



ASSOCIACIÓ KEEP CALM BARCELONA

KEEP CALM BADMINTON

Member Guide

MEMBER GUIDE

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WHAT IT IS, AND WHO IT'S FOR

Keep Calm Badminton is casual, social badminton for English speakers in Barcelona, part of the wider not-for-profit Keep Calm community. We're built on inclusivity, reliability and collaboration, and the community belongs to everyone in it.

We run two weekly sessions, both organised directly by Mel:

- **Friday evening, 17:00-19:00**
- **Sunday morning, 10:00-12:00**

Both are mixed, all welcome - ladies and gents, currently a lower-intermediate level, and open to all ages. This is social badminton, not a competition: turning up and having a good time matters far more than the score. Genuine beginners are welcome too - just be honest about your level when you sign up, so the games stay enjoyable for everyone, and let people know in the group if you're new or a bit rusty.

Venues can change from week to week (more on that below), so always check the WhatsApp group for that week's confirmed time and place rather than assuming it stays fixed.

All Keep Calm events and groups are for adults aged 18 and over.

HOW A SESSION WORKS

We play doubles practice games (2v2). Courts are grouped by level and gender for balanced, mixed games. On Fridays, how many courts get booked depends on how many people sign up, and players rotate through the session so everyone gets court time with different partners. On Sundays, the current venue only holds 2 courts, so it's a fixed 4 players per court for the whole two hours with no rotation - you'll play the same three people throughout.

Sign-up runs through a Google Form, not a WhatsApp poll:

1. About a week before each session, we post the sign-up form in the group, along with that week's venue and time.
2. Sign-ups stay open until 4 days before the session, or until it's full - first come, first served, though Mel has final say on the roster.
3. Once sign-ups close, Mel books the courts and posts the finalised roster in the group: courts, who's playing where, and the cost per person.
4. New players pay in advance by Bizum (Revolut on request) as soon as the roster is posted - your spot is only secured once you've paid. Regulars who've played with us three or more times can pay cash on the day instead.
5. Turn up for the confirmed time with your racket, indoor court shoes and water.

Cost varies by venue and how many courts get booked, since it covers court hire and shuttlecocks split between everyone playing - the roster post each week has the exact figure. When paying by Bizum, use the reference **Badminton DD/MM Firstname L** (for example **Badminton 14/08 Chris T**) so whoever's collecting can match it to you. Who collects the money varies week to week by design - it's never a fixed role, which keeps the group resilient and doesn't put the admin (or the tax exposure) on one person every time.

Both venues are currently temporary. La Mar Bella, our usual home, is closed while alternative venues are used in the meantime - so treat the day, time and venue as provisional and always check the group for what's confirmed that week, rather than relying on this guide for the exact address.

HOW TO JOIN

1. Join the [Keep Calm Badminton WhatsApp group](#).
2. Sign up via the Google Form when it's posted for whichever session you want to join.
3. Once the roster's confirmed, pay by Bizum (or Revolut) if you're new, or bring cash on the day if you're a regular.
4. Bring your racket, indoor shoes and water, and show up on time.

If the form's already closed by the time you see it, just message the group - Mel books based on who's signed up, so let her know as early as you can in case there's still room for another court.

SAFETY AND INCLUSIVITY

Participation is voluntary and at your own risk - see our [Safety & Liability policy](#) for the full detail. A few concrete things that make this an easy group to walk into for the first time:

- **You don't need to know anyone.** Say in the group that you're new, and the games are kept friendly - the whole point of the rotation is that you'll play with several different people over a session, not just the group you arrived with.
- **"Lower-intermediate" means you know the basics and can hold a rally** - not that you need to be especially good. If you're a genuine beginner, come along anyway and mention it; we'll help you find your feet, or point you to a more suited session if one exists.
- Warm up before you play and stretch afterwards.
- All levels share the courts, so patience and inclusivity from more experienced players matters.
- Look after your own belongings - keep valuables with you, as the host isn't responsible for lost or damaged items.
- Venues are indoor, so sessions go ahead rain or shine.

RULES AND ETIQUETTE

- Only sign up if you genuinely plan to play - courts get booked based on who's signed up, and a spot is only secured once you've paid.
- If you've paid and then can't make it, tell the organiser as soon as possible so your spot can go to someone else. Late cancellations, within 24 hours of the session, aren't reimbursed unless a replacement player is found.
- New players pay in advance by Bizum or Revolut; regulars with three or more sessions with us can pay cash on the day. Either way, pay promptly so the organiser isn't left chasing.
- Bring indoor court shoes with non-marking soles, to protect both the floor and yourself.
- Rotate so everyone gets a game, welcome newcomers, keep the banter friendly and inclusive, and help set up and pack down the nets and equipment.
- Arriving considerably late, leaving early or not showing up gets noted by the organiser as a priority flag for future sessions - a lighter, badminton-specific record separate from Keep Calm's community-wide strike system. It doesn't remove or reorder anyone automatically; it's just something the organiser takes into account, and it clears once resolved.

These rules sit alongside Keep Calm's community-wide [WhatsApp Rules](#), [Community Conduct and Event Rules](#), which apply across every Keep Calm group.

FAQ

Do I need my own racket? Bring your own if you have one. If you need to borrow one, ask in the group beforehand - members sometimes have a spare. Some venues also rent rackets at reception for a couple of euros, a handy backup if you turn up without one.

What if I want to come but the form's already closed? Message the group anyway. Mel books courts based on who's signed up, so let her know as early as you can in case there's still room to add another court.

Is there anything after the session? Post-session food or drinks are informal and everyone's welcome, whether you played that day or not. A heads-up in the group beforehand helps with numbers.

Are there other sessions in the works? Nothing beyond the two regular sessions is confirmed yet, though some level-specific additions have been floated. Keep an eye on the WhatsApp group for updates.

LINKS

- [Join the Keep Calm Badminton WhatsApp group](#)
- [Keep Calm policies](#) - safety, data, conduct and the 18+ requirement

- Keep Calm - our wider not-for-profit community for English speakers in Barcelona

See you on court!