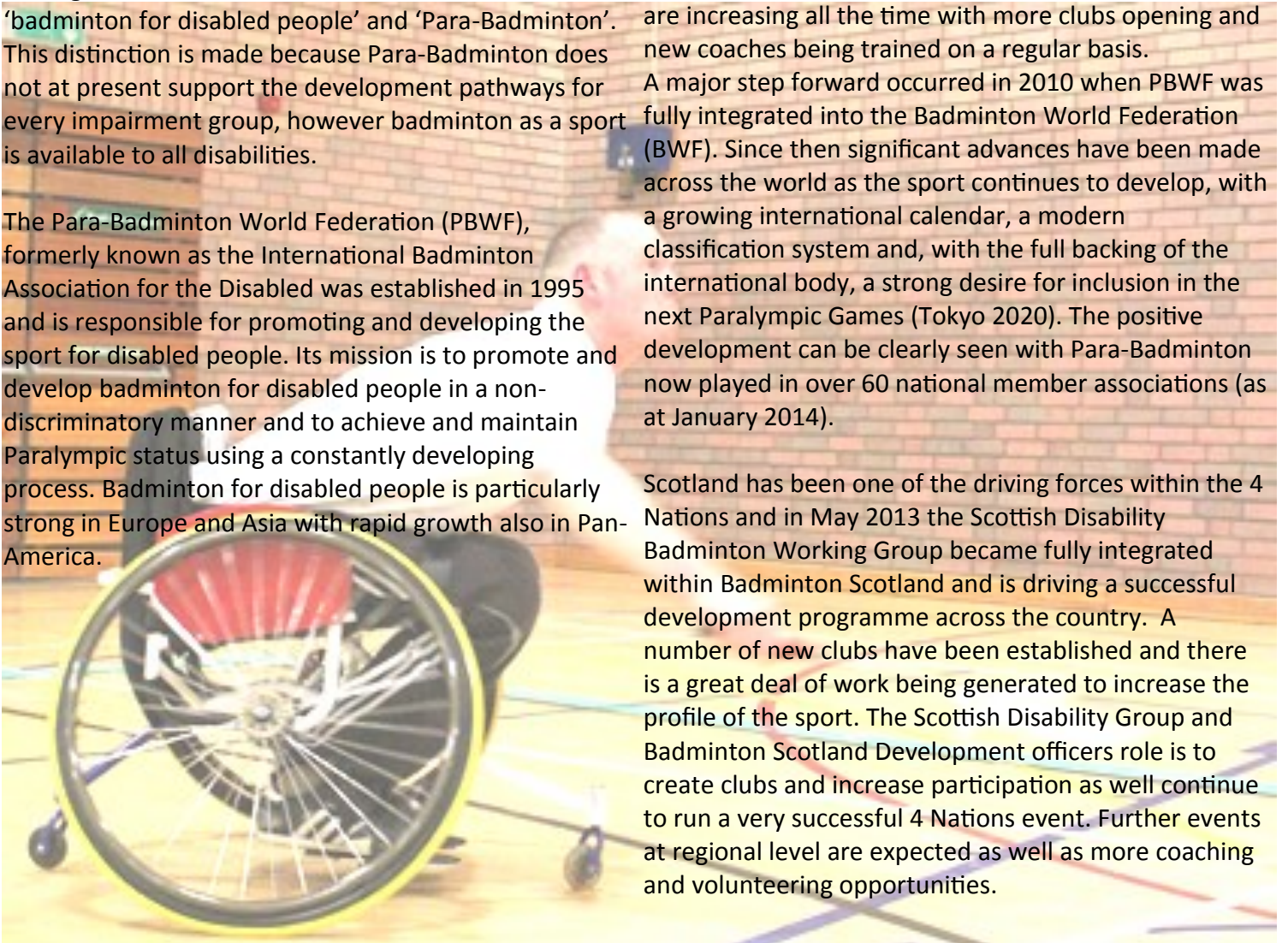
Throughout this fact sheet, reference is made to 'badminton for disabled people' and 'Para-Badminton'. This distinction is made because Para-Badminton does not at present support the development pathways for every impairment group, however badminton as a sport is available to all disabilities.

The Para-Badminton World Federation (PBWF), formerly known as the International Badminton Association for the Disabled was established in 1995 and is responsible for promoting and developing the sport for disabled people. Its mission is to promote and develop badminton for disabled people in a non-discriminatory manner and to achieve and maintain Paralympic status using a constantly developing process. Badminton for disabled people is particularly strong in Europe and Asia with rapid growth also in Pan-America.

The first European Badminton competition for disabled people was held in 1998. The 4 Nations Working Group was established in the UK in 2005 and staged its first tournament in 2006 in Cardiff. This event proved such a success that since then each country has hosted their own 4 Nations tournament to cater for those performers with a desire to compete.

Opportunities for disabled people to play badminton are increasing all the time with more clubs opening and new coaches being trained on a regular basis. A major step forward occurred in 2010 when PBWF was fully integrated into the Badminton World Federation (BWF). Since then significant advances have been made across the world as the sport continues to develop, with a growing international calendar, a modern classification system and, with the full backing of the international body, a strong desire for inclusion in the next Paralympic Games (Tokyo 2020). The positive development can be clearly seen with Para-Badminton now played in over 60 national member associations (as at January 2014).

Scotland has been one of the driving forces within the 4 Nations and in May 2013 the Scottish Disability Badminton Working Group became fully integrated within Badminton Scotland and is driving a successful development programme across the country. A number of new clubs have been established and there is a great deal of work being generated to increase the profile of the sport. The Scottish Disability Group and Badminton Scotland Development officers role is to create clubs and increase participation as well continue to run a very successful 4 Nations event. Further events at regional level are expected as well as more coaching and volunteering opportunities.





## The Classifications

Para-badminton includes pathways for all levels from grass roots to international. However, to play in national and international tournaments, players need to be classified by the BWF which, at present, only classifies people with a physical disability and dwarfism.

Here are the classifications:

- WH1 Wheelchair Class 1
- WH2 Wheelchair Class 2
- SL3 Standing Lower Class 3
- SL4 Standing Lower Class 4
- SU5 Standing Upper Class 5
- SS6 Short Stature Class 6

People with a learning disability come under the national or international wing of the Special Olympics and people with a hearing impairment have their own national and international governing body of sport.

The BWF Para-Badminton classification regulations can be found on the Para-Badminton website ([www.bwfbadminton.org](http://www.bwfbadminton.org))

## Court Dimensions

All players play on a standard court as per the BWF Laws of Badminton. Amendments made for standing and wheelchair classes can be found on the BWF website:

<http://www.bwfbadminton.org/file.aspx?id=550429&dl=1>



## Coach Education

The coaching of disabled people in badminton has been integrated into UK Coaching Certificate (UKCC) coach education programmes at Levels 1 and 2 and into the BWF Level 1 and 2 awards.

Badminton was the first sport to integrate such learning into its generic coach education programmes. See below for a list of workshops for coaches who wish to further develop their skill set and knowledge in this area.

### Para-badminton-specific coaching courses:

#### **1st4sport Level 1 Award in Coaching Badminton (QCF) (UKCC)**

Introductory-level coach education award run in England, Scotland and Wales.

#### **1st4sport Level 2 Certificate in Coaching Badminton (QCF) (UKCC)**

Para-badminton is fully integrated into the learning programme.

#### **4 Nations Disability Badminton Workshop**

A one-day workshop that deals specifically with working with disabled badminton players. Suitable for new coaches and those wishing to become involved. Run individually by each of the home nation governing bodies of sport.



## Generic continuous professional development (CPD) courses related to coaching disabled people:

### UK Disability Inclusion Training (UKDIT) (16+)

An excellent introductory workshop to disability and sport (non sport-specific).

### How to Coach Disabled People in Sport

This is an introductory-level workshop that tackles frequently asked questions about how to work with disabled sportspeople.

For full details of where you can access these coach education courses / workshops please contact Badminton Scotland or Scottish Disability Sport.

## Helpful Resources

**Badminton England's Kicking Up a Racket** resource is designed to build on the knowledge gained by coaches who achieve the 1st4sport badminton coaching qualifications. It also accompanies the newly revised 'Disability Badminton' workshop. Kicking Up a Racket is available to download from [www.badmintonengland.co.uk](http://www.badmintonengland.co.uk).

**Badminton Scotland's Badminton Basics** - An excellent resource and workshop that offers lots of examples of fun games and practice that can be adapted to work with disabled players.

**BWF 'Shuttle Time'** – An interactive resource that provides a host of training and fun games as well as technical videos that can be adapted for disability Badminton. Anyone can register for free on the BWF website.

**BWF Level 1 & 2 Coach Education manuals** – These manuals can also be downloaded from the BWF website and provide an extensive range of skills and techniques that can be adapted for use with disabled players.

## Some Facts & Figures

- A Badminton Shuttle has 16 feathers.
- The world record for the fastest smash is by Tan Boon Hoeng (able bodied) at 493kmph (Guinness World Record)
- Badminton Scotland was one of the founder members of the International Badminton Federation (IBF) in 1934, now the BWF.
- Over 250 players took part in the 2013 Para-Badminton World Championships in Dortmund

## Leading Performers

### Alan Oliver – (Alloa)

Classification: Standing Lower (SL3)  
Silver medallist at 2011 World Championships (SL3 men's singles)  
Gold medallist at 2012 European Championships (SL3 men's singles)  
Bronze medallist at 2012 European Championships (SL4 men's doubles)



### Fiona Christie – (Edinburgh)

Classification: Wheelchair 2 (WH2)  
Represented Scotland at 2013 World Championships  
Multiple 4 Nations medal winner in Singles, Doubles and Mixed  
English BWF International Singles and Doubles Gold



### Bobby Laing – (Bathgate)

Classification: Short Stature (SS6)  
Winner of 4 Nations Junior SS6 category and medallist at senior level.  
Represented Scotland at 2013 World Championships.



## Competitions

Competitions within the 4 Nations series are:

Scotland	February (approximate dates)
Ireland	November
Wales	September

Badminton England also runs a Para-badminton circuit which is open to all players from across the 4 Nations and sits underneath the main 4 Nations events. Information on these can found on the Badminton England website:

Badminton England now stage a BWF International Event, which is the first in the UK (International competitions are governed by the BWF Laws of Badminton (see [www.bwfbadminton.org](http://www.bwfbadminton.org)).

For information on the 4 Nations Series contact Badminton Scotland and for or the England Para-badminton circuit please contact Badminton England ([www.badmintonengland.co.uk](http://www.badmintonengland.co.uk))



## Key Contacts

If you wish to find out more about badminton for disabled people in Scotland, further information can be obtained from:

**Dawn Middleton** – Badminton Scotland Development Manager [Dawn@badmintonscotland.org.uk](mailto:Dawn@badmintonscotland.org.uk)

**Lyndon Williams** – Badminton Scotland Disability Badminton Working Group  
[hbandnw@yahoo.co.uk](mailto:hbandnw@yahoo.co.uk)

## Head Office

Badminton Scotland  
The Cockburn Centre  
40 Bogmoor Place  
Glasgow. G51 4TQ  
Telephone: 0141 445 1218

## Key Websites:

Badminton Scotland - <http://www.badmintonscotland.org.uk>

Scottish Disability Sport – [www.scottishdisabilitysport.com](http://www.scottishdisabilitysport.com)

Dwarf Sports Association – [www.dsauk.org](http://www.dsauk.org)

Special Olympics – [www.specialolympicsgb.org.uk](http://www.specialolympicsgb.org.uk)

Sports Coach UK – [www.sportscoachuk.org](http://www.sportscoachuk.org)



# BADMINTON SCOTLAND



**Badminton – A sport for all ages, abilities and disabilities. Fun, social and competitive, the sport offers so many positive opportunities for everyone.**